

The Lion



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



Fore Word....

Hello and welcome to the first 2016 issue of **The Lion**...

As always, a big thank you to all of this month's contributors who have kindly supplied photographs and articles.

Firstly, a very important announcement: In the future **ALL** Sunday training and gradings will take place in our new venue at **The Amersham School**. Further details can be found later on in this issue, on the official CKA website or by speaking to your dojo sensei.

This issue's front cover features an interesting traditional Japanese painting depicting the practice of empty handed martial arts techniques... or as we know it 'kara' (empty/open) 'te' (hand)... karate!

The best of luck to all karatekas aiming to grade today, remember to perform your basics, kumite and kata with attitude and you'll be sure to impress the Senseis.

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.

Chiltern Karate Association

Member of the English Karate Federation

Grading Examinations

Will take place

Sunday 5th June 2016

at

The Amersham School
Stanley Hill, Amersham, HP7 9HH

Programme

10.00 a.m. - Training

11.30 a.m. - Grading commences

Examinations will range from 10 kyu (Blue Belt)
to Sandan (3rd Dan Black Belt)

***All students grading for Red belt & above must have a
current licence and a CKA Badge***

The fees for training and grading are as follows:

- | | | |
|---|-----------------------------------|-------------|
| • | Up to 4 kyu (Purple & White belt) | £25 |
| • | 3 kyu to 1 kyu | £35 |
| • | Shodan/Nidan/Sandan | £50/£60/£70 |

Training only all grades: £5 seniors & £4 juniors

Application & fee must be received 2 weeks prior to grading

www.chilternkarate.co.uk

Ten things your Sensei should remind you about every lesson...

Some people think I repeat myself quite a bit... Ok... I get it... But it's only to make you all better at karate!

These are the things I like to remind all of you to concentrate on every lesson; things that need to be ingrained in your soul as the best habits to embrace. A mantra you adopt that leads to the ultimate path of *self-correction*. For when you self-correct, you truly start your journey through **Shu Ha Ri**, for self-correction is a crucial element of allowing yourself to break free from **Shu** and enter **Ha**.

With every sensei you train under, with every lesson you take, they should be telling you:

- 1) **Breathe** – you can go weeks without food, days without water but only minutes without air! If you hold your breath you cannot get oxygen into your muscles and get rid of the waste carbon dioxide. You will quickly run out of energy and turn very red in the face. And if your mouth is closed, your jaw tightens; your shoulders get stiff...
- 2) **Shoulders** – if your shoulders are raised, you must have tension in the upper body. Tension in the shoulders means you will not be punching/blocking with a fluid motion, resulting in a loss of speed, and thus power (And you look and move like Lurch).
- 3) **Hips** – your ability to produce power is directly related to your ability to maximise the percentage of your body utilised in each

technique. Learn to use the whole of your body mass and not just your arms or your legs.

- 4) **Relax** – relax your body and your mind. Tension is your nemesis. You must do everything to maximise your speed but tense muscles are slow muscles. A tense mind will slow your reaction time. “Unconscious Thought Theory – Dijksterhuis & Nodgren 2006” shows the distinction between conscious thought (involving attention) and unconscious thought (thinking occurring without attention). Your ability to relax will exponentially improve the effectiveness of your karate.
- 5) **Elbows** – keep them in at all times. No chicken dancing please. Aesthetically it looks awful. And in terms of body mechanics, you are destabilising your movement as the weight of the arm increases the further away it is from the body.
- 6) **Head** – keep your head up, don’t look at the ground. You look an opponent in the eye and you can see the whole body. But you also see into their soul. Everything you need to know is in the eyes. Look down and not only do you miss most of your opponent but you miss the opportunity to assess, react & dominate the fight.
- 7) **Focus** – this is your time, your moment. This is not a time to think about life and its stresses. This is a time to lose yourself in another world. Focus everything on those precious few moments you spend in a gi.
- 8) **Adapt** – karate is like handwriting, you have longhand, shorthand, block capitals and signatures. You have dojo karate, grading karate, street karate, beautiful karate, messy karate. Not one size fits all. Not each environment can be faced with the same style.
- 9) **Think** – the dojo is not a dictatorship. It is a place of shared knowledge and experience. The sensei learns as much from the students as they do from the sensei. Don’t leave your brain in the changing room. Never be afraid to ask a question. Each question closes the door on **Shu** and opens the door to **Ha**.

10) **Smile** – karate training should not be endured. You should come away with a feeling of euphoria, even though you may have just scaled the highest peak. If there is no enjoyment, then there is no point in turning up each week. Pain can be fun. Honest. Just ask Mr Parmenter and Mr Butterworth!

H - hips

E - elbows

A - adapt

R - relax

T - tension (shoulders)

B - breathe

E - eyes (head)

A - attitude (focus)

T - think

S - smile

These ten habits should be as ingrained and as autonomic as your beating heart.

To finish off, a little poem by Uesugi Youzan from way back in the Edo period:-

***naseba naru
nasaneba naranu nanigoto mo
naranu wa hito no nasanu nari keri***

If you try, you may succeed.

If you don't try, you will not succeed. This is true for of all things.

Not succeeding is the result of not trying.

David Davenport

Godan (5th Dan)

CKA Annual Awards 2015



Congratulations again to 2015's outstanding karatekas and deserving award winners. Here are the photographs of your moments of glory to cut out and keep!







Dedication, Effort and Perseverance in Training:

Damian Parmenter

Benito Sinacore

Sophie Welsh

Paul Allen

Emma East

Sam Green

Good Etiquette and Approach to Training:

Jason Guest

Finley Spencer

Laura Butt

Kerry Clough

For Showing Improvement in Training:

Sharan Kalamohan

Jonathan Green Award:

Ian Page

***Well done to all! Keep up the
good effort in 2016!***

Chiltern Karate Association

SPECIAL COURSE

Prof. RICK CLARK (8th Dan)

Tuesday 14th June 2016

Time TBC

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

Course fee TBC

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 2016

<p>Sunday 20th March – 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. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 17th 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: The Amersham School, Stanley Hill, Amersham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>
<p>Sunday 5th June – 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. Time: 10.00 a.m. start Grades: All grades Cost: Standard grading fees apply</p>	<p>Tuesday 14th June – Sensei Rick Clark Visit <i>Special course hosted by visiting Sensei Rick Clark, 8th Dan.</i></p> <p>Venue: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: TBC Grades: All grades Cost: TBC</p>
<p>Sunday 19th 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: The Amersham School, Stanley Hill, Amersham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>	<p>Sunday 10th 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: The Amersham School, Stanley Hill, Amersham. Time: 10.00 a.m. to 12.00 p.m. Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor