



# Seitou Ryu Karate

## END OF YEAR NEWSLETTER

VOLUME 1, ISSUE 1 DECEMBER 2007

### A FEW WORDS FROM THE CHIEF INSTRUCTOR

Dear Students,

With all the exciting things that have happened over the last 12 months, it would only be fitting to put pen to paper and say a few words about it all in our first Seitou Ryu newsletter.

It's been an amazing year both for the club and for me personally. We've had several club firsts, including the Gasshuku Training Camp & Black Belt Grading this summer which was a roaring success. Later in the year we held our first club competition which again couldn't have gone any better, and most recently the 1st Annual Student Awards.

My own life has gotten

especially busy in the last 6 months. Caroline and I were married just 2 weeks after the gasshuku, where several of the club's instructors and senior students helped us celebrate at the evening reception. Then on September 21st we brought a new member into the club, Amelia Ocean Gregory was born. Many of you have already met her either at the competition in November or at the Grays & Wickford dojos. No doubt if you haven't met her yet, you will see lots of her in the new year!

In this newsletter you will find articles on the Christmas Dinner & Award Presentations, the club competition, martial arts



Chief Instructor  
Sensei Richard Gregory

day, plus a great article on the summer camp written by Karen Leaman from Grays dojo, plus dates for next years' events.

If I don't see you in the dojo beforehand, have a great Christmas and New Year and enjoy all that comes your way!

Osu!

Sensei Richard Gregory

### IMPORTANT THINGS TO KNOW:

- Remember that there are no classes running throughout the Christmas holidays. Classes restart from Wednesday, January 3rd 2008.
- The first week back is fitness week. This is to help you shed a few of those extra pounds from all that turkey and mince pies as well as to start the year off on a high so don't miss out!
- Set yourself some goals over the holidays for what you want to achieve in your karate during 2008. That way you know exactly what you need to start working on when you get back into class.
- If you have a friend of family member that's been thinking about training this year, get them to set a new years' resolution to come with you in January and start training!

### CHRISTMAS DINNER & AWARD PRESENTATION EVENING

This year's annual dinner was organised at somewhat short notice but it was great to see so many still manage to make it on the night.

Due to Sensei Richard's busy schedule, Wickford Sempai, Martin Lawrence stepped forward to help set

things up. With the assistance of his mother, he booked the restaurant, organised the paperwork including the flier for the dinner and made sure that people got their deposits in on time. They did a terrific job and had it not been for them, the dinner would

undoubtedly not have happened, so we thank you both for all the hard work you put in setting it all up.

The dinner itself was a fun evening, 18 students of varying ages along with some of the club

(Continued on page 2)

### INSIDE THIS ISSUE:

ANNUAL CHRISTMAS DINNER & AWARDS 2

MARTIAL ARTS DAY 3

GASSHUKU TRAINING CAMP 3

2008 EVENT DATES 5

CLUB COMPETITION 5

TRAINING VIDEOS 5

## CHRISTMAS DINNER & AWARD PRESENTATION EVENING (CONT...)



Iron Man Award &  
Instructor Of The Year.  
Sensei Kim Mandy &  
Sensei Mick Simmonds

instructors came along to the Aroma Restaurant in Festival Leisure Park, Basildon .

The evening was enjoyed by all, Martin kept many of the children entertained throughout the evening and after collecting in all of the jokes from everyone's Christmas crackers, proceeded to treat us all to his stand up comedic talents!

Towards the end of the evening the award presentations began. The

attendance recognition certificates were given out first, for all the students who had a 90% or higher attendance at their dojos. Then it was onto the Outstanding Achievement Awards; which this year went to David Norman, Daniel Leaman, Martin Lawrence, Trevor Seagrave & Nikki McBane. Shortly followed by the Student of the Year, in the junior category (-16yrs) the award was given to Jade Green and

the senior category went to Trevor Seagrave, both of which were very well deserved.

The instructor awards for Iron Man went to the club's newest instructor Sensei Kim Mandy, the Above & Beyond award being taken once more by the Sensei Steve Trangmar and Instructor of the Year went by unanimous decision to Sensei Mick Simmonds.

## MARTIAL ARTS DAY 2007

"DIFFERENT  
PATHS, SAME  
MOUNTAIN"

On December 2nd, a small group from our club attended the first Martial Arts Day event in Romford. The tagline of the day was "Different paths, same mountain", and not a truer word could be said.

With instructors and students from kickboxing, muay thai, kung fu, MMA and karate, it was an opportunity to see how the

other arts compare to our own.

As we studied the different arts throughout the day it dawned on us that many of the movements were closely related to our own katas and applications, making us realize just how similar our paths are to each other.

The day finished with demonstrations by the instructors and some of their

senior students. I have been informed that one of the highlights of the day was watching me get hit with a shinai by Sensei Indy for our sanchin kata demonstration.

The 4 hours flew by and suddenly it was time to go home. It was an incredible experience so if you didn't make it this time, don't miss out on the next Martial Arts Day in 2008!

## TESCO VOUCHERS FOR SCHOOLS & CLUBS



Thank you to everyone who brought in their Tesco Sports Vouchers. Together we collected a grand total of 2025 vouchers!!!

These will be redeemed with Tesco in the new year so if you still have some spare vouchers lying around the house, please bring them in to your local dojo asap.

We will be using the

vouchers to buy additional equipment for the children's classes, such as skipping ropes, punch bags & ladders to help everyone with their footwork and timing for kumite!

We will send out a final announcement once we've worked out what we can order so you know what to expect to see in your classes.

## GASSHUKU TRAINING CAMP

BY KAREN LEAMAN

There was an air of excitement as Daniel and I packed the car to set off for the gasshuku. Still feeling nervous of what was ahead.

Once we reached the campsite we were directed to the car park. Sensei Tony showed us where to park. It was raining and very muddy, but not even the rain could dampen our spirits. We got to the accommodation block and Sensei Steve showed us to our room.

Everyone around was excited and looking forward to the weekend ahead. I was not put off at all to be sharing a room with 6 other men (all of which were very handsome).

Then we got changed for our first seminar. Sensei Rod looked very well. His hair was even longer, which I think suited him. The seminar was great fun and we all learned a lot. I was pleased to hear Sensei's thoughts on how to put less strain on your knees, and inspired when he told us the Japanese are still doing karate well into there sixties.

After the seminar we got changed and went to find the food. We had a nice hot cup of tea and a great BBQ. Well done to all the cooks!

Although it was still raining everyone was having a good time. As the rain eased, the youngsters went with Kyle and Sensei Mick to play with the games Sensei Richard and Sensei Caroline had

brought. Daniel had fun playing football with Mike, Sensei Andy, Sensei Tony and Sensei Steve.

Then it was time for the parent's class. It looked great fun with lots of the parents giggling. Well done for taking part.

Next it was time to get changed for the afternoon seminar. We got to use the kick shields, or in my case, Bryan's stomach (he insisted!) This was great fun. It was nice to meet Bryan, Sensei Indy and Sensei Marie and lovely to see Emmie again.

After the seminar we went back to our rooms to change for dinner.

The evening meal was really tasty and Daniel cleared his plate. Once again compliments to the cooks. I must at this time mention Sensei Andy. My word he can eat, where does he put it all?

After we had eaten I went to help with the washing up, and what a lot of washing up! Sensei Caroline was still rushing around and really should have been taking it easy. She was a great host, well done.

Samuel then helped get the hot chocolate on. As the campfire was getting started and the hot chocolate and marshmallows were being enjoyed, Daniel and I called it a day (boring I know but I need my sleep).

Next day, Oh my god the nerves are back; will I ever get out of the toilet long enough to grade? At the grading the atmosphere was of fear and excitement. The room was full of so many people. It was great to see some faces from the past.

Roger, who was my very first sensei and Dave Jones and family. Roger gave me a hug and wished Daniel and me good luck.

Daniel went to practice his kata with Samuel and Kyle and I went to have a last run through with the other 2<sup>nd</sup> kyu's. Then came the words that make my heart beat even faster, LINE UP! Oh my god, hear we go. Once the warm up was underway the nerves settled and concentration took over. The atmosphere was tense. The room was hot, the sweat was dripping and the adrenaline was flowing.

As we went through the basics I started to enjoy myself even though every now and then the sweat was dripping in my eyes and making them sting. After about an hour there was a short break, which gave us just enough time to get a drink. By this time my mouth was so dry I could hardly swallow.

I then realised Sensei Steve had hurt his groin again I was really worried he may not be able to carry on. There was a real sense of team spirit between all of us and if Sensei Steve hadn't been able



Jarrod Green & Craig Wilson, along with several other parents, were tricked into a special session just for them!

"...THE NERVES SETTLED AND CONCENTRATION TOOK OVER. THE ATMOSPHERE WAS TENSE. THE ROOM WAS HOT, THE SWEAT WAS DRIPPING AND THE ADRENALINE WAS FLOWING."



Adult or child, white belt or black belt, everyone had to put in 100% on the day.

## GASSHUKU SUMMER TRAINING CAMP (CONT...)

to carry on I know we all would have been devastated. We had all been training so hard to get to this point and I new Sensei Steve would not give up. Then we had to get back in line to do drills in stance.

Then came the time for each grade to perform their combinations, line drills and kumite drills and also their kata. Trevor and Sensei Richard stayed up to perform all drills and katas. Soon it was Daniel's turn. My heart was in my mouth. He had been practising so much at home, but I knew how nervous he was. Combinations, line drills and kumite drills looked fine, just the kata to go once he had finished. I breathed a sigh of relief. I was very proud of him. I knew he had done his best and that is all I could have asked for.

