

The

Lion



The official newsletter of the Chiltern Karate
September 2009

Fore Word.....

As I write this I am sitting in the KLM lounge at Schipol (Amsterdam) killing a 3 hour stopover on my way back from a business trip to Beijing.

Now you will probably think that I managed to slip away for some training while I was there but alas time was against me and I would have had no idea where to start looking for somewhere to train in a city where it is likely to take you an hour in a taxi just to get dinner.

No, this is more social comment on a country steeped in history which now possesses a bigger commercial base that anywhere in the world that I can think of and shopping malls and centres which match Madrid, Rome or even Hamburg for their size, choice and designer labels. The surprise for me was that these were being populated by local Chinese and not tourists. The Olympics have made a huge difference since my previous

visit in 2005 although sadly not to the pollution.

So where am I going with this? Well two facts emerged; firstly that the local educated and young people that I was dealing with seemed very impressed when I said that I had visited previously to Zhengzhou and immediately knew that it was the city close to the Shaolin Temple. There was not much of a jump for them to realise that I had visited the temple and that was a major reason for my visit.

The second fact was that our host company mainly employs young women for their English speaking skills and most of these sharp young city dwellers had a reasonable knowledge of traditional Chinese medicine and therefore pressure points for massage and acupuncture.

So no conclusion really, just a fascination that such a modern, bustling society not only has knowledge of but still embraces arts, sciences and traditions formulated 3,000 years ago

when in this country we were still living in caves and painting our faces blue.

**Robin Thwaites
4th Dan**

New CKA Website

The CKA will shortly be presenting our brand new club website. The new site is the result of lots of improvements, hard work and suggestions from the club bringing us a modern look and feel. The CKA committee would like to thank Caroline and Nick Payne for their time, effort and dedication in getting this important project to near conclusion. More details and the launch date to follow shortly.

CKA Committee

Sun Shines for CKA Barbeque

After much praying and finger crossing the night before, the rain held off and thirty CKA members and their guests enjoyed a relaxing BBQ at Sensei Crehans house on

July 12th. It was great to see some of the newer members (even if one of them was so keen she arrived a whole day early!)

The table tennis table appeared to be very popular, with Sensei Stratton throwing the gauntlet down straight away. Unfortunately his “left” handed bat seemed to let him down slightly. The competition began to heat up and so did the weather, with several of the younger guests cooling off in the pool.

Sensei Crehan proved to be a dab hand with the BBQ and it wasn't long before everyone was tucking into the food. Although not even his culinary skills could match that of Karin Wipflers, who arrived with a fabulous homemade chocolate cake. Needless to say it didn't last long! Everyone seemed to enjoy the day and it was nice to socialise with different people outside of the formal dojo setting.

On behalf of the CKA members who attended, Laura Graham and I would like to thank Sensei Crehan and his family for hosting this event.

Laura Noble

Coming soon.....

Club Competition

The 25th October has provisionally been set as the date for a CKA Club Competition. Running Venue is to be confirmed but probably Chesham Dojo 09.00 – 15.00. The format is not fixed yet but is likely to be mainly Kata with Kumite for adults only, purple belt and above (separate male and female categories).

This would work out as:

Kata

Juniors up to green belt

Juniors Purple belt and above

Kata

Adults up to green belt

Adults Purple belt and above

Kumite

Purple belts and above male

Purple belts and above female.

Guest instructor in November:

Sensei Rick Jackson, 8th Dan Shotokan is coming to the CKA on the 8th of November at our Chesham Dojo for a three hour course. Further details and how to book your place with this world renowned instructor will follow shortly at a Dojo near you.

C. Jones
Yondan

Karate and Golf – “It’s all in the hips”

Golf is a sport and Karate a martial art – to a few there are many similarities and the two are complimentary.

My holiday this summer was on the Isle of Cumbrae, a tiny island on the west coast of Scotland. The lure of this Scottish island is a beautiful 18 hole heathland golf course overlooked by the mountains of Arran and encircled by the water of the firth of Clyde. The added jewel of the holiday this year was finding the island Shotokan Karate club. “Golf, Karate and Scotland - what a combination.” This was a real



opportunity to keep training and also learn something new from a different club.

The island is only 11 miles round; a lovely cycle ride, with several areas for picnics and barbeques, with fantastic views. There is only one town, Millport, a classic Victorian seaside resort. I met Sensei Yule on the practice ground at the Golf Club, mentioned that I would be interested in training with him; and both he and his students were very welcoming. I attended two classes at the "Drop in Centre" in the Garrison, the old Custom House built hundreds of years ago to catch the smugglers travelling between Ireland and Scotland.

