

The

Lion



*The official newsletter of the Chiltern Karate
December 2009*



Merry Christmas from the Karate Cat

Training Times for Christmas and the New Year

Chesham

Tuesday 22nd December 1 hour 8.00 - 9.00 p.m.

Tuesday 29th December 1 hour 8.00 - 9.00 p.m.

Aylesbury

Wednesday 23rd December 1 hour 7.30 - 8.30 p.m.

Wednesday 30th December 1 hour 7.30 - 8.30 p.m.

Amersham

Thursday 24th December NO TRAINING

Thursday 31st December NO TRAINING

Holmer Green

Monday 28th December NO TRAINING

Denham

Monday 28th December NO TRAINING

Fore Word.....

So there was I sitting down to start on the December issue of the Lion. I had already decided on a slight change of format to comprise a separate cover with important notices on the inside page and then continue in the two column format. What I needed was a nice picture to go on the front. I looked through my archives of CKA photographs and could not find anything with a seasonal message.

OK next plan, internet images (no not that sort!).....Google Karate images. I found everything from cartoons to book covers to kata line drawings. All very interesting but my final decision was based on the fact that everybody like cuddly animals and they work well on Christmas cards; I wonder what style this cat trains under?

This time of year is always a time for thought and reflection in between the parties and fun and it is always a good time to look back and see what has been achieved. Gradings are something that most students think about because the belt colour represents a marker of training progress. However, what about other achievements that may not have an indicator and may only be noticed by yourself. Maybe it is something like "I can kick Mawashi Geri a little higher this year" or "my

stances definitely feel lower and stronger". Whatever it is, take the time to notice things and at the same time take the time no notice the things that you would like to improve. Give yourself targets to improve your weak areas and work on those more than the things that you find easy. This time next year you could find that some of those weaker areas go on your list of achievements.

For the CKA there have been a few ups and downs, downs like having to cancel the competition, ups like great outside instructor courses from Sensei Rick Clark and Sensei Rick Jackson. We had a fun summer barbeque, Black Belt curry night, open air demonstration at Chalfont, trained with Sensei Kanasawa and Sensei Croft published another book.

It would be nice to think that next year we can carry on and increase these activities and we do have some interesting ideas on the boil. What is important is that ALL the club and ALL students get involved. It is a CLUB not just a gym where you pay to train so it would be good to think that all students felt that it is a social organisation as well.

One thing that is vital for our survival is new students so if you know anyone who may be

interested or have ideas to promote the club in your area, don't be shy please do come forward and talk to your instructors or senior grades.

Good luck with your grading, remember it is just a measure of where you are not a life threatening event. Best wishes for Christmas and the New Year.

Robin Thwaites
4th Dan

Sensei Rick Jackson Course **Chesham Dojo** Version 1 from Michael Thornton

I had heard a lot of things about Sensei Jackson from students that had attended some of his previous courses. The common themes were that he was intense, would say certain things that would go straight over the top of our heads, and that he was very scary !

It is always difficult getting up early on a Sunday morning to train, but with some trepidation I arrived at the Chesham dojo with good time to spare. As usual hardly anyone was there, but soon the changing room was full with chatter and thoughts about the next three hours.

Pretty much on time Sensei Jackson and his assistant swept into the dojo with a real sense of purpose. He didn't spend much

time with formalities, and we were straight into a line up. We were able to make two full lines (a better turnout than I had expected). He started with instruction on the correct procedure to kneel down and bow. " The smallest movements that we make in the dojo are some of the most important, no matter how insignificant they might seem ".

The first hour was taken up with a fairly intense lesson on our stances, and the transition from one stance to another.

Fudo dachi (Zenkutsu dachi with the front leg and kiba dachi with the back leg) was a very hard stance to master. At one point he got slightly irate because a few of us had difficulty in achieving the correct position without reverting to a quasi back stance.

After a while I could feel some of the sense of power when changing from fudo dachi to zenkutsu dachi with a gyaku zuki. We spent a lot of time maintaining these stances, and were constantly told to push further into the stance. I certainly felt quite warmed up at this stage.

He always seemed to take an extraordinary amount of time explaining the techniques when we were in some of the most uncomfortable positions. I believe that this was a lesson in mind over matter. There were many times when I could feel my arm or leg shaking uncontrollably, it wasn't so

bad because looking around everyone else seemed to be feeling the burn too.

In the second hour we paired up and continued with the same theme, keeping with the same stances and arm techniques, we applied them to kumite.

He instructed us in a form of "returning wave". The first person attacks jodan, is blocked with an age uke (in fudo dachi), this person then counter attacks and is blocked with a soto uke. The second person then uses a mae geri kick and jodan tzuki. At this point the senior grades could counter with any suitable technique that they wished. It was complicated but made to look very easy by Sensei Jackson and his assistant.

Sensei Jackson reminded us of the importance of waiting for the attacker to move at the end of the sequence coming back into the yoi position, and for the defender to not pre-empt this movement. This is another element that can appear insignificant but is very important in karate do. In his own dojo if this happens the attacker has the right to hit the defender, if he doesn't then Sensei will in turn hit him. Apparently they all pick it up really quickly!

