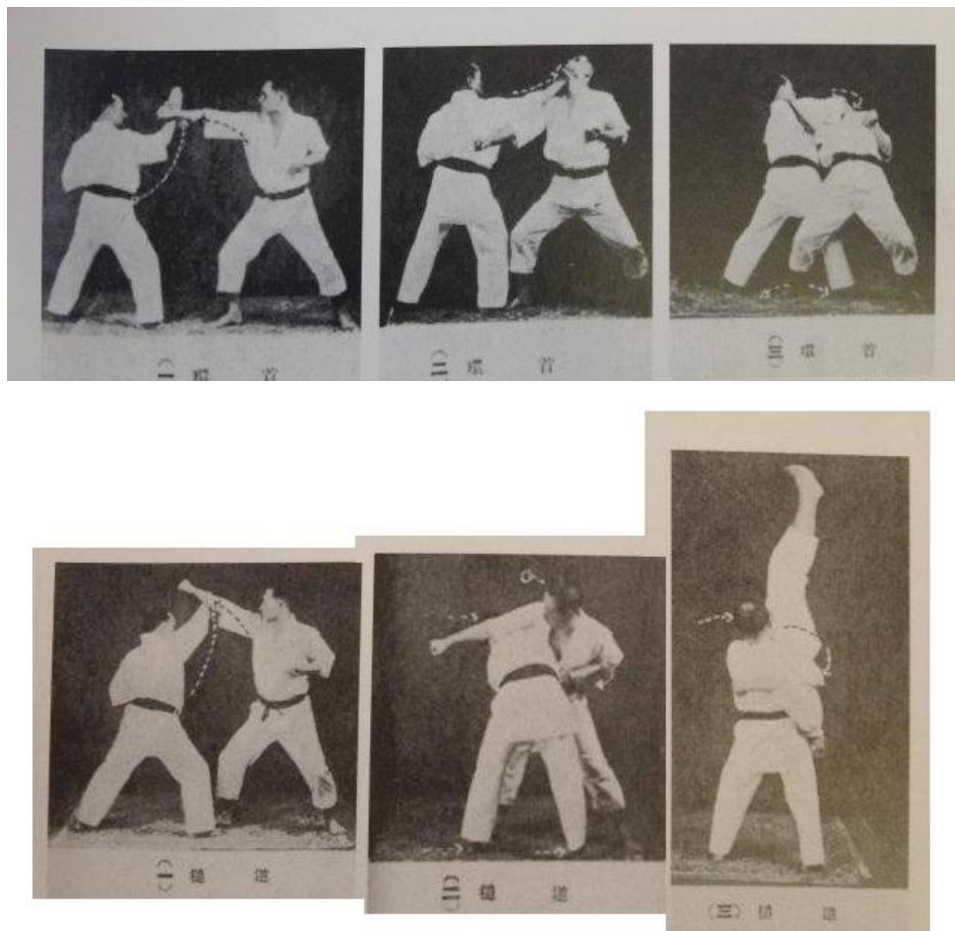


The Lion



***The official newsletter of the Chiltern Karate
Association – March 2017***



fore Word....

Welcome to the first 2017 edition of **The Lion...**

This quarter's front page features two fascinating illustrations of 'nage-waza' or throwing techniques not often seen in modern karate (picture one: 'kubi-wa' & picture two: 'gyaku-tsuchi'). Notice how each sequence features moves from well known kata we regularly practice in the dojo evolving into impressive take-downs...true bunkai at work and definitely techniques best left to the experienced karateka!

Thanks to Senseis James and Thwaites for providing top-notch photos of all of the deserving karatekas who scooped up prizes at CKAs annual awards in December.

It's a brand new year and time to set yourselves some new training goals for the months ahead. Remember that as long as you remain focused during lessons and practise little and often at home there's nothing to stop you from making leaps and bounds with your technique this year.

Training and grading sessions will return to Chiltern Hills Academy in Chesham from the 2nd April for the rest of the year. If coming by car remember to park in the upper car park as the lower spaces around the main school entrance are usually commandeered by the church congregation on Sundays.

Good luck to everyone grading today.

Hajime 始め

Jack Hamilton

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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 Annual Awards 2016



Once again huge congratulations to the students below who were 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

***Well done to all! Keep up the
good effort in 2017!***

Nidan – Yes He Can!

Well done to Mr John Jackson for attaining Nidan (2nd Dan) after many years of hard work and dedication towards training. Well done!



<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 a.m. 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: 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 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 4th 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 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: 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 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 3rd 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 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: Chiltern Hills Academy, Chartridge Lane, Chesham. Time: 10.00 am to 12.00pm Grades: All grades Cost: Adults: £8.00 Juniors: £6.00</p>

Sunday 5th November – 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: 10.00 am to 12.00pm

Grades: All grades

Cost: Adults: £8.00 Juniors: £6.00

Sunday 3rd December – Grading Examinations

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

Venue: Chiltern Hills Academy, Chartridge Lane, Chesham.

Time: 10.00 am start

Grades: All grades

Cost: Standard grading fees apply

*** Please note that for the 7th May grading training session there are likely to be severe onsite parking restrictions and that parking on the roads outside of Chiltern Hills Academy is strongly advised.**

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor