

The Lion



*The official newsletter of the Chiltern Karate
Association – December 2016*



fore Word....

Merry Christmas to one and all from the December edition of The Lion...

Many thanks to Sensei Thwaites for providing an up-to-date training and grading calendar for 2017, details of all closures over the festive period and top quality photos.

I have been putting together The Lion for a number of years now on behalf of the club but am looking for someone who can rise to the challenge and inject new life into **the quarterly leaflet. It's not a difficult task and usually takes an evening to do, even if you're not great with computers! If you feel that you would like to take up the mantle and help out your club and instructors then please get in touch with Sensei Thwaites for more information.**

I hope that all of you have had an enjoyable year of karate (but not **too enjoyable...no pain, no gain**

after all) and have achieved your training goals for 2016.

Have a good rest over Christmas and we hope to see you back training hard in the new year!

Good luck to everyone grading today.

Hajime 始め

Jack Hamilton

4th Kyu

If you have any material that you would like to be considered for publication in The Lion please contact Sensei Thwaites at erin_thwaites@yahoo.co.uk.

We are also looking for new content to add to our website, Facebook group, Twitter and YouTube. If you have any ideas we will be glad to hear from you, email info@chilternkarate.co.uk

Material published may not necessarily represent the views of the editor, the club instructors or CKA committee.

Christmas Closure Dates

Holmer Green



The last training session of 2016 is on Monday 19th December. Our first lesson of 2017 is on Monday 9th January. Training times as normal.

Chesham



*The final lesson of 2016 is on Tuesday 20th December. We start up again in 2017 on Tuesday 3rd January. Training times as normal.
(HO HO HO!)*

Aylesbury



The final lesson of 2016 is on Wednesday 21st December. We will hold a single session from 7.30 - 8.30. Aylesbury will re-open for 2017 on Wednesday 4th January.

Amersham



Amersham dojo will have its last lesson of 2016 on Thursday 22nd December. We will re-open on Thursday 5th January 2017. Training times as normal.

Super-Shodan!

Huge congratulations to Mr Richard Tudor for achieving Shodan after many years of hard work and dedication towards training. Well done!



CKA Annual Awards 2016



Congratulations to the students below who have been nominated by their instructors for their outstanding attitude and effort while training within the CKA during 2016.

Attitude towards Training:

*Richard Tudor
Amelia Spencer
Freddie Mushing
Paul Allen
Steve Warren*

Effort and Etiquette:

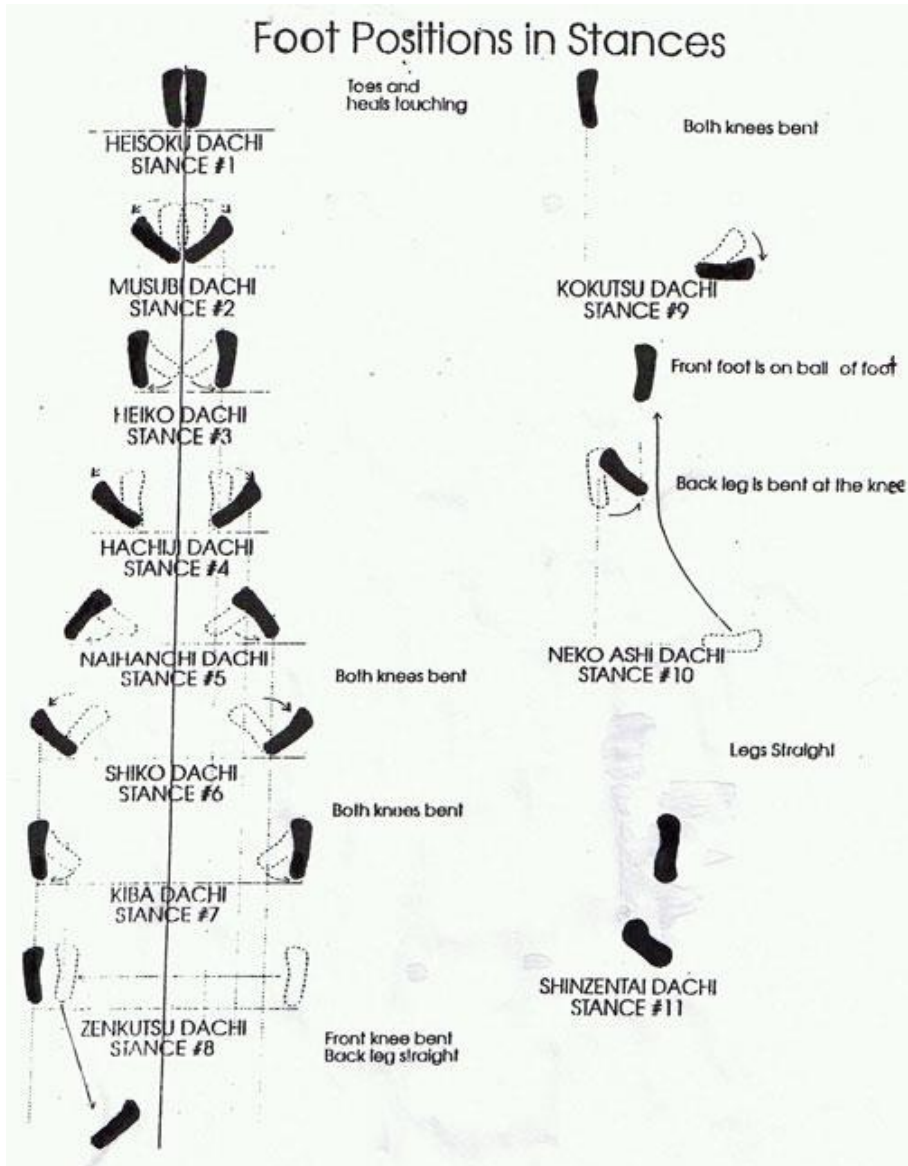
*Jay Welsh
Brian Hammond
Laura Butt
Sam Green*

Improvement in Attitude and Effort:

Tom Beattie

Practice Makes Perfect

Remember that a great karate technique starts with a firm stance. Check out the handy picture below to discover the ideal foot positions necessary to execute that perfect stance.



<p>Sunday 15th January – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: The Amersham School, Stanley Hill, Amersham, HP7 9HH Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 12th February – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: The Amersham School, Stanley Hill, Amersham, HP7 9HH Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 12th March – Grading examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: The Amersham School, Stanley Hill, Amersham, HP7 9HH Time: 10.00 am start Grades: All grades Cost: Standard grading fees apply</p>	<p>Sunday 2nd April – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: TBC. * Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 7th May – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: TBC. * Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 4th June – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: TBC. * Time: 10.00 am start Grades: All grades Cost: Standard grading fees apply</p>
<p>Sunday 25th June – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: TBC. * Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 9th July – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: TBC. * Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>

*** Please note that the location of all training and grading sessions after Sunday 12th March will be confirmed by your club instructors.**

<p>Sunday 3rd September – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: TBC. * Time: 10.00 am start Grades: All grades Cost: Standard grading fees apply</p>	<p>Sunday 8th October – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: TBC. * Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 5th November – Grading training <i>Class will be divided into groups and training focused on the grading syllabus including the kihon (basics) kumite (sparring) and kata required for grading examinations.</i></p> <p>Venue: TBC. * Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 3rd December – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: TBC. * Time: 10.00 am start Grades: All grades Cost: Standard grading fees apply</p>

** Please note that the location of all training and grading sessions after Sunday 12th March will be confirmed by your club instructors.*

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor