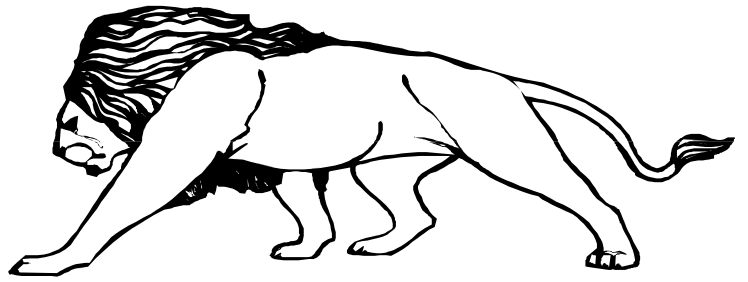


# *The* ***Lion***



*The official newsletter of the Chiltern Karate Association*  
**September 2011**



## Contents

Foreword	page 3
CKA Barbeque	page 4
Annual Competition	page 5
New York	page 5
Rick Clark May 2011	page 6
CKA Annual Awards Night and Dinner Dance	page 7
External courses: Dave Hazard	page 7
Calendar	page 8

### *Cover picture:*

Bill Bugar and Professor Rick Clark taken at a recent CKA course (see page 6)

### *Notices:*

**Sunday 16<sup>th</sup> October CKA Competition & Open Day**

**Saturday 17<sup>th</sup> December CKA Annual Dinner Dance  
and Awards Ceremony**

**Book your place now!**

## *Fore Word.....*

*Unfortunately Sensei Croft has been forced to cancel his Qi-gong Course on 18 September due to other commitments. However we still see Sensei Croft for another of his General Training courses on 13 November.*

*Before that however, we have an Open Day and Competition on 16 October. I am keen that as many of us take part in this as possible and this is also a chance for you to bring your families along to see what you get up to.*

*I would like to add a personal plea for content of The Lion. If you train at another club or go on any martial art courses or anything karate related then please share you experiences with the club. Write up an article and see it published in these very pages!*

*I want to wish all of you grading today the best of luck. Give it your best!*

*George Entecott Nidan*

If you have any material that you would like to be considered for publication in The Lion please contact George Entecott at [gentecott@chilternkarate.co.uk](mailto:gentecott@chilternkarate.co.uk).

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

## **CKA Kumite and Partner Work DVD**

**All our CKA kumite sets on DVD.  
An essential learning aid!**

**£15.00**

**See your club instructor**

## **CKA BBQ**



Over 20 CKA members, past and present, their friends, family and fiancée's descended on Wendover Woods on July 31st. Yours truly suffered many sleepless nights prior to the day....due to the unpredictability of our great British weather, and the lack of contingency plans if it rained!!



But lo an behold the sun shone for our day of fun. And fun it was!

Mainly centred around the neanderthal urges of several male members and the desire to make fire, or lack of it!

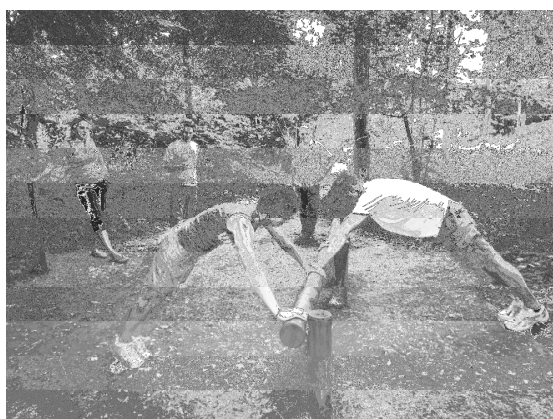
Once the BBQ got going it was a competition in itself to see who could cram the most meat on, and with everyone watching, it seemed

to take forever to cook. It was nearly time to leave our own private glade and BBQ pit as the left over sausages/burgers were superbly devoured by most of the junior Pringles, well they are growing lads!



Fuelled by an almighty feast, several members, past and present and their better halves decided to take on the Wendover Woods Fitness Trail.

Boys against girls was the order of the day, and the competition started with a vengeance.



Laura G gets a special mention for taking one for the team when she lost a flip flop on the zig zag running obstacle against Brian W but carried on regardless....ouch! Sadly after much hilarity and flexing of muscles/beer belly's the boys just pepped the girls to win the competition. No prizes, but a vow to

return and throw the gauntlet down at a future date.

Thanks to everyone who attended and the sun for shining all day!

Laura Noble

## **CKA OPEN DAY & COMPETITION 2011**

**Sunday 16 October 2011 : 10am – 3pm**

**Chesham Park Community College**

**Demonstrations & Exhibitions  
Kumite & Kata Competitions  
Raffle & Refreshments**

**Come and support you club!**

We are holding an open day and competition on 16 October at the Chesham dojo.

It would be great for us all to be involved whether that's just watching, taking part in the kata or kumite competitions or even putting on a demonstration with some friends.

If you want to get involved then let your club instructor know or email George Entecott at [gentecott@chilternkarate.co.uk](mailto:gentecott@chilternkarate.co.uk).

## **New York 2011**

As I write this, I am counting the sleeps until I reach New York for the World Police and Fire Fighter Games.

I will be representing the UK fire service in indoor rowing (on a concept 11 rowing machine for those of you who were wondering!) and also kata.

Hence the reason why some of you may have found yourselves recently learning kata's you had never heard of!

The games run from Aug 25th-Sept 5th with planned events to honour the 9/11 victims. I am hoping to train with a shotokan club whilst I am there and forge new links across the atlantic. I will write a report on

my competition in the next edition of The Lion.

Many thanks to everyone who has helped me prepare, especially the Thwaites family.

Laura Noble

## **Rick Clark Course May 2011**

We were pleased to once again host the internationally renowned Professor Rick Clark in May. Following an unfortunate fall whilst at Giants Causeway, we were unable to host Professor Clark for what seemed far too long.



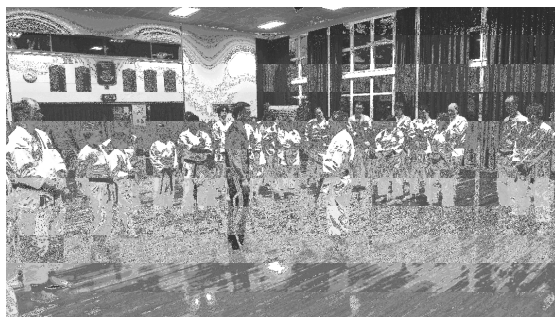
In his usual style we covered a vast number of techniques which I could only hope to describe here.

We started with an arm lock combined with an upwards push that, done correctly, would project your opponent up and back away from you.

The key to this technique was locking the arm straight in back stance (nearer to the opponent than you would think) then changing into front stance shoving them away from you.



A number of other moves followed, again using the Hapkido principle of using minimal movement on the part of the defender to achieve maximum impact on the opponent.



Professor Clark answered a number of questions including one on the effectiveness of pressure point striking. He robustly defended pressure point striking.

One classic move called The Zipper, run your knuckle down the centre of the breast bone, is so effective that nurses use it to see if a patient is alive or not – if you don't react to that then your dead!



All in all this was a very enjoyable course and we were glad to again host Professor Rick Clark.

## **CKA Annual Awards Night and Dinner and Dance**

Once again we are returning to De Vere Hotel in Latimer for our Christmas knees up and award ceremony.

The price is £32.85 per person including a three course meal and disco.

It will be held on Saturday December 17th 2011 between 1900-0100.

Black tie.

Partners welcome and cheap rates on hotel rooms. Contact the hotel direct.

£10pp non refundable deposit (cheques payable to CKA) to Laura N or Laura G by September 26<sup>th</sup>

Full balance (cheques payable to De Vere Venues Ltd) to Laura N or Laura G by October 24<sup>th</sup>

(The venue require all monies by Nov 1st this year, hence the dates above. Please be prompt with paying!)

## **External Courses Dave Hazzard**

On Saturday 24th & Sunday 25th September 2011 the SSKI Open Course with Sensei Hazard - Hemel Hempstead.

If your interested then apeak to your cub instructor. We will see if we can car share where possible. Alternatively, you could also contact Malcolm Phipps on 01442 266048 or email [phipps@globalnet.co.uk](mailto:phipps@globalnet.co.uk).

## Calendar

### Sunday 4<sup>th</sup> September – Main Grading Examinations

*Grading examinations will cover all grades up to Black Belt 3<sup>rd</sup> Dan.*

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

### Sunday 2<sup>nd</sup> 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 12 p.m.  
 Grades: All grades  
 Cost: Adults: £8 Juniors: £6

### Sunday 16<sup>th</sup> October – Annual Open Day and Competition

Venue: Chesham Park Community College, Chartridge Lane Chesham  
 Time: 10 a.m. to 3 p.m.

### Sunday 30<sup>th</sup> 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 12 p.m.  
 Grades: All grades  
 Cost: Adults: £8 Juniors: £6

### Sunday 13<sup>th</sup> 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 4<sup>th</sup> December - Grading Examinations

*Grading examinations will cover all grades up to Black Belt 3<sup>rd</sup> Dan.*

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

### Saturday 17<sup>th</sup> December – CKA Christmas Dinner and Awards

Venue: De Vere Hotel, Latimar  
 Cost: £10 per person deposit by 26 September  
 £22.85 per person by 24 October (total cost £32.85)