The first training session was with a green belt (Sensei Yule's wife and the island Post Office Manager/Owner) and a purple belt; and the second week we were joined by another green belt. As only possible in Scotland, we practiced our Karate to the sounds

of the island Pipe band. I am sure you can imagine the scene.

Sensei Yule was a pupil of Sensei Kazi, and there was a thorough grounding in meditation for focus and Chi. I only got into a pickle a couple of times where the combinations were different, but when we started the Kata, I was in my element. I also enjoyed the meditation at the start of training which really did help me focus my mind.

It was enlightening to hear Sensei Yule's explanation of body movement in centring in defences, and I gained from the almost 1-2-1 teaching in the small class. Sensei Yule also helped me with my hip movement (always very stiff at training) which has so many similarities to the downswing of the golf swing.

There is something to this improvement in hip movement I thought as I had a whiskey from the bottle at the bar to celebrate Sensei Yule's hole in one. On the same day my handicap was reduced by 3! Sounds unusual but I firmly believe there is a strong correlation between golf and karate and hopefully as I move forward with both, the two should compliment - "it is not all in the hips!" - there are several other similarities including: focus, timing, commitment and of

course facing one's fear at each milestone; where the mental processing is just as important as the physical – both help develop the body and the mind.

**Tess (hope my handicap comes down soon)
White**

p.s: If we have sufficient golf players for a Chiltern Karate Club fun golf day one weekend, let me know on: tnt07@btinternet.com and I will organise a game (partners welcome too).

CKA Xmas Dinner and Dance 2009

We will be returning to Latimer House, Devere Hotel again this year for our annual dinner and dance. It will be held on Saturday 19th December 2009 at a cost of £33.50 p/p so put the date in your diary now and look in The Lion or on the website for payment details nearer the time!

It only seems like five minutes ago we were collecting money for the CKA Xmas meal 2008.....but these things have to be planned so far in advance! Therefore we are now collecting deposits for 2009. We are returning to Latimer House on Sat Dec 21st for a "Fire and Ice" themed evening. The price includes a 3 course meal, table entertainer

and boogie on the dancefloor afterwards! Tickets are £33.50 pp. Black tie 7.30pm for 8.00pm sit down.

Deposits are non refundable and are £10 pp (cheques for £10 payable to CKA Association. Cheques for the remainder to De Vere Venues)

Deadline for the deposit is Oct 12th
Deadline for the balance is Nov 16th
Limited spaces! Please pay Laura Noble or Laura Graham.
(Please note that due to group size, we will be sharing a room with other parties)

New club in High Wycombe

The CKA are in final negotiations to form a new Karate club at the brand new Buckinghamshire University campus facility in the centre of Town. The idea is to merge with the existing Shotokan based student union club and be able to offer their students a regular training night and at the same time have new and existing CKA students use the super new purpose built sporting facilities. Watch this space for more updates and details.....

***C. Jones
Yondan.***

Kime

- an alternative view

“Kime (or focus) is the concentration of all the energy in the body in an instant on a specific target” – (Karate - The Art of Empty Hand Fighting 1959, Nishiyama).

I have lost count of the times I have been shown how to do kime “...relax your body...start to punch....no tension...at the last moment tense all your muscles....then instantly relax...”

Is this the whole story? The purpose of this article is to explore the meanings of kime and discover how to achieve it.

In everyday Japanese the word *kime* means “rule; agreement”. In Martial Arts though, it is used to translate “focus” or “the instantaneous tensing at the correct moment during technique” – ref Eri Takase, Master Calligrapher.

Let’s start off with what we do know. *Kime* is usually translated as “focus” but I prefer the definition given by Nakayama i.e. “finish”. He defines *kime* simply as “the point of

maximum force at the moment of impact” (Best Karate Vol 1 1978).

Funakoshi makes barely any references to kime in any of his works. No where does Funakoshi describe or talk about kime in his master text (Karate Do Kyohan 1935), but instead concentrates more on makiwara training. In the 1973 reprint there is only one reference to kime, as part of Heian Nidan “...give a kiai at the moment of focus (kime)...”

Funakoshi wrote in 1922 “The seiken (fist) is truly the life of karate-do, and the karateka cannot neglect the constant training of his fists, not even for a day. Without a powerful fist, your kata and kumite will lack authenticity and your movements will be no different from dancing”.

Even Okazaki believes “in order to make your techniques strong, you have to hit something which has resistance”.

The renowned Shotokan historian Harry Cook said “until you actually hit something you are not punching, you are simply moving your hand in the air. Impact cannot be really developed by punching thin air, and kime is only truly experienced when the fist actually hits something”.

Kime again! How do I experience kime!

I guess I can go down two routes:-

Route 1 – Partial to the Martial....

“Kime means focus. The whole body concentrates its force for an instant. Kime comes about as a result of Shin-Gi-Tai and proper form. The proper projection of kime is very difficult indeed to perform and takes many years of hard practice to achieve” (Shotokan Book of Facts 1997, Layton / Randall / Nursey).

The Japanese principle of unification of Shin [mind], Gi [skill], and Tai [body] is an important concept in modern Budo. The idea here is that the bringing together of all three will achieve kime.

This is fine but it's just not the complete answer for me!

Route 2 – Good old Isaac....

Newton's 2nd Law of Motion states “Force equals mass times acceleration ($F = ma$): the net force on an object is equal to the mass of the object multiplied by its acceleration”.....so said Mr Smithers, my old physics teacher.

I know I can maximise my mass by using correct form, i.e. making sure

I utilise my whole body when I punch, not just my arm.

I know I can maximise my acceleration by ensuring my fist travels to the target without hindrance i.e. no muscle tension that has a negative impact on my ability to produce speed.

Simply put, Power accumulates with the correct application of mass aligned with unhindered speed.

So, in theory, my punch is at its most powerful at the exact point BEFORE I start to apply tension i.e. before I start to put on the brakes.

Is this how I experience kime? Not quite.....

Kime is better explained along both physical and psychological lines. *Kime* is when both the body and brain are executing a sharp, crisp, penetrating and hard technique that utilises the entire person. *Kime* is where the body's entire musculature is used in a sudden explosive moment, and also when the mind is linked to the technique.

I have to include the mind in this definition as it is the brain that actually tells your muscles what to do and controls your ability to perform with correct technique. Your brain is the organ that decides

if your muscles are relaxed or tense.

A technique that has no kime can be when the heel of the foot rises off the floor, or when the hips don't snap into place at the right time during punch. A technique with no kime is when you are off balance. A technique with no kime is when your back is not straight as you stand in zenkutsu dachi. A technique with no kime is when the retracting hand is weak, when the punching hand over-extends, when the shoulders are too tight, when the course of the punch is not straight, when the fist shakes or wobbles.

Shall I go on?

By thinking in these terms you can see that kime can be applied to other sports – golf, tennis, even snooker!

Referring back to Nakayama, let's now change his definition from "finish" to "finished to completion". Remember he defined *kime* as "the point of maximum force at the moment of impact".

So, at the precise moment of impact, if all the elements of the technique are correct.....

THIS IS KIME

When a karateka moves forward, it should be a smooth single motion, like a piston moving horizontally. Shoulders relaxed, neck relaxed, body accelerating forward, elbow tight into the body, fist moving forward, punching hand accelerating, and at the end of the technique, at the final critical instant when the fist turns over and the knuckles turn, only then does the entire body—from heels to knuckles, become a single unit.

Kime.

But what about the tension at the end? The locking of the arm and the body? And that whole thing about having to hit something?

The rapid tensing of the muscles after kime is called sun-dome. Sun-dome means to arrest a technique just before contact with the target (Best Karate Vol 1 1978, Nakayama). The literal translation is "one sun short-stop". For the historically minded, one sun is = 1/10 shaku, 1 shaku = 30.3cm, therefore 1 sun = 3.03cm (one sun equals about 3 centimetres).

This is how a generation of post war karate masters came to reconcile & teach kime with sun-dome without resorting to makiwara training. You establish the target slightly in front of the opponent's vital point. Thus it can be hit with kime and sun-dome.

And you get rows of occidentals marching up and down punching imaginary opponents.

If you didn't apply muscle tension at the end of a punch your arm would just swing through the air. But how does sun-dome fit with hitting something other than thin air? Like Funakoshi's favourite makiwara?

Hold that thought and let's head off to the boxing ring! To get you in the mood:-

"A basic punch starts with a good, balanced stance and precise technique. It's more than the arm movement - the whole body works together to land the punch" -Joe Guson, pro boxing trainer.

Recognise anything familiar?? The whole body.....

A boxer has to learn to hit things hard. When a boxer hits a punch bag correctly (all the elements of correct technique with maximum speed i.e. kime) he tenses at the moment of impact. Why? Two main reasons:-

- a) If you don't tense at the point of impact you will seriously damage yourself! Best case you will sprain your wrist but the shock of the impact will also be felt in the other connecting

joints (elbow, shoulder etc) as well as the supporting muscle structures (back, neck etc).

- b) Back to my best friend.....Newton's 3rd Law of Motion states "every action has an equal and opposite reaction". As you hit something solid, the force of the impact is sent back into your body. If your technique has been anything less than perfect (i.e. without kime) then this opposite reaction will amplify your weak technique.....have you ever bounced off a punch bag?

In the Funakoshi era, the makiwara was the favoured tool for karateka to develop kime - hours were spent honing the punch with kime & tensing to avoid damage. If you hit a makiwara with full kime and fail to correctly tense at the point of impact, you will sprain your wrist and/or bounce off it!

Funakoshi recognised the effects of Newton's 3rd Law. When speaking about hitting the makiwara, he said "The most important point is the stance: the legs must feel as though they are firmly rooted to the ground" (Karate-do, My Way of Life 1975, Funakoshi).

When you punch thin air, the same muscle tension seems to be deployed but it is different. Sundome arrests the technique in mid-air but cannot substitute the effect of forces applied to the body as a result of an impact. Without hitting something solid you will never know if you are applying or experiencing kime.

This is what Harry Cook meant “...Impact cannot be really developed by punching thin air, and kime is only truly experienced when the fist actually hits something...”

Funakoshi was of the opinion “...anyone who practices karate as a form of callisthenics need not use a makiwara; he may practice and go through all the necessary actions without ever striking a blow...”(Karate-do, My Way of Life 1975, Funakoshi).

But if kime is “the point of maximum force at the moment of impact” and you then have to apply muscle tension “at the moment of impact”, what is the gap between the two?

When I asked Enoeda this question, he said “What is the gap between striking a match and seeing the flame? That is your timing”.

Karate by definition is a martial art developed to strike opponents. It is

up to the individual student to train towards whatever goal that fits with their outlook on life or their moral code. But we must never forget that karate is a self defence tool and this will entail striking your opponent. Many karateka subscribe to the philosophy of Ikken Hissatsu, which means “to kill with one blow” (ikken is read as “ichi” meaning one and “ken” meaning fist. Hissatsu is read as “certain kill” - ref Eri Takase).

Unless your training incorporates elements that test the effectiveness of your kime, then by definition the first time you test your kime could end badly.

When Nagamine was asked for a brief definition of a good Karate person, he replied “oni te, hotoke kokoro”.

Translation?

“A demon’s hand, a saint’s heart.”

Sums it up quite nicely, don’t you think?

D.C.Davenport
4th Dan

SKIF World Karate Championships Athens 2009

Between the dates of 21st July and 28th July 2009 I was on holiday in Athens Greece - actually the holiday part was coincidental - I was there attending the SKIF 10th World Karate Championships at the "STADIUM of Peace & Friendship" and thought I'd take a few days out on holiday around that event. I wasn't competing (obviously not having any categories that catered for the incompetent Karateka or those lacking coordination I declined to participate) but there were a number of people that I knew and trained with from SKKIF UK that were competing and I wanted to both experience the event and support them in their little adventure. The schedule of events were pretty much as follows:

1. THURSDAY July 23rd
Schedule: Masters (Over 40's)
- Kata & Kumite, Team Kata,
Yakusoku Kumite
2. FRIDAY July 24th Schedule:
Juniors (Up To 19 years) - Kata
& Kumite, Opening Ceremony
& Demonstrations
3. SATURDAY July 25th Schedule:
Seniors (20 - 39 Years) - Kata
& Kumite
4. SUNDAY July 26th Schedule:
Elimination- Seniors Finals &
Team Kumite & Farewell Party

We all travelled to Athens for the event via various methods and from different starting points in the UK, but everyone was available and present for the Registration process on the Wed 22nd July - All I want to say on the subject of the registration is that the process of registration, weigh-in, coordination and control was "interesting". The UK Team under Mr Kevin Leigh was obviously well coordinated and well organised event with the difficulties/challenges presented on the day.

For the most part all the participants in the UK Team and supporters were staying at the Hotel Palmyra in Athens about 30 minutes on the direct Tram from the stadium, a great hotel with a friendly atmosphere and only 10 mins from the beach. All organised again by Mr Leigh.

