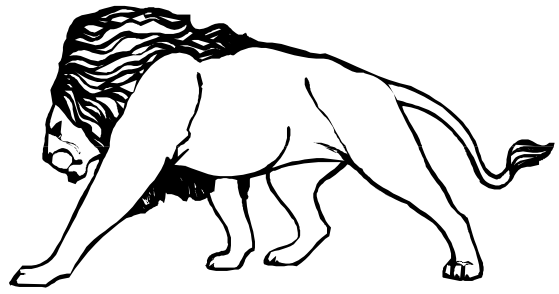


The

Lion



*The official newsletter of the Chiltern
Karate Association - March 2014*



AGE UKE



GEDAN BARAI



UCHI UKE
ou UDE UKE



SOTO UKE



SHUTO UKE



OSAE UKE



TEISHO UKE



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JUJI UKE



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SOKUMEN



Fore Word....

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

This edition's cover page depicts a plethora of different blocking techniques; essential for the aspiring karateka!

Though I have stepped into the breach to put together this month's newsletter, CKA is still on the hunt for a permanent editor/publisher. It's not a particularly demanding task and just requires a computer, a couple of articles and perhaps a pinch of creativity for good measure...

Whoever takes on this rewarding task will need content to include in The Lion so please write-up any courses you attend, voice your points of view and ideas and share your insights into training

techniques. It doesn't matter whether you're a mighty 5th Dan or a humble 10th Kyu, your opinion matters and of course you never know, your article may very well have an impact on other students' training, attitude and overall understanding of karate.

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.

CKA Awards 2013

Many congratulations to those students who received awards for outstanding commitment to their karate training during 2013. Pictures of your crowning glories have been kindly provided by Sensei Erin Thwaites and Sensei Paul James.

Winners:

For good etiquette and approach to training.

- *Isabelle Patience-Slade*
- *Sarita Murray*
- *Finley Spencer*
- *Subanki Srisakthivel*

For dedication, effort and perseverance in training.

- *Matt James*
- *Kain Greene*
- *Joseph Galliers*
- *Jamie Bolton*
- *Arumugam Rajkumar*
- *Paul Allen*

The Jonathan Green Award for striving for perfection of character.

- *Damian Parmenter*

***Well done to all! Keep up the good effort
in 2014!***

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

Chiltern Karate Association

SPECIAL COURSE

Prof. RICK CLARK (8th Dan)

Tuesday 10th June 2014 (Date TBC)

8 p.m. to 10 p.m.

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

Course fee £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

Contact Erin: 01494 758079

Calendar

Sunday 27th April - Grading training

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.

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 18th May - Grading Training

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.

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 8th June - Grading Examinations

Grading examinations will cover all grades up to Black Belt 3rd Dan.

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply

Sunday 29th June - Grading training

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.

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6

Sunday 20th July - Grading training

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.

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham
Time: 10 a.m. to 12 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £6