

The

Lion



The official newsletter of the Chiltern Karate Association - June 2014

平安二段 „Yoi!“
Heian Nidan
 (Nr. 2)



- S = Sekundenschild
- = Kreis
- = nach dem Ki-ue gleich zur nächsten Technik
- = starke Ki-ue, eine Sekunde Pause
- > = Zwischenzeit
- x = zwei Sekunden Pause



Dauer etwa 25 Sekunden

Techniken 17 und 18 schnell ausführen!

Techniken 19, 20, 21 ohne Pause! Bei 19 den rechten Fuß etwas zurückziehen damit der Fuß besser landen kann.

Uchi-Uke in Gyaku-Mawashi (Sankaku Teppe)
 Tenshou-Dachi hinter die normale

Fore Word....

Konnichiwa and welcome to the June edition of The Lion, every karatekas' favourite quarterly publication...

Grading to 7th kyu (yellow belt) is often considered a tricky undertaking so this quarter's cover page depicts the Heian Nidan kata; an ideal cheat-sheet!

Flick through to find out what club members have been up to in the world of shotokan karate, for details of Sensei Rick Clark's impending visit and have a go at the karate criss-cross puzzle for a chance to win a prize.

We're always looking for new content so please take the time to write up any thoughts or training experiences you've had and you could find fame as a contributor to The Lion. Remember, your views matter whether you're a Dan grade or beginner.

If you're a computer whizz or a master of words we could use a hand putting together and editing material so please feel free to get in touch with Sensei Thwaites if you are happy to help.

Train hard!

Jack Hamilton
6th 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.

Ulster University Report

On Saturday 22nd March 2014, I was invited by the Ulster University Karate Club to participate in a training session. It was the fourth time I have visited the club, which is run by Sensei Joe McCullagh.

At Joe's request I spent the day teaching the kata Sanchin and introduced its earlier version San Zhan, which is from Chinese White Crane. I was taught San Zhan in Yongchun, Fujian by Master Pan a number of years ago and it is interesting to examine the similarities, especially in the use of dynamic tension and harmonisation of breathing with technique.

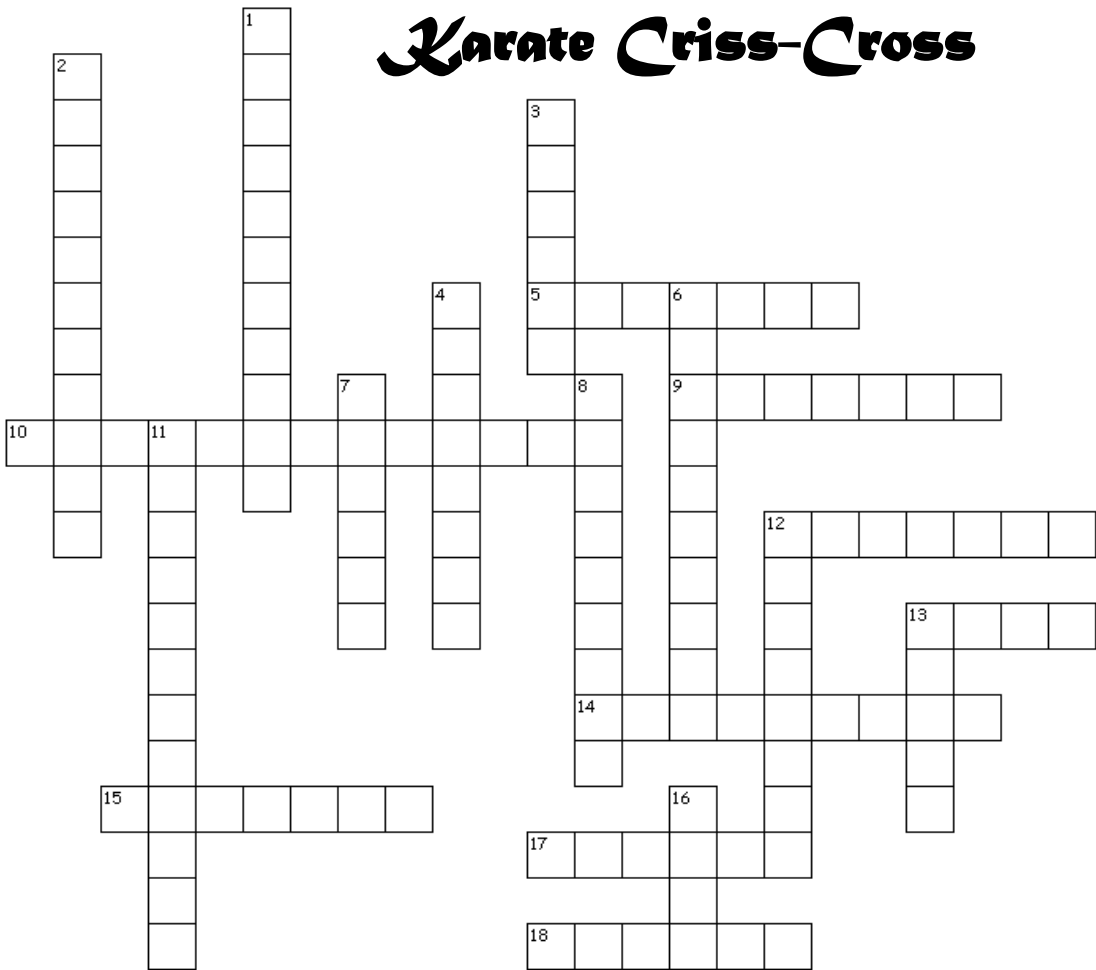
I also spent some time teaching qigong exercises that complement Sanchin, and when combined with the kata are an excellent way of improving speed of movement and kime.

