

Seitou Ryu Karate Zasshi





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A few words from the Chief Instructor



Richard Hang Hong Sensei

So it's come to that time of year again and we're getting ready to hang our gis up for a couple of weeks whilst we spend some quality time with our family and friends this Christmas.

As you can see, this year's edition has grown quite a bit. There are more articles, news, photos and information than you can shake a stick at. In fact, it's our biggest, bumper-sized issue ever! It's no longer just a simple newsletter, so we decided to call it the Seitou Ryu Karate Zasshi, which is the Japanese name for "magazine".

I'd like to thank Samuel Parker Sempai for designing this year's edition. I'm sure you'll all agree that he's done a brilliant job. He spent many hours putting this together, adding some great new features such as the find Yoshi challenge and giving it a new style look at the same time.

Looking back, 2012 was definit-

-ely a year of growth for the club. We've had greater success with our national squad, with their local wins as well as their success on the national and international circuit. 2 students achieved black belt status, with a few more brown belts pushing themselves harder and getting closer too, so hopefully next year we'll see more yudansha coming through the ranks.

3 of our black belts also had the opportunity to travel with me to Japan to train with the head of Seiwakai, Seiichi Fujiwara Sensei (8th Dan). Read Jade and Samuel's articles for more on that.

On top of that, our club website got a complete overhaul and an Essex-style makeover courtesy of web wizard Alan Nicholls from Wickford dojo.

There's no orange fake tan or hair extensions on this one though, Alan's made the website even more eye catching, exciting and a real attention grabbing draw for members and non-members alike. So if you haven't seen it yet, pop along to seitouryukarate.com now!

Our YouTube channel is getting more regular updates too, with lots of stylish videos uploaded, showing all of the amazing things you've been up to this year. There will be more videos uploaded over the coming weeks, including some dojo-specific promotion videos so keep an eye out for them soon.

This year was also the year of guest instructors visiting our dojo. We had the privilege of h-

-osting not one, or two but **three** fantastic seminars with world class instructors!

In February we had an amazing seminar on Goju Ryu Karate with Shihan Paul Coleman (7th Dan) from Oxford Karate Academy, then in May we had a painful but enlightening Pressure Points seminar with Professor Rick Clark (8th Dan) from the USA, and then in September we had the pleasure of Sensei Iain Abernethy (6th Dan) for an eye-opening seminar on the applications of kata (Bunkai). All of these seminars were packed out with karateka from across the country and they all said what a great bunch you are!

As hard as it is to imagine, next year is going to be even bigger and better. We've already got 2 confirmed seminars with Shihan Paul Coleman and Sensei Iain Abernethy, and we're making plans to bring in more guest instructors in throughout the year, all for your benefit so don't miss out on them!

The first week back in 2013 is Fitness Week, so make sure you get there to burn off those extra pounds built up over the break.

I'll leave it at that for now, as you can tell, I'm excited about the year that has just passed and even more excited for the future year ahead. Enjoy reading the magazine, have a wonderful Christmas and New Year and I'll see you all in 2013!

Sensei Richard Hang Hong
4th Dan – Chief Instructor

The Karate Slump: Kim Mandy Sensei

Karate or any Martial Art is a journey which has a beginning, middle but no end. Most beginners see Black Belt level as their “ultimate goal”; however this is most certainly not the case. This is only “the beginning” of a much bigger journey.

When starting your own personal karate journey you are naïve and open to new experiences; however as time goes on you reach a stage in your training where you feel you have nowhere left to go. Whether this is conscious or subconscious, you need that drive to get you to class, seminar or even sometimes a grading.

After the first 2 years of training, you should have graded at least to your third maybe fourth level. This is known as your intermediate stage of training, where you learn the techniques, meanings of kata etc. You are generally at the stage where you can share your experience and knowledge with new students aiding with their personal progression.

Throughout your karate journey, you strive to be better; and after your first 2, maybe 3 grade level progressions, people tend to fall into one of two categories. Those who want to continue and see nothing more but further progression; and those who feel they have achieved their goal of achieving a belt in martial arts and therefore quit.

Once past this intermediate level and on to your next training

level, i.e. 3rd kyu to first Dan, you again hit your next “wall”. At Dan grade level you are now a “beginner” again; but not in the sense of white belt beginner, in the sense of mental beginner level as well as physical, as now you really get to understand more both about your martial art and yourself. You realise that karate is as much mental as physical.

Our next major “slump” or Wall in our training journey is seen at Brown belt level; where we become complacent in our training and feel we can “sit back for a while”. While this is not always a bad thing, for some people it can deteriorate into a slump in which you may lose your focus and determination to achieve the next level in your training; by less motivation, attend class less and slack off in practice. This “wall” or “obstacle” in your journey is probably the most difficult to conquer and overcome. If you “take it easy” at this point and “take time out”, it is more likely you will never return to training.

At this level you may fall into a “false sense of security” in your training and you may end up quitting. You need to recognise the signs of this slump and “wait it out”. The best thing is to continue training in small doses, forcing yourself to go through the basic until the slump has passed. Once this stage has passed, a remarkable and unexpected ability to make an effort suddenly becomes apparent and there is finally “light at the end of the tunnel”.



Kim Mandy Sensei

The next stage in our “slump” is at 1st Dan (1st level) black belt, where it is the end of one part of your training journey and the beginning of a new, higher understanding and greater learning experience.

Unfortunately, some students reach their 1st Dan and decide they have mastered their art and achieved their goal; they end up quitting altogether. Quitting at this stage is like finally receiving something you have always wanted, but not taking care of it or putting it to proper use.

To train successfully, regardless of grade or level, you need to practice regularly in order to maintain your skills. The attributes of reflexes, flexibility and power do not magically exist when black belt level is reached/earned. The way to

overcome this sense of “disillusionment”, following attaining this level (Black Belt), we need the guidance from dedicated higher ranking students to show that this stage is merely the beginning of an

exciting path that does not need to end.

We need to remember that this is a process, not a destination, and if we can keep getting over those hurdles and slumps, our skills will remain with us.

We need to decide for ourselves whether we continue our training or we quit. Some people are just not ready to learn a martial art; however those who

are ready to learn and develop their skills, will find they get a well deserved reward and there is no holding them back!

Personally I have had many “slumps” or walls so far during my karate journey and continue to endure these periods in my training. When you really feel like there is no more to learn, or you just can’t do it anymore, or feel like you are at maximum

capacity and near overload, you need that inner strength (“inner peace” as Master Shifu says) to get you to that class or seminar. Once you are there it ends up being extremely worthwhile!

When you feel a “down” period in your training, just take the time to think it through and with the help of your instructors and fellow students you will come to a decision which is right for you!

Gasshuku 2012: Martin Lawrence Sensei

Once upon a time, on Mersea Island, Essex, two karate clubs joined together for a weekend of fun and training. The first club, Seitou Ryu was headed by Richard Hang Hong Sensei. The other, Kaizen Ryu led by Indy and Marie Tanabalan Sensei.

The members of the two clubs were good friends and enjoyed training together and learning from each other and the chief instructors each with there unique skills and attributes.

On the first day 3 seminars were held. The morning led by Indy Sensei in Goju basics and Sanchin kata with a couple of jokes thrown for humour. The afternoon was split up with three branch instructors teaching for 30 minutes each so that the senior instructors could see their teaching skills in action, while the other black belts were training separately. The evening led by Richard Sensei on a complicated flow drill that incorporated many various kata bunkai (applications).

In between these sessions was a rousing game of “It’s a Knock-

-Out, where I led a team to victory last year, making it two years in a row! There was chanting, running, bouncing, high fives and fun all round with a nice refreshing swim in the pool where the fun was doubled.

Before days end the adults enjoyed some social time before lights out reflecting on the lessons learned.

The following morning everyone was up for the morning run to build up an appetite for breakfast followed by the morning training session. Lunch shortly followed before the arrival of more students for the grade testing in the afternoon. All the candidates performed to the best of their abilities especially two brave soul named James Lockhart (Wickford) and Ed Latham (Chelmsford) as they were put through extreme paces as they were testing for black belt. But they pushed through and passed along with nearly every other student who tested.

Although there was not a lot of sun as we expected, the weekend was a blast. Both clubs agree



Martin Sensei at TKF Nationals 2012

that they cannot wait for the one next year.



James and Ed with Richard Sensei after their grading

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The Importance Of Having Fun: Mick Simmonds Sensei



Mick Simmonds Sensei

Basic Definition via Wikipedia "Fun is the enjoyment of pleasure"

Q. What is a pig's favourite Karate technique?

A. Pork Chop.

We all derive our Fun or Pleasure in different ways, some will be fulfilled with sedentary past times such as going for walks in the countryside, sitting in a comfy chair reading or listening to music etc – I must admit to being one of those from time-to-time.

But for karateka and even parents of karateka the fun/pleasure comes from the doing!

The "doing" for the parents of the youngsters in the highly successful Seitou Ryu Team, can be seen in fun/pleasure those parents get from supporting their children in all the highs and lows in competing by the photo's and comments made via such media as the club Facebook sites and official club website pages.

For the competitors the Fun/Pleasure comes from pitting themselves against like-minded individuals and the experiences they bring away from such events.

Q. What's Bruce Lee's favourite drink?

A. WAATTAAAAARRRRRR!

It has been said by many pundits over the years that karate/martial arts is a selfish "Art" in that the individual will spend a lot of their time in practicing and honing their skills in a solitary way so that they can become the best that they can and only when in the dojo do they have any interaction with other karateka so those who haven't yet taken the first step on the karate path will ask "Where is the fun /pleasure in that?"

There is a saying “You only get out, what you put in” and for me I get a sense of fun/pleasure in the practicing at odd-times (places) of the day the technical aspects of a move or stance and have been known to stand in front of a mirror practicing mawashi uke and getting thoroughly frustrated after many failed attempts and then the sudden rush when you finally get one right.!

Wow! What a rush and the effort expended spurs you on to try/practice other things, I remember many moons ago on numerous occasions standing at the bathroom sink washing etc, in shiko dachi to try and strengthen my stance so that come the time to practice in the dojo I was one of the last one to stand-up which in a different way brings a sense of achievement in being able to measure yourself against others around you. This is where the selfish part of training comes into itself and the fun you can personally obtain through that selfishness when time allows. Just be careful that you’re not in a public area at work/ school/shopping and start practicing a flow-drill or kata and collide with someone!

Q: How many karateka does it take to change a light bulb?

A: Just one, but then all the rest stand around and say "That's not how MY Sensei said to do it!"

When in the dojo, be it a class of many or just a few that sense of wanting to excel, to be the best that you can be rises to the fore and spurs you to greater efforts and in so doing takes you away from the day-to-day routine of life and where you may have been hesitant to go to class that evening, you leave the class in a better frame of mind, even though the physicality of the class may leave you aching for awhile, the pleasure/fun that you have taken from your efforts far outweighs the aches and pains.

With everyone be they junior or senior when posed with a new drill or kata the novelty of that new drill/kata stimulates our brain in such a way that a pleasurable feeling is then associated with that exercise which is then stored in our memory banks as something nice, so that when we repeat the exercise our brain tells us as we start that we will enjoy this and have fun in doing it.

This for me is evident when I am fortunate enough to be standing in line in a basic kihon class, going through all the basic blocks, strikes, kicks and stances that we all started to learn from our very first class, the memory of the fun/pleasure in taking part comes flooding back along with all the memories from those classes be those of failure as well as success, of lifelong friendships forged along the way, of the aches/pains, lumps & bumps with an overriding sense of fun!

Don’t get me wrong, I still strive to learn new things and sometimes “old dogs, new tricks” applies, but that just means I keep on trying and it may take me twice as long to achieve the goal but I will try again, Why? I hear you ask – because I want that rush.... I want that warm feeling time and time again that fun/pleasure gives in the “doing”. It’s something that I get from every class, be it a little, be it a lot, be it from standing out front and seeing the fun/pleasure those in class are getting from participating in the class, be it from taking part as a student in a class, it’s the “doing” that gives the fun/pleasure.

So, why is having fun important? Fun is important as it fuels your interest and pleasure in what you are doing, that ultimately helps you grow as a person in whatever field you wish to apply this to and will help you excel and reap the benefits of your endeavours.

"The ultimate aim of Karate lies not in victory or defeat but in the perfection of the character of its participants"

Gichin Funakoshi

Japan Trip 2012: Samuel Parker

As this was my first experience abroad you can imagine that I was a little apprehensive about going, but I wouldn't have changed it for the world. I had such a great time out there it was unbelievable.

Where to start! There were all the new people that we met from Canada, Australia, America, India, Russia and Portugal, and of course, more people from England. I couldn't have been given more of a warm welcome by such great people from different parts of the world.

The first day after arriving at Ks House we finally meet up with Sensei Martin, as well as Sensei Marie and Indy from Kaizen Ryu, Shihan Rod and Sensei Mal (Sensei Richard's instructor) from Australia and also Shihan Paul from Oxford.

After an hour or so of catching up we had a look round Tokyo and what an amazing place to go! Lots of light, bikes and people that wear really weird, strange and bright coloured outfits. It really comes to life at night with all the buildings lighting up and lots of cool colours everywhere. After the look round and catching up with the others Sensei Richard, Martin, Jade and I went out for our first meal together where we got to listen to Sensei Martin telling us about the places that he had been to already as he had been there for a couple of days before us.

After a few days in Tokyo we made our way to Omagari. Although this was a long train

ride it was a cool way to travel, the bullet train is just brilliant! Such speed and an amazing way to see Japan. It goes straight through the country and mountains of Japan, passing through the new/modern cities of Japan to the older way of living as well.

Arriving in Omagari was interesting, such a difference from Tokyo, but still such friendly people everywhere.

After checking into the hotel,



Leaving for Omagari

we headed off to Fujiwara Sensei's dojo and met all of the people we was going to train with including more new faces as well as a familiar one, Sensei Jo Britton from England (Kiwaminaki Kai). I don't think that Jade or Martin or I could have been given more of a warm welcome being out first trip there.

Seiwakai Training in Omagari

The first thing I can think of to say is I loved it. The training was hard, sweaty, and draining. But it is an experience I would do again in a heartbeat. Learning how to do one of my favourite kata (Seiyunchin) better and improving in it (I hope!) was just wonderful. I even enjoyed the basics that we



Samuel training at this year's Gasshuku in Mersea

we did every morning.

Training with the Japanese is very hard, not just physically, but mentally I found myself and I'm sure that the others did as well, finding myself getting confused with the translation of what we had to do but luckily there were people that had been there before and we got there in the end.

Other than the kata and basics we did a lot of flow drills, some of which Sensei Richard has done with the brown and black belts in classes since then.

We had a mini competition on our rest day and Jade, Sensei Martin and I went up against each other whilst Sensei Richard



Jade, Samuel And Richard Sensei with Saito Sensei

was on his own in a different division from us. He, Jade and I all placed (I still can't believe Jade beat me!) but Sensei Martin lost out by just a bit and Sensei Richard placed too.

The rest of the training was similar to the others in that it was physically and mentally demanding. I lost count of how many times we did Sanchin and Tensho in the space of an hour (or maybe two) each morning but I wouldn't have changed it for the world.



Fujiwara Shihan

JKF Goju Kai training in Tokyo

Training in the JKF Goju Kai seminars was just as physically and mentally demanding as in Omagari, but the instructor (Muramatsu Sensei) I think decided to toy with us and have a bit of fun. Some of the exercises they had us doing were just torture but the seeing a guy in his 70's or 80's doing what we couldn't was just amazing! But I loved the training, being split into groups to do kata and learning how to do one kata 3 different ways was just mind boggling and I now see what Sensei Richard means by doing the kata depending on who is in front of you.

The JKF headquarters in Tokyo was amazing, it had at least 3 levels and each floor was fully matted. It was just massive, I've never seen a dojo like it and don't think I will again.

After all the training and the trip to Japan I think all I have to say

is that if you ever get a chance to go and train there, train there, snap it up as fast as you can! It is an amazing experience to go on and I wouldn't have changed it for the world.

I'd like to thank Sensei Richard, Jade and Sensei Martin for making the trip enjoyable. I couldn't have asked for better people to go with. Also a big thanks to Sensei Richard and Jade for getting me on the plane in the first place, as I don't like them. And thanks to everyone else that was there for the trip for all the laughs, jokes and the memories.



Muramatsu Sensei

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A Competitive Experience in Japan: Jade Green



Jade at the 2012 Mini League

Only just turning sixteen and being given the chance to travel half way around the world to Japan to represent the country in the 38th JKF Goju Kai Championships in doing what I love is something I would never have turned down. I thought the world championships in Italy 2011 and the European championships in Germany (2009) were big, but Japan is something else!

Knowing I had this once in a life time opportunity approaching very soon, I was training harder then ever with Sensei Martin, Samuel and Sensei Richard. Having the chance to train with some of the best instructors around such as Shihans Coleman, Lipinski & Mraz (7th & 8th Dans!), Plus Sensei Richard and Sensei Indy for support.

During the training sessions in the lead up to Japan, we all worked on different skillset areas, almost like circuit training. One area would be for different kata practice being held by Sensei Marie giving out her little kata secrets and tips to help us become more successful. In other areas

there were kumite drills being taught by Sensei Indy, teaching us tricks of the trade on how to score sneaky points here and there and understanding of the points system and refining our skills and techniques to the best of our ability.

I also took part in other training sessions with Shihan Lipinski and Shihan Coleman who not only helped with kata and kumite, but also about the arts and culture of Japan so that we understood what it would be like out there and of course, what to expect on the big day itself.

A few weeks prior, I remember that long, never-ending bike ride, going from dojo to dojo to help raise funds for the trip. Yes it was exhausting, my butt hurt and I did get a amazing tan from it! But I don't regret doing it one bit because thanks to you guys sponsoring us, we wouldn't have been able to go so thank you so very much for everything you did to help and support the 4 of us to get through it.

After few days of sightseeing, relaxing and acclimatising and getting used to the 8-hour time difference, we set off to Omagari to start training with Fujiwara Sensei. As well as the 6 hours training during the day, in the evening they would hold another lesson for 2 more hours just for kumite, working on different drills and timing techniques to use. Repetition is the best way to learn something as I found out from these late night lessons, their training is



Jade with the TKF Great Britain team

so much more intense, and the way they teach is a real eye opener. The amount of epiphanies I had from these training experiences was extraordinary and as they don't speak much English too. Learning though seeing instead of listening was something new for me.

The heat and humidity that Japan provides for you didn't help, so these training sessions were most definitely hard, sweaty and challenging at times.

On the rest day they held a small friendly kata competition that everyone could take part in. As shattered and smelly as I was from all the training and sweating I had done, I was dedicated to never giving up so I entered. My division was 1st—2nd Dan, 15—40 years old and guess who was the youngest competitor too? ME!

But age doesn't matter as I have learnt from past experience and I took this to my advantage and thought of it as practice for the big JKF championships a few days later.

So round after round I made it through and I also beat Samuel and Sensei Martin who were also in my division grabbing myself a silver medal. I was so ecstatic over this as I have just got myself a medal from Japan to bring home!

Once the Seiwakai training was over it was off to Chiba (Tokyo) for the JKF Goju Kai seminars with different instructors, and believe me they are VERY different as they all have a unique way of teaching and their own very understandable reasons for their differences.

So with all the new knowledge I have learned from the inspiring trip to Japan, it is now time to show what I have learned from my time training here and back home in England, but I am not going to lie, the Japanese are amazing at what they do, I loved to watch their kata, and how you can tell how much and hard they train with dedication. You can see how much passion they have for their karate and after

watching them train and then for their karate and after watching them train and then compete my heart sank when I realised how good the Japanese are and I knew I didn't have a chance, but I'd do my best no matter what.

To help me get through it, I set myself goals to reach, in kata it was to make it though 1 round and to score over 7.8 and for kumite to at least get 2 points on the opponent and not get a contact penalty. Sadly I didn't meet one of my kumite goals as I got disqualified from my second round of kumite, but did score and I reached all of my goals in kata and I over the moon with!

My competing experience was so different compared to England because the rules are so strict, the rings are round for kumite, the kata is the same but two people do kata at the same time and then get a score together at the end and yes it is very confusing as hardly no one spoke English so I just kind of nodded and smiled a lot, (they

must have thought I was mad or something!), but over all I would have never changed my experience one bit. Yes okay I didn't win any medals from the big competition, but you win some and you lose some, but I have come back home winning in my eyes as I have gained experience, taken on a lot of advice, learnt how to improve, and gained a lot of achievements in my life.

The whole experience of going to Japan was amazing and I wouldn't have changed a thing. Without all of my instructors and family and friends who helped me and supported me through training and everything else I would never have been able to go. I want to say a huge thank you to Sensei Richard for looking after me, giving me the opportunity to go to Japan and for teaching me over the years. I have trained with him since I was little and being able to travel to Japan with him is something I will never forget and I am so thankful for everything he has ever done for me in my karate experience so far.

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SRK Spring Charity Tournament: Jules Spencer

The Mitchell Huth Appeal was brought to the attention of SRK by a student's mum, Kerry Stokes, as she was seeking sponsors for a charity sky dive. I had known about Mitchell since he was diagnosed with Stage 4 Neuroblastoma in October 2010. His aunt, Yvonne, is a good friend of mine and I will never forget the moment when she told me the news about her 5 year old nephew and consequently the battle he would be facing.

I was really pleased that SRK had decided to dedicate the Charity Spring Tournament in aid of Mitchell. There were many competitors and clubs attending as it was one of the first tournaments of the year and I was amazed at the amount raised – over three times more than previous charity tournaments. Mitchell's Nan, Jennyfer, and Tracey (a close

friend of Mitchell's Mum) came down to watch and collect the cheque and I was honoured to help them in handing out the trophies and medals to the winners.

Over 100,000 members (on a Facebook page dedicated to Mitchell) were also fundraising to try and get at least £150,000 needed for life-saving treatment in Mexico as it is not, as yet, available in the UK.

After high dose chemotherapy, at least 14 sessions of gruelling radiotherapy and stem cell retrieval at Great Ormond Street, Mitchell went to Mexico in June and, after receiving experimental photodynamic therapy, was responding well. A light therapy room was also built at his home for his return

Sadly, Mitchell relapsed and lost his very brave battle against this cancer on 25

August 2012 aged just 7. Naturally we were all devastated for him and his family.

In Mitchell's memory, the group "Team Mitchell" continues to raise funds via Facebook and are working together to raise awareness for Families Affected by Neuroblastoma ("FAN"). His parents and some of the group marched to Parliament in September with thousands of signatures on a petition to get the life-saving treatment here, in the UK. Also, a high profile education and awareness campaign needs to be funded, aiming to have more children diagnosed in the early stages by GPs, therefore saving lives. The team are working hard for this.

I would like to thank you all sincerely and personally for your help in raising awareness for this cause and of course for your support for Mitchell and his family.



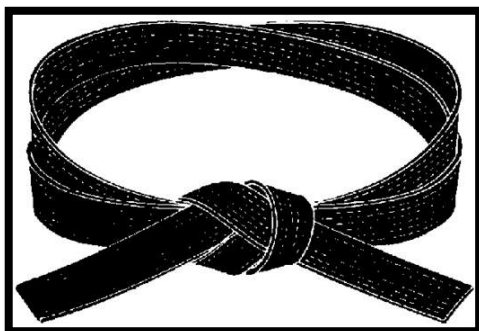
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Preparing For Black Belt: Richard Hang Hong Sensei



Do you have what it takes?

Whether it be taking your driving test, a school exam or in this case, attempting your black belt, taking any kind of test can often be a nerve-racking experience.

Remember the phrase “The 6 Ps?”

Proper Persistent Practice Prevents Poor Performance

Never a truer word been said when it comes to getting ready for your black belt. Preparation is the key. And that first P is so important; it must be **proper** practice for it to have any worthwhile effect. Just turning up to the dojo and running through the motions of the class isn't enough. One must be actively seeking to improve the skills we have learned in training, not just practicing what we already know.

The second P has a lot to do with *mind-set*. The mind-set that a student has makes a great amount of difference to how they apply themselves at this time too. Not taking their training seriously enough means that the student doesn't prepare properly and therefore never becomes truly ready to take the test. This is something we see a lot of when students reach brown belt.

At this point it's very easy for students to become complacent and comfortable where they are, and to take that extra step to break through

that glass ceiling can too be daunting for some. I believe that this may be why so many 2nd and 1st kyus quit before they get to black belt, they don't have the mental toughness to push themselves to that level.

Last year, up to 45% of university and other higher education students dropped out before completing their degrees. There are close similarities in numbers between this and the drop out rate of brown belts. In 15 years I've seen countless numbers of students with all the potential to reach black belt quit. In the vast majority of these cases it boils down to whether or not that student is strong enough to do what it takes. Throughout the brown belt levels a student gets tested mentally and emotionally, going through many highs and lows. It's the ability to persevere, to push through the low times, especially when they reach the point of wanting to quit, that makes the student mentally stronger when they get to the other side.

The third P, Practice, is incredibly important. Without putting the time in on the dojo floor, one can never hope to be ready. The amount and regularity of training makes a huge difference to both a student's progress and their motivation in the lead up too.

On average, in our club it takes about 100 hours/classes and a year of training as a 1st kyu to reach the technical standard required for black belt. In order to fit this into the time frame, a

student should be training 2 – 3 times a week. Repetition is the mother of skill, but it's not just the hours you put in, but what you put into the hours that count. So by training properly, regularly and often, a student should be improving at a steady pace, therefore keeping motivated along their journey. I rarely see a brown belt quit who is training like this, although there are rare exceptions, the vast majority who drop out are only training once a week and I've yet to see one of them reach black belt level.

In a good quality club or association, achieving black belt should be a challenge. One that takes the student out of their comfort zone and makes them a better karateka, therefore giving value to the black belt. I don't agree with black belts being awarded just because someone has done their time or because the examiners don't want to upset the student. At the end of the day if you're not up to standard you shouldn't be given one.

So if you're serious about wanting to be a black belt, do the right training, develop the right attitude and apply yourself, you'll get there, provided you have what it takes.

Dojo Photos



1. Brown & Black Belts

2. South Ockendon (Tuesday)

3. Grays (Wednesday)

4. South Ockendon (Friday)



Dojo Photos



5. Wickford

6. Chelmsford

7. Grays (Saturday)



An Interview With Paul Coleman Shihan 7th Dan



Hi Shihan, please can you tell our readers who you are and what you do?

I am a Goju practitioner having began martial arts training in the 60s, with my start in Goju being 1974. I teach karate as a professional.

What is your current grade and title(s)?

I have a 7th Dan in All Japan Karate-Do Seiwakai, I also have a 7th Dan In the Japan Karate Federation Goju Kai and a Kyoshi certification.

When did you start training, where and who with?

I started Judo, boxing and karate in the 60s and took up Goju in October 1974 under James Rousseau, who was a 5th Dan representing the group under Morio Higaonna.

What got you started in the martial arts?

Not sure really. I remember seeing Enter The Dragon and thought "WOW! I want to do some of that"

As a kid I had no big brothers and was bullied. I went to the boxing gym where the bullies trained and there was my chance to spar one on one without four of them ganging up on me.

Do/did you ever compete?

Many times!

Any particular highlights in your competitive career?

1975 BKCC All styles, Belle Vue, Manchester Official

1980 Leopoldsburg Belgium Silver Team WUKO kumite

1981 IOGKF World Championships Okinawa Japan Silver Team WUKO kumite

1981 EKF Championships at Aston Villa Silver Team Kata

1982 Italia Coppa Internazionale Miyagi Chojun Italy Silver Team WUKO kumite

1982 All Styles Open Tournament Gold individual Kata

1982 B.K.K. Knockdown Crystal Palace Competitors medal (I got disqualified!)

1983 Campionato Europeo Karate Goju-Ryu Italy Bronze Team WUKO kumite

1984 Coupe Miyagi France Gold Team WUKO kumite

1984 All Styles Open Tournament Gold individual Kata

1989 Miyagi Chojun Festival San Diego California USA Gold individual Iri-Kumi

1990 Miyagi Chojun Festival San Diego California USA Gold individual Iri-Kumi

1990 Miyagi Chojun Festival San Diego California USA Silver Team Iri-Kumi

1991 Mid-West Karate Tournament Bronze Team Kata

1991 Mid-West Karate Tournament Gold Team WUKO kumite

1991 IOGKF World Championships Okinawa Japan Gold individual Iri-Kumi

1992 IOGKF, European Championships France. Silver Team Iri-Kumi

1992 IOGKF, European Championships France. Bronze individual Iri-Kumi

1997 EKGB National Children's Championships Kata judge

1998 EKGB National Senior Championships Kata judge

1998 EKGB National Junior Championships Kata judge

1999 EKGB National Senior Championships Kata judge

I have entered numerous other events, too many to mention.

Favourite techniques?

Front leg mawashi geri, as you may well know <laughs> and left jodan ura uchi

What is your favourite kata?

It fluctuates between Sepai and Kururunfa. Currently Kururunfa, but working mainly on Suparinpei, Sanchin and Tensho.

Would you say that you are a kata person or a kumite person?

I am a karate person!

What's your greatest achievement to date?

I guess 7th Dan was a high, winning gold in California in 1989. But like you, being a daddy and seeing my children come into this world.

Who was your hero growing up?

As a kid nobody, then Bruce Lee, Mohammed Ali and I liked Mike Tyson for his ferocity. My all time favourite boxer was "Marvellous" Marvin Hagler.

What's the best thing about being a karate teacher?

Seeing others develop. Kids that grow in confidence and adults too. Seeing people with a higher self-esteem.

And the worst?

Seeing a student with SO much latent talent walk away from something they could be great in.

Who has influenced you the most in your karate?

Many have influenced me. In the past I had James Rousseau, who made simple things interesting and difficult things seem easy, he was a good teacher.

Then my time was divided between Len Sim and George Andrews. Len helped a lot with my kata and George made me a stronger, more determined character and developed my fighting instinct. Morio Higaonna was inspirational for his sheer tenacity and passion. Leo Lipinski has changed a lot of basics and given a new depth to them, by making them more applicable, thanks to his teachers Shuji Tasaki and Seiichi Fujiwara, who have given me enormous guidance this past 2 decades. I was fortunate enough to have technical help in kata by Akira Shiomi Hanshi, who is a genius at kata.

What are your plans for the future?

To help others grow and develop and hope that I can still achieve a deeper understanding as a human being, a father and a karate teacher. Oh! And husband, or I get into trouble!

Finally, any words of wisdom for our readers?

Treat others as you would like to be treated. Be a person that you like from within and shine some light on others that you may be fortunate to share time with

Thank you for your time Shihan. Domo arigato gozaimashita.

Osu, Take care and bless you and your family.



Paul Coleman Shihan in Japan 2012

Karate: A Parent's Point Of View: Jules Spencer



Jules at Mini League 2012

Having given up football after a nasty fall two years ago, Tommy (just 6) wanted to go to karate. I took him to his first class in South Ockendon with Nikki McBane Sensei and, although he was extremely shy, he really enjoyed it. During the Easter school holidays (and with no Brownies), Emma came along to watch and joined in too. They continued at the Friday class with Richard Sensei and within weeks they had their yellow tips.

They both graded to 8th kyu at the Gasshuku during the summer and then wanted to compete at the SRK competition in November. They gained a lot from this experience.

So far, Emma and Tommy have graded together (and I guess they should as their training regime is identical). There was only one occasion when I held Emma back from grading because Tommy wasn't ready and that was 8th-7th kyu. I remember it was quite hard for them at the time because other children who started with them

had graded but I felt it was the right decision to make. Tommy was too young for his sister to go ahead and I felt he would have given up - Emma understood this and they graded together 6 months later.

A few tournaments and gradings later, their journey continues with them now at 5th kyu. When they started to train twice a week, I noticed a definite change in their attitude and stamina. They started to focus more on other things too, not just their karate.

Having said that, there have been times when one of them hasn't wanted to train. My usual reaction is "But you have to because you are too young to stay at home alone and the other wants to go".

I can guarantee on most occasions that once they got there, they soon forgot why they didn't want to go. All children get tired after school sometimes (especially at the end of the week and towards the end of a term) and it is all too easy not to bother. During school holidays it is especially difficult because they are less motivated generally. I have even told them they have to pay me back their training fees from their pocket money if they don't go. It's not strictly true (of course) but in reality it makes them think about wasting money when they are just feeling lazy or can't be bothered.

There have also been a few times when Emma or Tommy have wanted to stop karate altogether because they have felt

things were not going their way.

Naturally, I tell them they can stop whenever they want to but only if they really want to. I remind them of the fun stuff too like the Mini Leagues and the Gasshuku weekends and of course, all their karate friends. Usually, when they reluctantly turn up at the next training session, something will motivate them even if it is just the Mars bar or the games at the end of class.

On the rare occasion when one of them has been too ill to train (and the other has to stay home too) they have made up for missed classes afterwards. They have also made up classes when we have been on holiday and are both proud of their 'Excellent Attendance' awards for 2010 and 2011.

When they are training they are completely different from when they are at home, where they sometimes scrap and fight.

Before a grading or tournament, I try to get them to practice but (having different personalities),



Jules's Daughter Emma

Emma will wind a quiet Tommy up to the point where he explodes and the “punch-ups” begin. I have found myself shouting “yame!” on at least one occasion and have also said “if you are going to fight, at least put your mitts on and do it properly”! I also bought a training pad and have suggested they vent their frustrations on that instead of each other. I know (or hope!) as they get older they will eventually realise they can help each other.

Since they were selected twice for the National Squad this year, everything about karate has reached a whole new level. Not only did they grade to 5th kyu within the required time scale, they went along to every workshop, squad training and tournament with no complaints. It has not been easy sometimes with them competing together as they are constantly comparing themselves to each other (and other students) and they are quite often in the same events. It is hard for me because if I tell one they did well, I have to tell the other too (even if it is not always the case).

In the past, other parents have asked me why some children grade quicker or seem to be doing better than others and it can simply be that one child is training twice a week and the other isn't. It happens in the adult classes too. Sadly, some students have left because they have felt that their karate wasn't good enough when it was. Believe me, I have been frustrated for my own children when Emma will train better or is better motivated one month and another month it will be Tommy.

Recently, Tommy won two gold medals and one silver medal at three consecutive tournaments (all in kumite). His second gold was at the TKF Nationals at Crystal Palace so he became a National Champion. Even though Emma won a bronze medal at the Yamaguchi Goju Kai Junior Kumite Tournament, she was still adamant that she was never EVER going to karate again because she wasn't getting anywhere! It probably didn't help that Tommy wanted to take his medals to training to show everyone and so I tried to help and printed lots of pictures for her to take to school along with some medals for “show and tell”. She didn't want to go to the last tournament of the season and I said that she should, otherwise she would let the team down and I promised we would discuss it afterwards. As always, I said for her to do their best on the day and to try to remember all that she has learnt so far. I couldn't believe it when a boy ran into her in the

corridor and she got a black eye - she really wasn't in the mood and just wanted to go home! Emma and Tommy were both drawn in the same kumite event (6th-5th kyu/8-10 yrs) along with 12 other competitors. Eventually, Tommy won silver and Emma, having beaten him in the final (yes, Emma beat Tommy in the FINAL), is now a Kaizen Cup Champion and will have her name engraved on the 2012 winners board! Aside from her gold medal, she was presented with a large trophy (that I now need to put it on a very high shelf just in case Tommy decides to hit her with it).

That is a perfect example of why we should always encourage our children in their karate if they need us to and why it is never wise to underestimate or compare your child with other students (including their own siblings!).



Jules's son Tommy

Important Changes

Price Changes

Due to the rising cost of hall hire and insurance this year, we have to increase the price of our monthly training fees.

We have managed to keep our training fees the same for the last 5 years, even though the club's costs have increased annually, but with further increases coming in the New Year we have no option, we hope you understand.

These price changes will come into effect from 1st January 2013, though members who joined the club between October and December 2012 will see their fees increase only after their initial 3 months membership has completed.

	Juniors 5 - 12 years	Adults 13 years +	Inclusive Discounts
Gold (Unlimited training)	£59	£69	Up to 20% off club events and equipment
Silver (2 classes a week)	£39	£48	Up to 10% off club events and equipment
Bronze (1 class a week)	£19.50	£24	

Going Goju

Historically, Seitou Ryu has been a system based upon two styles of karate, Goju and Shotokan. For the last few years we have been moving more and more towards Goju training methods and techniques, particularly once students reach brown belt and black belt. It seems a natural progression for the club that, from January, we will be making a full change to training exclusively in Goju.

In the New Year, your instructors will be taking you through the syllabus changes. For the majority of you, this will only be some minor adjustments in your kihon techniques and syllabus drills, for others, this will also mean a change in your kata as the Shotokan kata are removed from the syllabus and replaced with a Goju kata instead.

The biggest advantage of using just one style is that you no longer have to worry about changing from one style of techniques to another at different grades, or in some cases, at various times during class. The focus of Seitou Ryu has always been about pragmatic, practical and effective karate, particularly when it comes to self defence, and as Goju is in our opinion more effective at close quarter range it makes more sense to be practicing a style that fits in with our principles.

We will still be teaching some Shotokan kata from time to time for the sporting element of karate e.g. for the national squad and for those who want to use Shotokan kata at club competitions, but they will no longer be a part of our grading syllabus.

If you have any questions regarding the change, your instructors, and myself, will be happy to answer them.

Winter Grading Results



Well done to all that passed at the winter grading (Oppa Seitou Ryu Style!)

8th Kyu – Yellow Belt

George Carter (Grays)
Antony Deane (Wickford)
Imran Sanusi (Grays)
Tomiwa Sanusi (Grays)
Joshua Udeozor (Grays)
Kurt Collins (Grays)
Lewis Bevan (Wickford)
Rhys Bevan (Wickford)
Wuraola Taiwo (Grays)

7th Kyu – Orange Belt

Jude Mutooni (Grays)
Max Smith (Ockendon)
Danny Fear (Ockendon)
Caris Brown (Grays)
Megan Homer (Grays)
Claire Gillman (Ockendon)
Amy Bloomfield (Ockendon)

6th Kyu – Green Belt

David O'Rourke (Ockendon)
Helen Papandreopoulos (Ockendon)
Damien McMahon (Grays)
Kylie Mandy (Grays)
Tyler Brown (Grays)
Romyald Fetahu (Ockendon)
Charlie Meggs (Ockendon)
Adam Hennessy (Wickford)

5th Kyu – Blue Belt

Jules Spencer (Ockendon)
Joseph Foreman (Ockendon)
Maggie Brown (Wickford)

4th Kyu – Purple Belt

Tommy Ludkins (Ockendon)
Jo Kitson (Ockendon)
Katie Nicholls (Wickford)

3rd Kyu – Brown Belt

Claire Foster (Grays)

2012 SRK Annual Awards



2012 Award winners. Congratulations everyone!

Student Awards

Excellent Attendance

Adam Baglin (Chelmsford)
 Claire Foster (Grays)
 Alvin Shaw (Grays)
 Damien McMahon (Grays)
 Martin Lawrence (Wickford)
 Katie Nicholls (Wickford)
 Samuel Parker (Wickford)

Outstanding Achievement

Michael Burberry (Chelmsford)

Most Dedicated Student

Helen Papandreopoulos (Ockendon)

Competitor Of The Year

Junior: Katie Nicholls (Wickford)
 Senior: Martin Lawrence (Chelmsford)

Black Belt Of The Year

Jade Green

Most Improved Student

Jaiye Akinosho (Ockendon)

Student Of The Year

Junior: Tommy Ludkins (Ockendon)
 Senior: Claire Foster (Grays)

Parent Awards

Outstanding Supporter

Amanda Baglin (Chelmsford)

V.I.P (Very Involved Parent) Award

Jules Spencer (Ockendon)

Parent Of The Year

Alan Nicholls (Wickford)

Instructor Awards

Sempai Of The Year

Samuel Parker

Dojo Of The Year

South Ockendon

Instructor Of The Year

Mick Simmonds

Special Awards

Long Service Award

10 Years

Mick Simmonds

Where's Yoshi?

Try and find our club mascot Yoshi. He's hiding somewhere in these pictures and we can't find him, HELP!



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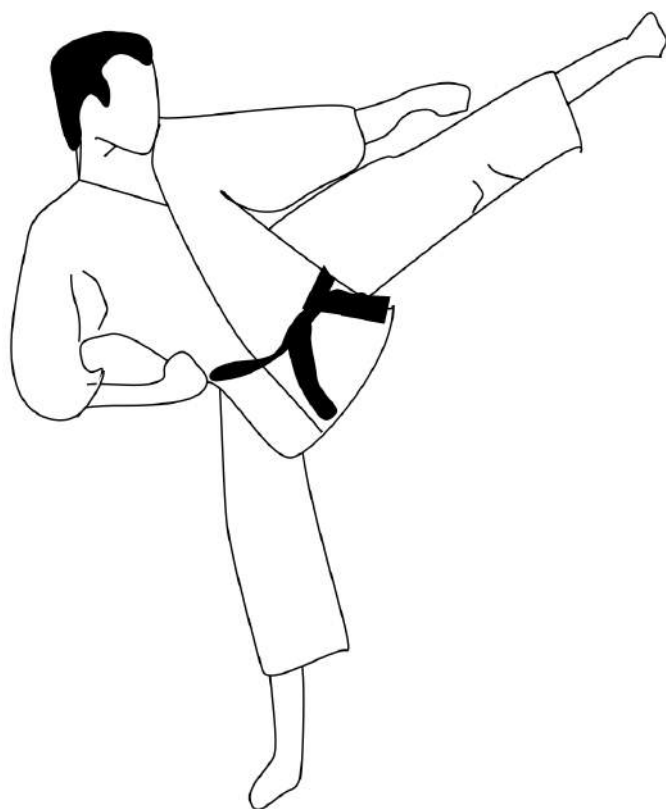
2013 Event Calendar

(Dates are subject to change)

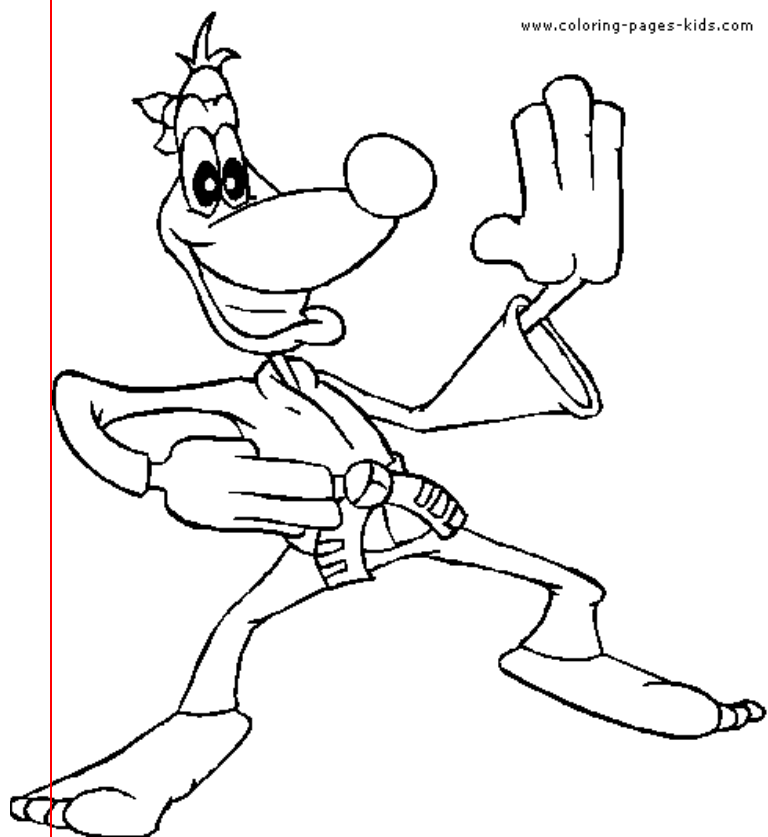
Further details on events will be given throughout the year as they come up.

Tuesday 8 th January	All classes reopen
Sunday 27 th January	Team SRK National Squad Selections
Sunday 3 rd February	Team SRK Squad Training & Black Belt Class
Sunday 3 rd March	Karate Seminar with Shihan Paul Coleman
Sunday 10 th March	Team SRK Squad Training & Black Belt Class
Sunday 31 st March	Kata Bunkai Workshop (AM). Grading (PM)
Sunday 21 st April	Team SRK Squad Training & Black Belt Class
Sunday 28 th April	6 th SRK Spring Charity Tournament
Saturday 11 th May	Race Night & Auction Fundraiser
Sunday 12 th May	Team SRK Squad Training & Black Belt Class
Sunday 2 nd June	Team SRK Squad Training & Black Belt Class
Saturday 29 th June	Inter-Dojo Bike Ride Fundraiser
Friday 12 th – Sunday 14 th July	Gasshuku Training Camp & Grading
Wednesday 17 th – Sunday 28 th July	Seiwakai & JKF Goju Kai Seminars & Competition in Japan
Sunday 4 th & 11 th August	SRK Mini League Inter-Dojo Competition
Sunday 8 th September	Kata Bunkai Workshop (AM). Grading (PM)
Sunday 15 th September	Team SRK National Squad Selections
Sunday 22 nd September	Team SRK Squad Training & Black Belt Class
Sunday 20 th October	Team SRK Squad Training & Black Belt Class
Sunday 10 th November	Team SRK Squad Training & Black Belt Class
Sunday 17 th November	5 th SRK Winter Open Championships
Sunday 24 th November	Bunkai Jutsu Seminar with Iain Abernethy
Sunday 8 th December	Kata Bunkai Workshop (AM). Grading (PM)
Saturday 14 th December	SRK Christmas Party
Sunday 22 nd December	Classes close for Christmas & New Year

Karate Colouring!



www.coloring-pages-kids.com



Karate Word search

See how many karate words you can find!

S	A	C	K	A	R	M	O	K	U	S	O	H	D	J	X	F	L	S
E	M	H	A	C	H	I	S	A	V	Z	W	P	X	T	I	Y	U	H
I	E	B	N	K	L	J	I	H	S	C	S	P	A	R	T	F	G	I
T	T	J	U	U	P	W	Y	V	E	Q	R	S	G	O	S	P	M	C
O	A	I	H	C	U	H	B	D	N	J	E	F	G	D	C	A	T	H
U	M	N	N	O	N	W	Q	V	S	U	M	O	X	R	O	Y	Z	I
R	K	I	A	I	C	A	F	E	E	G	P	J	K	Y	U	K	I	L
Y	W	Y	I	V	H	S	S	H	I	F	X	K	P	O	B	Q	R	N
U	A	P	U	C	O	N	A	I	D	E	C	E	H	G	J	F	G	I
B	N	R	O	K	U	W	N	S	M	I	K	L	S	E	M	P	A	I
Y	A	F	E	K	P	F	U	A	K	A	Y	H	T	C	A	H	I	B
A	D	P	Q	I	B	C	Y	I	D	A	B	K	A	J	O	F	E	N
K	O	R	G	H	O	X	K	H	F	C	E	H	N	K	P	F	C	Z
T	H	A	H	F	P	Q	R	Q	P	Z	L	H	C	P	K	A	T	A
O	S	F	R	P	Z	D	L	N	K	H	T	K	E	Q	A	A	Q	H
K	A	R	A	T	E	O	A	A	A	G	F	P	F	S	E	I	Z	A
K	N	R	R	R	K	J	A	B	L	O	C	K	Z	Q	R	H	A	B
F	P	H	K	U	C	O	D	B	Z	A	Q	R	P	F	I	C	H	I

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Sempai
Dojo
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Block
Kick

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Kiai
Focus
Yame
Mokuso
Gi
Stance

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Ichi
Ni
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Shi
Go
Roku
Shichi

Hachi
Ku
Ju
Shodan
Spar
Kyu
Rei
Seiza