Soon it was my turn, as I stood up my legs went to jelly. I thought to myself, "Concentrate, you can do this!" Once we started performing our combinations, line drills and kumite drills I settled down and really started to concentrate. As I was performing my katas I kept remembering what Sensei Rod had been teaching us about our breathing and grounding. This really helped as Sensei Richard came up to me for shime testing. I'd hoped I had done well. I new I had tried my hardest.

As we sat down it was

Trevor's turn to do his kata. I sat just behind him and could see he looked exhausted. He performed his kata well and I was really proud of him.

Then it was Sensei Richard's turn. He had to perform several katas, Taikyoku Shodan, Gekisai Dai Ichi, Sanseru, Empi, Sanchin, Tensho and Shisochin. Each time he performed a different kata I was amazed how well he had done. Then it was time for mitts and pads for kumite. I knew I had to show all techniques and put every ounce of effort in. The crowd had started to get behind us and were shouting support. As the rounds progressed we were all tiring. I thought how Trevor must have been feeling.

Then yame, mitts and pads off. This just left Sensei Richard to perform his final grading kata, Kururunfa. I had seen him perform it before but this time I was in awe. It looked brilliant!

Time to all line up again to see if we had reached our next level. Each person who had passed was called up in grade order starting with yellow and as it got to the blue belts I heard Daniel's name. My emotions were really high. I was so pleased for him. I know he didn't think he would make it. Then, thankfully I heard my name. Yes! I had done it, but now I knew I would have to get better and train harder to reach the level I needed to

be if I was going to ever attempt my black.

There was a great roar as Trevor's name was called out. Well done! He had done it! We all had tears in our eyes. I knew how hard he had worked for this moment.

Then Sensei Richard's turn, 3<sup>rd</sup> Dan, wow how he deserved it.

I looked round to see if all of my friends had passed and the celebrations turned to sadness. We hadn't all passed and I felt so sad. I do hope they will not let this set back stop them they must try again and be better and stronger for it.

The weekend had been a wonderful experience and we were all looking forward to the next one. Thank you to everyone who made it happen.



Trevor Seagrave performing kata "Jion" for his shodan grading

SOON IT WAS MY TURN, AS I STOOD UP MY LEGS WENT TO JELLY. I THOUGHT TO MYSELF, "CONCENTRATE, YOU CAN DO THIS!"



Brown belts performing kata "Tensho" for 1st kyu





## SEITOU RYU KARATE

### Chief Instructor

Sensei Richard Gregory

### Branch Instructors

Sensei Mick Simmonds

Sensei Steve Trangmar

Sensei Andy Watson

Sensei Tony McEwan

Sensei Kim Mandy

Phone: 07899 827 476

E-mail: richard@seitouryukarate.com

FIND US ON THE WEB!

WWW.SEITOURYUKARATE.COM

## 2008 CALENDAR

(Dates are subject to change)

These are club events only, details on additional seminars and competitions that are not hosted by Seitou Ryu will be given throughout the year as they come up

15th March	Training Seminar/Kata Workshop
16th March	Grading
27th April	Invitational Competition
14th June	Self Defence Class
19th—20th July	Gasshuku Training Camp & Grading
16th August	Family Fun Day (Water Fight & BBQ)
13th September	Training Seminar/Kata Workshop
14th September	Grading
2nd November	Club Competition
13th December	Training Seminar/Kata Workshop
14th December	Grading
20th December	Christmas Dinner & Award Presentations

### Squad Training Dates

3rd February	4th May	17th August
2nd March	1st June	7th September
6th April	6th July	5th October

## SEITOU RYU KARATE COMPETITION

Congratulations to everybody who took part in the club's first kata & kumite competition on 11th November in Tilbury. All the entry fees went towards purchasing the medals and mats for the ring on the day.

The day was a long and exciting one, with instructors,

students and family members all chipping in to help with the scorekeeping, timekeeping and running the refreshment & equipment stands on the day.

Next year we will be running two competitions, with a view to make them a regular annual event alongside

the gasshuku training camp in the summer. The spring tournament will be an invitational, bringing students from several other clubs around the country, the winter tournament will be an in-house event, for club members only. See dates above.



The action gets high in the Men's 3rd kyu & above individual kumite

## FILMING FOR TRAINING VIDEOS STARTS IN 2008

For those of you who have been asking, we are pleased to announce that the production of an official line of Seitou Ryu Karate training videos will be starting in the new year.

Producing training videos is a costly and time consuming

process. Fortunately we have been given some assistance by our friends Sensei Indy & Sensei Marie over at Kaizen Ryu, which has dramatically reduced our costs.

Filming will begin in February with a view to have the first training video ready by

the summer.

The first DVD will cover all the standard kihon techniques, and the first two or three kata in the Seitou Ryu syllabus, Taikyoku Shodan, Heian Shodan and Gekisai Dai Ichi.

We do however need as much video footage as possible to make a compilation for the introduction and other sections so if you have any video footage from 2005 to present, no matter how big or small, please let us know and send us a copy.