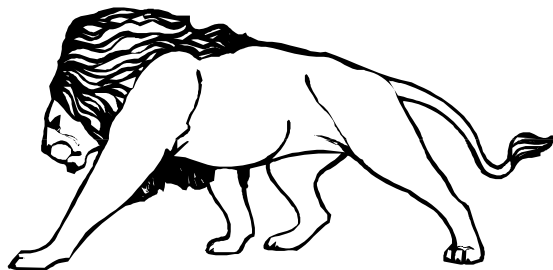
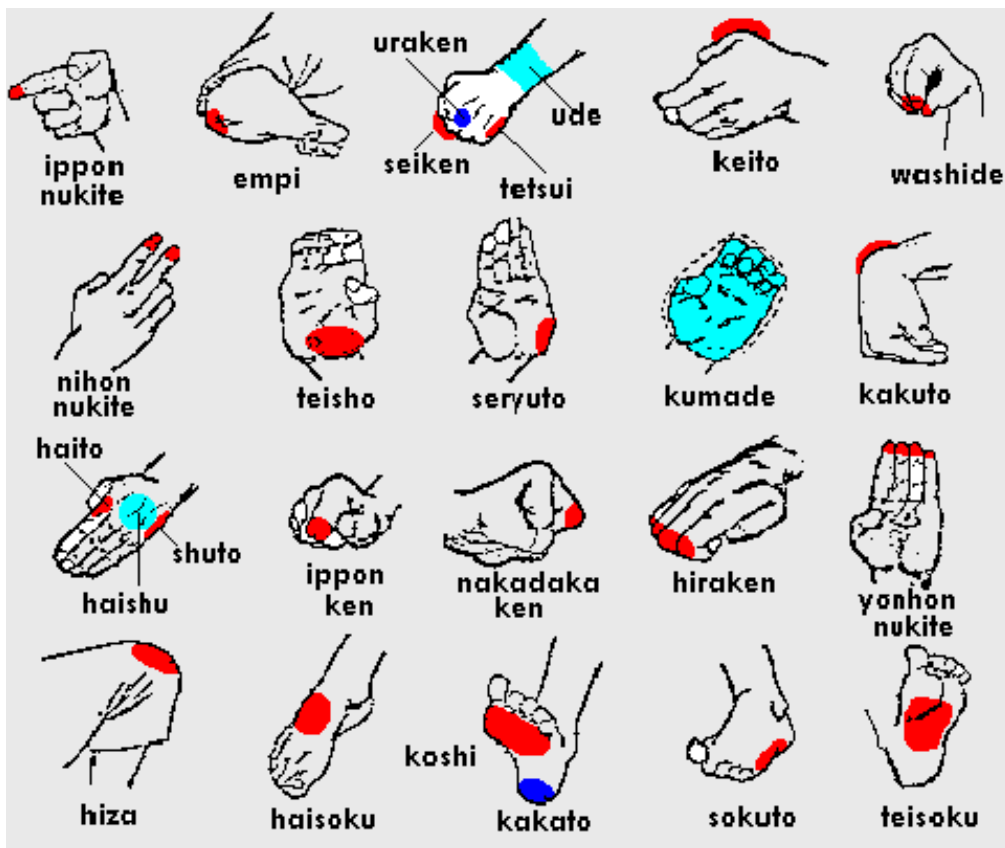


The Lion



The official newsletter of the Chiltern Karate Association – March 2015



fore Word....

*Hello and a warm welcome to the first 2015 edition of **The Lion**, your forum for all things karate...*

Check out this month's front cover for a variety of different points which can typically be used to deliver strikes to a foolhardy foe! Some of the Japanese terms you may already know but keep an ear out for some of the more exotic striking methods during future lessons.

*I'm making my usual plea for articles as **The Lion** is looking worryingly thin these days and is in real danger of becoming an extinct beast if we can't get any new contributors to add content... so please get writing if you enjoy having this little newsletter to thumb through while you wait to grade!*

Today's grading examination is the first of a brand new year so let's hope we haven't lost our edge since Christmas. Remember to show off your good, strong techniques and make sure to steal a breath whenever the opportunity arises... just remember to hold that final position and NO fiddling with your gi!

Good luck.

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.

First Aid Course Roundup

Sunday, 1st February saw CKA break out the bandages and safety pins to brush up on their first aid skills at a course held at Cholesbury Village Hall. The session was attended by 9 people and taught by former Aylesbury dojo student, Laura Noble. Here are a few pictures... you know just to prove that everybody involved came away from the course safe and sound and in one piece!



Miss Olivia Cairns being well and truly bandaged - any excuse not to do the housework!



Mr. Tanmay Mahesh being used by Miss Noble to demonstrate how to bandage an injury with a foreign object sticking out... lovely!



Mr. James being attended to by Mr. Warren and an oddly happy looking Mr. Murray!

And... Straight from the horse's mouth

On a crisp British winter morning, we fought our way cross country along the freezing single track lanes to Cholesbury village hall, where we eagerly awaited the start of the first aid course taught by an alumnus of CKA, Laura Noble. Although the entire course was very interesting and extremely informative, particular highlights included performing CPR (Cardio Pulmonary Resuscitation) on a training dummy, placing a willing volunteer into the recovery position and learning how to tie bandages according to different injuries and circumstances. CPR, which is used when the casualty is not breathing properly, involved giving the dummy 30 chest compressions followed by 2 breaths to ensure oxygen entered the body and was pumped to vital organs... a surprisingly tiring activity if you ever have to give it a go. We were provided with mouth shields to practice with as they could be used in an actual scenario to reduce the risk of cross-contamination and although they were difficult to use at first, we all soon got the hang of using them. As well as that, we also learned how to place somebody in the recovery position if they are unresponsive but breathing normally while awaiting medical assistance. This involved manoeuvring somebody into a stable position which would allow any fluids from the casualty's mouth to drain out as well as maintaining a clear airway. All in all, it was a very informative day, and we would heartily recommend it to anyone and everyone who is given the opportunity to undertake first aid training. It could save someone's life!

Chris Pringle & Tanmay Mahesh

Shodan (1st Dan)

CCA Annual Awards 2014



Congratulations again to 2014's outstanding karatekas and deserving award winners. Here are the photographs of your moments of glory to cut out and keep!



Mr. Richard Tudor being handed his award for dedication, effort and perseverance in training from Sensei Croft.

Mr. Henry Pham receiving his award for dedication, effort and perseverance in training from Sensei Croft.





Mr. Edward Galley being presented with his well deserved award for dedication, effort and perseverance in training from Sensei Croft.

A delighted Mr. Kerry Clough presented with his award for dedication, effort and perseverance in training from Sensei Croft.



FOR SALE TO A GOOD HOME

Up for grabs: A second hand 180/size 5 gi. In immaculate condition and complete with CKA badge. Contact Di Short on 07941293205. No reasonable offers refused.





Mr. Paul Allen receiving a handshake along with his award for dedication, effort and perseverance in training from Sensei Croft.

Mr. Finley Spencer happily receiving his award for demonstrating good etiquette and approach to training from Sensei Croft.



A thrilled Miss Grace Weller receiving her award for demonstrating good etiquette and approach to training from Sensei Croft.

Calendar 2015

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| <p>Sunday 12th 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: 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 10th 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: 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 June – 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 28th 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 19th 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 6th 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 4th 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 1st 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> |