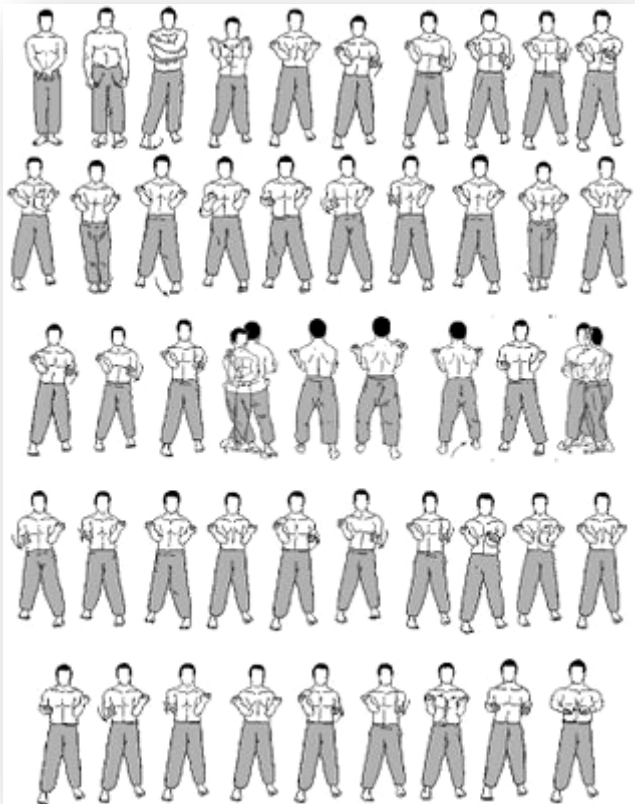


The

Lion



The official newsletter of The Chiltern Karate Association
March 2011



Contents

Foreword.....page 3
Sensei Croft Special Course.....page 4
Dojo Kun.....Page 5
CKA 2011 Calendar.....Pages 7 and 8

Cover picture:

Sanchin kata sequence

Notices:

Watch out for the CKA social events! Thorpe Park and the Christmas Dinner Awards Ceremony.

Anyone who might be good at helping promoting the club in any way please do not be shy, come and tell us!

CKA Kumite and Partner Work DVD

All our CKA kumite sets on DVD.

An essential learning aid!

£15.00

See your club instructor

fore Word.....

Change is an interesting phenomenon, it may be forced or chosen, solicited or unsolicited. Funakoshi said we should embrace change for all else is stagnation. Whenever a status quo is upset it leads us to open our minds and look at the alternatives.

In my particular case personal circumstances mean that I must, after many years and issues "under my belt", pass on the production of the Lion. It will not be an instant change and should be seamless but could lead to a new pair of eyes seeing new possibilities and maybe even better design/content.

Whatever the future I am pleased to have been able to be the mouthpiece of the CKA in all directions despite having cursed the responsibilities at times and look forward to being a reader rather than a writer.

On a slightly different subject, I have often been seen wandering around courses trying to grab quick pictures of CKA students while training however, it was interesting to see students reactions at Sensei Croft's recent course at Chesham. Training was normal and enthusiastic if a little sluggish, as soon as I appeared with a

camera stances improved, muscles tensed and faces changed to grim fighting expressions. This was great for the camera however a little sad as it would have been good to see all this before I had the camera.

So what is the moral to this? All students should put on their fighting face when they enter the dojo and keep it on until they leave.

Finally I will leave you this time with a plea/job offer. Sadly Mrs. Payne's circumstances and working life has also changed and she is finding it impossible to keep the CKA website up to date. We are looking for a volunteer capable of entering data and keeping it current with diary events, news and other content and making whatever changes that are necessary to present the CKA face to the world in an attractive, professional and hopefully enticing way. Ability to do the job and keep it constantly updated is more important than grade or age so all can apply. You will probably not need to generate original material but if you have an aptitude.....

Please contact a senior instructor or e-mail me directly.

***Robin Thwaites
4th Dan***

Sensei Croft Special Course

20th February
Chesham Dojo

Sunday the 20th February saw the first of Sensei Croft's Special Sunday Courses at the Chesham dojo. The format was that the first section was for all grades and then the second section for brown and black belts.

Sadly I missed the first section but did notice a good turnout when I arrived and then was pleased to be able to spectate and shoot some photographs and movie during the senior grade section.



Grim faced Dan grades

One of the subjects of the senior period was the kata Sanchin. This deceptively difficult kata holds a particular fascination for me with its obvious historical routes hidden in the mists of Chinese martial arts and then imported into Japan and our Shotokan karate. It is a kata which appears in many styles of karate with little variation. The

original Chinese form would have used open hands however the meaning of the name is similar – three battles – and is sometimes considered to mean the battle of the mind, body and spirit.



Sanchin

Anyone who supposes that the slow methodical movements mean that the kata is easy is completely missing the point. At any time during the kata the student should be aware of every single muscle in their body, its function and status (i.e. state of tension/relaxation). This applies to internal muscles as well as extremity muscles so breathing is key and rooting of the stance paramount. Muscle tension is pitted against muscle tension to build strength again with correct breathing, a technique we would now recognise as the isometric tension or exercise now used by

athletes for strength building typically in areas such as weight lifting.