For the last half hour the class split into two. Black and brown belts stayed to learn Sanchin kata, and

the rest split off to go through other katas.

Sachin is not a conventional Shotokan kata, but is part of our heritage. The stances are shorter (Sanchin and nekoachi dachi), a lot of emphasis is put on correct kime as well as proper breathing. We went through the kata very slowly twice; we tried hard to differentiate between the different breathing techniques required at different stages of the kata. By this time my arms were burning, but I think I grasped the basics.

Sensei Jackson is passionate about traditional karate and explained that both in Japan and the rest of the world we have become more obsessed with the self, and that karate had somewhat lost its way. He told us that karate do does not stop in the dojo, we should live karate do at every moment in our lives outside the dojo. We should constantly have awareness; he felt that any misfortune that happens to us can be attributed to a lapse in this awareness.

As a club he felt that we had good spirit and trained well on the day, we were however too nice, and had to learn to tap into our latent aggression / anger. By doing this we would be able to control it and subsequently control our fear.

We are very privileged to have Sensei Jackson come and teach us. He told us afterwards that he

had pretty much stopped teaching students outside his dojo, and that he had come to Chesham because of his respect for sensei Croft.

He was scary at times, but also incredibly inspirational. As I write this I can feel soreness in all my limbs, but that will pass. The memory of the day will last a lot longer.

Michael Thornton

Sensei Rick Jackson Course Chesham Dojo Version 2 from Stewart Pringle

The course with Rick Jackson was on the 8th November. I was told he would be scary, but I laughed that off. As soon as it started, I knew that I was wrong.

We started by learning an entirely new stance: Futudatch (or however it's spelt). It took most of us a long time to get it right, but Sensei Jackson's stance was incredible.

After learning Futudatch, we started a combination that involved staying on the spot and facing different ways using moves in different stances. As always, Sensei Jackson's stance was scarily good. After practising that for a while, Sensei Jackson talked to us about focus.

We can learn about karate, about the moves and katas, and we can be very good at it all. But it is useless if we are not focused on the moment: not on what we have

done, not on what we will do, but on what we are doing. If we cannot focus on what we are doing, we will never do it properly.

After that, we started a new sequence, one that involved stepping forward and doing the moves. We did that for a while, before we moved on to a different sequence.

Afterwards, we were split into two groups. I was in the lower group, doing Taikyo-Ku Shodan, and splitting it up. Instead of just doing the moves to count, the steps between the moves and preparing for the blocks were done to count as well. In the end, there were 28 counts instead of the usual 20. A lot of emphasis was put on the stances and hip movements.

That was the last part, but I wanted it to go on for longer. Sensei Jackson is an excellent teacher, and his stances were incredible. But more than that, he was a lot wiser than I expected. It gave me a different view on karate, and almost a different view of life!

CKA Kumite and Partner Work DVD

**All our CKA kumite sets on
DVD.**

An essential learning aid!

£15.00

See your club instructor

Memories of 2009



CKA Calendar 2010

Sunday	07-Mar	Grading	Chesham Dojo	10.00 start
Week Commencing	11-Jan	Beginners Courses	All Dojos	
Thursday	14-Jan	Bag Night	Amersham Dojo	Time TBA
Sunday	17-Jan	Grading Training	Chesham Dojo	10.00 - 12.00
Thursday	11-Feb	Brown and Black Belt Course	Amersham Dojo	Time TBA
Sunday	21-Feb	Grading Training	Chesham Dojo	10.00 - 12.00
Thursday	11-Mar	Black Belt Training	Amersham Dojo	Time TBA
Sunday	21-Mar	Special Qigong Course	Chesham Dojo	10.00 start
Sunday	18-Apr	Grading Training	Chesham Dojo	10.00 - 12.00
Week Commencing	19-Apr	Beginners Courses	All Dojos	
Sunday	16-May	Grading Training	Chesham Dojo	10.00 - 12.00
Sunday	06-Jun	Grading	Chesham Dojo	10.00 start
Sunday	27-Jun	Grading Training	Chesham Dojo	10.00 - 12.00
Sunday	18-Jul	Grading Training	Chesham Dojo	10.00 - 12.00
Sunday	05-Sep	Grading	Chesham Dojo	10.00 start
Week Commencing	13-Sep	Beginners Courses	All Dojos	
Sunday	26-Sep	Grading Training	Chesham Dojo	10.00 - 12.00
Sunday	17-Oct	Grading Training	Chesham Dojo	10.00 - 12.00
Sunday	14-Nov	CKA Competition	Chesham Dojo	10.00 start
Sunday	05-Dec	Grading	Chesham Dojo	10.00 start

If you have any material that you would like to be considered for publication in The Lion please contact Robin Thwaites at robin_thwaites@yahoo.com.

Material published may not necessarily represent the views of either the editor, the club instructors or CKA committee.