Sensei McCullagh has been running the university club for over thirty years and although a small group the attitude, etiquette and desire to learn was excellent. I am hoping to return later in the year or early 2015.



Sensei Ashley Croft
6th Dan

Karate Criss-Cross



Across

- 5. Kicking combination with stepping between kicks
- 9. Code of the Dojo
- 10. Front stance
- 12. Outside forearm block
- 13. Point of focus
- 14. Ridge hand strike
- 15. Turn
- 17. Spear hand thrust
- 18. Begin/start

Down

- 1. Five attack sparring
- 2. Roundhouse kick
- 3. Left
- 4. Knee kick
- 6. Downward block
- 7. Sparring
- 8. Straddle stance
- 11. Back stance
- 12. Knife hand block
- 13. Basic techniques
- 16. Right

Can you complete the Karate Criss-Cross? Fill in the grid with the correct answers and return to Sensei Thwaites for your chance to win a chocolate reward!

Chiltern Karate Association

SPECIAL COURSE

Prof. RICK CLARK (8th Dan)

Tuesday 17th June 2014
8 p.m. to 10 p.m.

**Chiltern Hills Academy,
Chartridge Lane, Chesham**

Course fee of £20 payable in advance

Sensei Clark is one of the foremost Instructors in the world and holds 8th Dan in Ryukyu Kempo, 8th Dan in Ju-Jitsu, 7th Dan in Tae-Kwon Do, 5th Dan in Chinese Kempo, 4th Dan in Judo, 3rd Dan in Modern Arnis and 1st Dan in Hapkido

www.chilternkarate.co.uk
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From No Dan to Shodan

“One of the most striking features of karate is that it may be engaged in by anybody, young or old, strong or weak, male or female.”- Gichin Funikoshi

It has been over seven years since we first set foot in a dojo. There are a great many stereotypes associated with karate. Admittedly, when we first started, we thought we would be taught to master the skill of breaking wooden planks with our bare hands and essentially, be transformed into mini Jackie Chans. However, over the years we have come closer to discovering the true meaning of karate. That is not to say we have mastered it, for “Karate-Do is a lifetime study.”- Kenwa Mabuni

One of our most memorable moments had to be the first grading. We can still remember finishing and watching in awe as senior students performed their individual katas. With the progression of each grade the complexity of the kata increased. Having only just learnt that a kata is a set of moves against an imaginary opponent, we found it fascinating that such complex moves could actually be applied to a real life situation. This motivated us to continue learning beyond the first eight moves of Takioku Shodan.

Six years on, having attained our 1st Kyu, the countdown to our black belt grading had begun. Once the invitation to grade was extended by Sensei Croft in January, it suddenly hit home that we would be grading in less than two months. Weekends were spent going over the grading syllabus and reading books. Even our parents' became familiar with some of the karate terminology.

After much anticipation and practice, grading day had come. A successful outcome rested on this one performance. We waited patiently for what seemed like hours, trying to retain all of the information we would need. Finally the wait was over, and we were summoned into the dojo.

The hall seemed a lot bigger than we had last remembered. The expressions of the assembled Senseis were unreadable. The silence was broken by Sensei Croft's command of: "Kandu Dai!" In unison, we all exploded into the kata, like a coiled spring which had finally been released. Two hours later we were dismissed from the dojo, to await a verdict. Later, tired and sweating we stood in front of the Senseis who were not giving us any clues of the decision. But then, with a smile on his face, Sensei Croft announced that all six hopefuls had passed their grading. We were ecstatic!

We would like to thank Sensei Erin Thwaites, Sensei Robin Thwaites, Sensei Paul James, and Sensei Brian Warner for teaching and motivating us. We would also like to give a special mention to Mr Pringle (Senior) and Mr Jackson who leant encouragement and support. Without your help we would never have attained 1st Dan.

This is one of Gichin Funikishi's quotes we found very inspiring:

"Spirit first, technique second"-Gichin Funikoshi. Without spirit, a technique is empty. Even the best strike and the best stance without spirit is meaningless.

Ayushi & Tanmay Mahesh
1st Dan

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

Calendar

<p>Tuesday 17th June – Sensei Rick Clark <i>Special course hosted by visiting Sensei Rick Clark, 8th Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 08.00 p.m. to 10.00 p.m. Grades: All grades Cost: £20.00 payable in advance</p>	<p>Sunday 29th 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: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 20th 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: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 7th September – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. start Grades: All grades Cost: Standard grading fees apply</p>
<p>Sunday 12th 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: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 9th 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: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 7th December – Grading Examinations <i>Grading examinations will cover all grades up to Black Belt 3rd Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 a.m. start Grades: All grades Cost: Standard grading fees apply</p>	