The biggest challenge is concentration over a relatively long period of only small changes and again, maintaining correct breathing.

So is this just a training regime to condition the body? Unlikely, well what is your own opinion? Are there applications and bunkai in there to be seen?

Let me leave you with the thought that if you are capable of getting close to performing the kata correctly you will not need to ask.

Robin Thwaites
4th Dan

(KA AWAYDAY

Join CKA for the thrills and spills of Thorpe Park!!

Saturday May 7th 2011

Prices depend on numbers for advanced group rates:

Adult: Between £21-£24
Children (under 12):
Between £18-£24

If you are interested please contact Laura Noble or Laura Graham
Bookings close April 1st

Dojo Kun

Every grading there is a small ceremony that happens at the front of the class that seems to take many students by surprise. On a command by the Dojo Captain (most senior brown belt) The Black Belts turn and kneel down. The Dojo Captain then shouts something that seems to rhyme in Japanese; the class repeat the phrases in answer. Finally there is bowing to the dojo and then bowing to the students and at the appropriate command by the Dojo Captain the Black Belts stand up in grade order followed by the rest of the students. It all seems very strange.

So what is happening? The key is to learn the Dojo Kun and know what to say AND WHAT IT MEANS so that you are able to follow the process.

Briefly the Dojo Kun is a commitment by students to:

1. Follow the rules of the dojo and association.
2. Train with commitment and vigour.
3. Respect senior grades and instructors.
4. Respect fellow students.

Reasonable enough targets you might think so why is this all such a mystery?

The problem is usually that students see someone else going through the process but completely fail to learn it for themselves until they are approaching the position of senior brown belt and suddenly have to.

Without resorting to a "it's not like it used to be" mentality I seem to remember that I learnt the Dojo Kun as a green belt. Why? Because I went to an outside course with a Japanese instructor who had his own Dojo Kun and we KNEW we were going to have to represent our club and let ourselves down. As consequence, having learnt one Dojo Kun I thought I might as well learn our own one. In fact I seem to remember that all of my peer green belts also learnt our Dojo Kun at the same time. By the time I was a brown belt I had repeated it so many times and seen the process I was very confident and able to step in as Dojo Captain with no problem.

Do I think that all students should know the Dojo Kun? Of course, the translations make sense in a way that means that the little phrases are something which you can take with you outside of karate and apply very well to everyday life.

The Dojo Kun with translations

Seek Perfection of Character
Hitotsu! Jinkaku kansei ni tsutomuru koto.
(To strive for the perfection of character.)

Be Faithful
Hitotsu! Makoto no michi o mamoru koto.
(To protect/defend the paths of truth.)

Endeavor to excel.
Hitotsu! Doryoku no seishin o yashinau koto.
(To foster the spirit of effort.)

Respect others
Hitotsu! Reigi o omunzuru koto.
(To honor the principles of etiquette.)

Refrain from violent behavior
Hitotsu! Kekki no yu o imashimuru koto.
(To guard against impetuous courage.)

Robin Thwaites
4th Dan

Sunday 13th March – Main Grading Examinations

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

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply.

Sunday 27th March – Grading Syllabus 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: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 1 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £5

Sunday 10th April– Grading Syllabus 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: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 1 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £5

Sunday 15th May – General Training Course

This will be a general course taken by Sensei Croft covering various aspects of karate training.

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 11.30 p.m. - All grades
11.45 a.m. to 1 p.m. Brown and Black Belts only
Cost: Adults: £8 Juniors: £6 – Brown & Black Belts £10

Sunday 5th June – Main Grading Examinations

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

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply.

Sunday 19th June – Grading Syllabus 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: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 1 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £5

Sunday 4th September – Main Grading Examinations

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

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply.

Sunday 18th September – Martial Qigong

This course will be taken by Sensei Croft and cover the theory and practice of Qigong.

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 11.30 p.m. - All grades
11.45 a.m. to 1 p.m. Brown and Black Belts only
Cost: Adults: £8 Juniors: £6 – Brown & Black Belts £10

Sunday 2nd October – Grading Syllabus 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: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 1 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £5

Sunday 30th October – Grading Syllabus 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: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 1 p.m.
Grades: All grades
Cost: Adults: £8 Juniors: £5

Sunday 13th November – General Training Course

This will be a general course taken by Sensei Croft covering various aspects of karate training.

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. to 11.30 p.m. - All grades
11.45 a.m. to 1 p.m. Brown and Black Belts only
Cost: Adults: £8 Juniors: £6 – Brown & Black Belts £10

Sunday 4th December - Grading Examinations

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

Venue: Chesham Park Community College, Chartridge Lane Chesham
Time: 10 a.m. start
Grades: All grades
Cost: Standard grading fees apply.

Saturday 10th December – CKA Christmas Dinner and Awards