There were over 30 countries competing and hundreds of competitors in around 30 categories that allowed both the young and old (oldest was 82 years young) to compete on a grand level - the atmosphere was great, the enthusiasm shown by all those organising and competing was wonderful. Being slightly Scottish I do have to mention the sun/heat - an average of 38-42C throughout the week essentially meant that for the most part I melted every time I left the hotel or any air conditioned environment, and with blue skin and factor 50 sun cream I came back whiter than I went (no comments necessary).

On average on any given day there were hundreds if not a thousand or so

spectators, the noise from some countries could be deafening. Particularly those teams from South Africa, Greece and Venezuela who had large teams and also a good following in support, they gave great voice and in some cases played instruments of deafening proportions during all the events in support of their teams.

Whilst there as a supporter I ended up the Unofficial Camera Man for the team for both video and photo shots with particular focus on the UK team, the Seniors finals and also the Grand Master Elimination Events I ended up with approx 60GB of footage. All I need to do now is to learn to edit the film, and format DVD's - I also need to find a way of removing those points where I became slightly more vocal than I should have when supporting the team members I was filming.....LoL

In our Team - MEDALS were won in all the following disciplines:

1. Gold - Junior Under 17 Male Kumite (Reza)
2. Silver - Seniors Male Team Kata (150-179 years)
3. Bronze - Seniors Individual Kumite (Tony)

Additionally the Grand Master (Kumite) was won by Japan, 2nd was Greece and 3rd was Georgia - the elimination process to get to that finish was hard won. You could feel if not almost taste the sense of tension in the air during

the final.

The standard of Karate I must say was exceptional, it was apparent that the effort, training and dedication that must have gone in prep both within the team preparations and also for the individual events was massive particularly in the Kata events, and whilst there appeared to be the odd "red haze" moment in the Kumite the control shown in the heat of the moment meant that there were very few injuries (a few black eye's) or disqualifications throughout the weekend.

On the final evening there was a celebration buffet and drinks at the stadium's main function room for all wishing to attend contestant and spectator (approx 2000) with a good deal of dancing, and after much food and alcohol everyone either found their way home or went on to many parties in various hotels throughout Athens. You didnt want to be a mugger on the streets of Athens that evening.

The rumour is that the next SKIF World Championship is in Australia in 2012.....BONZA MATES !! FANCY GOING WALKABOUT??

John Jackson

Warm Up Tips

As you progress up the grading syllabus, you may find yourself being called upon to take the class for a warm up. Most people will probably find this quite a daunting task. It helps to

have a few stretches/exercises stored away in your mind so that when your time comes, you have some to hand.

To ensure an effective stretch before any physical activity, the heart rate needs to be raised slightly to get the blood supply pumping to the muscles to increase the temperature of the muscle tissue, and to ensure that they are not “cold” when the stretches are carried out. Any warm up should start with a gentle jog/jumping etc. The easiest way is to start stretching from the top to the bottom of the body.

I recently read an article published in the British Medical Journal about the effects of a warm up prior to undertaking physical activity. Before joining the fire brigade, I studied for a degree in sport science and theatre studies and this knowledge, coupled with my knowledge surrounding karate has encouraged me to impart some useful information to you.

The article in question centres around a study on 2,000 female footballers carried out by the Oslo Sports Trauma Research Centre at the Norwegian School of Sport Science. The exercises are also endorsed by experts at the Rugby Football Union. By carrying out a certain set of exercises as part of their warm up, injuries and severe injuries to the footballers was greatly reduced.

The exercises are designed to improve knee alignment, core strength and hip control. I feel that these are extremely pertinent to karate and the way in which we move our bodies.

Knee alignment: consider the Shotokan front stance and the position of our knees, also the various kicks we do and the role our knees play in executing these kicks.

Hip control: again, consider the different stances in Shotokan. Think about the role the hip plays in executing a mawashi geri kick, we rotate our hips over, but too much can cause us to be off balance.

Core strength: this relates to our stomach and back muscles (some of us have “six packs” some of us don't!) When we complete some of our kihon moves, we may have to do them backwards and this can utilise our stomach muscles. Also at the end of a move, and when receiving a counter punch (to the stomach) we momentarily tense our muscles and good core strength makes this more effective.

