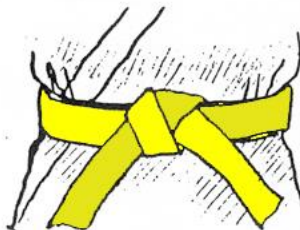
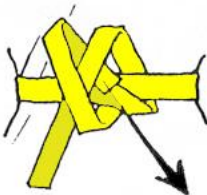
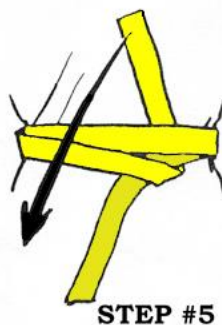
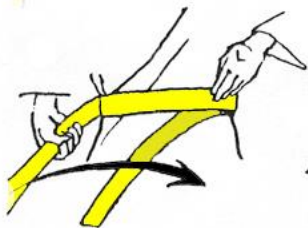


The Lion



The official newsletter of the Chiltern Karate Association - September 2014



fore Word....

*Konnichiwa and welcome to another helping of **The Lion**, your guide to what's going on within the Chiltern Karate Association...*

The pursuit of karate perfection is a lifelong endeavour and it's best to get the basics sorted out early on. This quarter's cover page is a step-by-step guide to tying a flawless karate belt! Ideal for beginners, youngsters and the forgetful amongst us!

Have a gander at the goings on at your club.

As I always say, we are constantly on the lookout for articles and your personal insight into the world of karate. A paragraph or two about an interesting training course or article you might have read, details about an upcoming event, or even some top-tips to help others train better would be gratefully received. As always

your views count whether you're a Dan grade or beginner.

*Creative? Bored? Glued to your computer? Then why not have a crack at editing for **The Lion**. Talk to your Sensei for further details.*

For all of those grading today...good luck and give it everything you've got.

Jack Hamilton
5th 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.

Rick Clark Course Report

Although Sensei Rick Clark's visit to CKA on the 17th June was no doubt a thoroughly uncomfortable event for all those lucky (or unlucky) to receive first hand instruction, I am told that the course was enjoyed by all and that no lasting damage was done! Many thanks to Sensei Thwaites for organising the evening event and we look forward to Sensei Clark's return in the future.



The cheerful victims led by Sensei Thwaites, Godan (5th Dan).

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

Congratulations to Sensei *James, Yondan (4th Dan)*

Many congratulations to Sensei Paul James who attained 4th Dan in June after 14 years of hard training and dedicated teaching. Well done!



Sensei Thwaites, Godan (5th Dan) presenting Sensei James with his 4th Dan certificate.

In Other News...

Well done to young karatekas Toby and Thomas Allen who are the joint winners of the Karate Criss-Cross challenge printed in the last edition of ***The Lion***. Ask Sensei Thwaites about your reward.

Martial Arts Mix-Up

O I Q O I O M K Z G O W G A L K
J D N D P G R M N S D U N D V Y
M A E M S A Z I P N I S O E W O
V H E N V N X Y A L K H I M I K
A K D M U O B K L N I U T U H U
T R A G B K O I C X A M A A N S
U G I K T T T S H I T O R Y U H
A F C E O A Y E T O S T K T H I
O I G H O I N A E A N U N H C N
K M S N L P E G M J M T A A G I
O D U J U K A B S N H N P I N Z
Z W A S W K O C S O G A Z B I U
S P K O K U Y R U J O G R G W D
R G N I L T S E R W F D E N R J
I D J I U J I T S U J R O B I Q
O S I L A T R P Y A N G Q H W S

AIKIDO

GOJU-RYU

JIU-JITSU

KICK BOXING

KYOKUSHIN

SAMBO

SILAT

TANG SOO DO

WUSHU

ARNIS

HAPKIDO

JUDO

KRAV MAGA

MUAY THAI

SHITO-RYU

SUMO

WING CHUN

CAPOEIRA

JEET KUNE DO

KEMPO

KUNG FU

PANKRATION

SHOTOKAN

TAEKWONDO

WRESTLING

Can you find all of the listed martial arts within the wordsearch? How many forms of karate have been included and which martial art is missing?

Chiltern Karate Association Christmas Dinner 2014



When? Saturday, 29th November.

Where? Saracen's Head Inn, Whielden Street, Old Amersham.

Cost? Expected to be £25.00 per person with a £10.00 non-refundable deposit.

Menu. TBA

Spaces are limited so snap your ticket up quickly! All students and partners welcome.

See your Sensei for more details.

Calendar 2014 – 2015

<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>	<p>Sunday 18th January – 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 8th February – 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 8th March – 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 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>