The 3 exercises are described below:

For core strength:

“The side plank: Lie on your side. Bend the arm closest to the ground and use the forearm to raise your body off the ground. Then balance yourself with the forearm and the side of your bottom foot. Rest other arm at your side. Your body should form a straight line. Contract your abdominals. Hold for 20secs and repeat 3 times on each side”

For knee alignment:

“The walking lunge: Stand upright with feet together and hands on your hips. Take a step forward with your left leg.

Lower the hips toward the floor and bend both knees. Your front foot should be over the ankle and the back knee pointing toward the floor. Push off with the right foot and bring it forward to starting position. Walk for 30 secs, then repeat”

For hip control:

“The Nordic hamstring lower: Kneel upright in the floor, asking a partner to sit behind you and hold your ankles. Slowly fall forwards, using the hamstring muscles in the backs

of the legs to resist the fall for as long as possible. As your body reaches the floor, push up with your hands. Repeat 3 to 5 times”

The exercises were designed to prevent strained ligaments and muscle tears and sprains, and the candidates that practised them regularly were significantly less likely to get injured during their sporting activities. Something to

bear in mind, next time you are called upon to take the warm up.

On a more selfish note, I have reached the final of London’s Fittest Fire Fighter, a competition held annually in Covent Garden, Central London. It involves a lot of physical activity and work related tasks, ie hose bowling, ladder climbing etc. It will be on Sept 12th, 10am till 5pm. Any support on the day would be much appreciated!! It is a good day out for adults and kids alike! Please let me know if you require any more info.

Laura Noble

JKA August Summer Course 2009

I picked up Mr Entecott from Amersham and we proceeded to Guildford, Surrey to attend the JKA Summer Course 2009.

The main attraction was Sensei Ueki 8th Dan, one of the top three at the JKA Honbu. Sensei Ueki was a formidable karate competitor in his younger days and was twice Grand Champion at the annual JKA championships – no mean feat!

Also in attendance was the ever youthful Sensei Ohta 6th Dan (the JKA representative for the UK) and Sensei Taniyama 6th Dan (another JKA Honbu instructor).

The first hour was taken by Sensei Ohta and he broke down the movements for stepping forward in zenkutsu-dachi, turn 90° to the left, and then turn 180° behind. All the time the emphasis was on the back foot, making sure the heel never left the floor and the foot was 100% flat at all times. Easy! This sequence was built up until we were attacking mae-geri / oi-tsuki to the front, turn yoko-geri / gyaku-tsuki to the side, and finishing with ushiro-geri / uraken to the rear.

No one could move as fluidly as Sensei Ohta and he took great pleasure in

telling us so! Sensei Ohta has a great way of teaching, being able to get his point across and be humorous (at our expense!) at the same time.

Next up we had Sensei Ueki. Even at 70 years old he was able to move with a grace that belied his age. We went through Bassai Dai in detail, working through all the turns and stance changes. Sensei Ueki wanted us to concentrate on eradicating any superfluous movements – his opinion was that that we all looked “too flowery” and we had to get our basic technique paired down to the absolute minimal movement “in order to look beautiful”. I’ve tried to be a lot of things before but I’ve never tried to make myself look beautiful whilst doing Bassai Dai! Always a first time.....I could see Mr Endecott out of the corner of my eye trying to look gorgeous!

We went through some basic bunkai to emphasise the kata movements and this graphically brought home the need for precise technique & targeting of both soto-ude-uke and uchi-ude-uke.

The final hour was back with Sensei Ohta for Jitte. Again the kata was broken down and sections explored via bunkai with multiple attackers. The JKA version is slightly different to the CKA version. The opening moves of Jitte were done at great speed with two attackers coming from different angles and the resulting bunkai was applied as fast as possible.

The three hours flew by and all that remained was for Mr Entecott & I to peruse what we had learned over a Starbucks, and to agree that this was an excellent course.

D.C.Davenport
4th Dan

CKA Kumite and Partner Work DVD

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

An essential learning aid!

£15.00

See your club instructor

**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.**

CKA 2009 Calendar

Sunday 6th September	Grading	10.00 a.m. start	Chesham Dojo
Sunday 27th September	Grading Training	10.00-12.00	Chesham Dojo
Sunday 18th October	Grading Training	10.00-12.00	Chesham Dojo
Sunday 25th October	CKA Club Competition	9.00a.m. – 3.00p.m.	Chesham Dojo
8th November	Sensei Rick Jackson Guest Instructor	10.00 a.m. start TBC	Chesham Dojo
Sunday 13th December	Grading	10.00 a.m. start	Chesham Dojo
Saturday 19th December	CKA Christmas Dinner Dance		Latimer House