



# Seitou Ryu Karate

## END OF YEAR NEWSLETTER

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### A FEW WORDS FROM THE CHIEF INSTRUCTOR

Dear Students & Parents,

Wow! What a year! 2008 has been our most progressive year yet, with 2 successful tournaments and the annual gasshuku training camp bringing in clubs from around the country it's been one big event after another. Seitou Ryu is also starting to get recognised on a larger scale, with students achieving international success at the London vs Munich tournament back in March and the club moving from NAKMAS to become associated with Shi Kon Martial Arts Association and the BNMAA who have been providing us with numerous courses and events throughout the year. Your instructors and I have been very impressed with the

level of progress you have all made. More students are now reaching the higher grade levels and the dedication that some of you have demonstrated this year has been outstanding!

Next year will be an even more exciting one (hard to believe I know) with the selections for our first national squad taking place in February, and Sensei Rod coming to the UK once again where a couple of students may be attempting their 2<sup>nd</sup> Dan gradings!

Unfortunately at the time of sending we do not have the results of which students and instructors were given awards for excellent attendance, outstanding achievement, Iron Man, Above & Beyond and Student/Instructor of the



Chief Instructor  
Sensei Richard Gregory

year. These will be announced at the Annual Christmas Dinner taking place this year at the Orsett Cock Restaurant on Saturday, 20<sup>th</sup> December. Results will be posted on the club e-newsletter before Christmas. If you're not on the list then send an email with your name and dojo to clubnewsletter@seitouryukarate.com with the subject "Subscribe" and you'll be kept up to date with all the latest that's happening throughout the club.

### IMPORTANT THINGS TO KNOW:

- Remember that there are no classes running throughout the Christmas holidays. Classes restart from Tuesday, January 6th 2009.
- 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 2009. 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 year's resolution to come with you in January and start training!

### SEITOU RYU KARATE'S 1ST CHARITY TOURNAMENT

BY SENSEI MICK SIMMONDS

Wow... What a day..!  
That was most people's response to our In-House Charity Tournament this year, ranging from the competitors, through to volunteers helping with the running of the events and those who came along to support the competitors.

No matter where the Competitors finished in the events that they took part in, they are all Winners for having had the confidence/courage to get up on what was a big stage for some of them and giving it their all with the enthusiasm that they displayed throughout.

A big thanks must go out to all the parents who willingly gave up some of their time on the day to help out with the running of the refreshments and equipment stalls, to those helping play space invaders with the electronic score

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## SEITOU RYU KARATE'S 1ST CHARITY TOURNAMENT (CONT...)



The action gets high in the junior age divisions as Ellis Gardner from Corringham goes head to head with Francesca Addison from Romford

board, on what for most was a long starting as early as 6am for some, to our photographers Richard Mandy and Ben Love who did a great job in capturing all the great moments of the day.

Without everyone's generous help we just would not have been able to run this event. Thank you one and all.

However, it was with some degree of uncertainty on the

part of those organising the tournament as to how things would run, with the big change we made from one set of Rules and scoring systems to the WKF rules that we eventually adopted for the day, and with only a few small blips things went very smoothly. All agreed the change was worth the effort of all the instructors attending special seminars & classes to get to grips with the changes.

Hopefully those who com-

peted will still have a buzz in them from the day, and be looking forward to the next event in '2009' which will be the Invitational Tournament and that their continued enthusiasm will inspire those who were unable to enter to actually take part in the next coming event.

The bonus of it all is that we managed to raise £100 for our chosen charity for the day, St John Ambulance who also provided our first aid cover. Well done to you all!

## MARTIAL ARTS DAY 2008

On Sunday, December 7th, a small group from our club attended the 2nd Annual 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 traditional and freestyle karate, kung fu, judo and mixed martial arts, 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.

Although it was quite cold, everyone had a great time training and learning from

each other. The 4 hours flew by and before we knew, 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 2009!

"DIFFERENT  
PATHS, SAME  
MOUNTAIN"

## GRAYS AND CORRINGHAM DOJOS MOVING IN 2009

Due to significant increases in hall hire charges and the sale of the venue, Corringham and Grays dojos are going to be relocated to new venues in January.

It is a shame to be moving from both dojos after being there for so many years and I am sure they students will miss the hall, but we are

hunting down new venues for both classes and students will be notified before the new year where their new classes will be.

## BIRTH ANNOUNCEMENT

Congratulations to Sensei Kim Mandy who gave birth

to baby Cameron on 10th November weighing in at a hefty 9lbs 3oz! We wonder if it was tougher than a black belt grading?

We're sure that her husband, club photographer Richard is glad that the odds are a bit more even having another male in the house after being previously outnumbered by Kim and his 2 daughters, Tatum and Kylie!

## GASSHUKU TRAINING CAMP

BY MARTIN LAWRENCE

### Saturday

In the morning my brother kindly provided me with transport up to Belchamps campsite ready for the biggest get together and training weekend of the year. Mick was the first to arrive with myself the other Sensei's and the other clubs following suit. We were allocated our rooms and people got changed into their gis. Steve with other Seitou Ryu students led the walking bus to the sports hall. After a long walk other students got changed and the first session was underway.

### Session 1

We mainly performed Tai-kyoku Shodan for the first hour stopping occasionally so Sensei Rod could explain ways to make the kata better. This involved tightening the inner muscles, falling into stance and to the higher grades the front foot keeping still when moving forward. Afterwards we went through the (Shitei) version of Heian Shodan. The noticeable addition is that the foot does not drawn back but is a small foot sweep and back into long forward stance with the hammer fist lower. At 1pm we bowed out and made the long walk back to the campsite ready for lunch.

At the site I gladly volunteered to serve the food which ranged from beef burgers, hotdogs to beans and spaghetti to salad and coleslaw. The downside was I

did not get a burger or hot dog because they ran out before I was served so I had to settle for a cheese sandwich. While most of the students were engaged in football, games and conversation, I decided to chill out thinking about the rest of the day. At 5pm it was back to the hall for our second session of the day.

### Session 2

After a warm up and stretch we covered the Shitei versions of Gekisai Dai Ichi and Saifa. Gekisai Dai Ni was also planned for the session but did not get enough time to do it. Through the last 30 – 40mins of the session we did some kumite based drill involving covering distance in kicking, knees up back foot pushing, as well as moving forward with the back foot being the main key point. We finished off with some light sparring and bowed out.

Back at camp, dinner was served around 8pm with roast chicken potatoes and vegetables. Around 9.30pm I with Tony, Samuel and a few others gathered wood for the campfire. The kids enjoyed toasting marshmallows while adults cherished the moment with photographs of the fire. I decided to have an early night so after brushing my teeth and putting on my anti snoring tape I went to bed. Tomorrow was going to be a big day.

### Sunday

I woke up around 8am to have breakfast which shortly followed by a quick run led by Tony and Trevor along with Andy, Samuel and myself. Around 10am we gathered our equipment and headed to the sports hall for the morning session. Some walked and some hitched a ride in vehicles.

### Session 3

After a quick warm up and stretch we performed some set combinations which involved a lot of cat stance as well as some combinations I found familiar to my clubs syllabus with a few changes and additions. This later followed up with Sanchin. First going over the pattern, then adding kime and focus to the kata. The higher graded male students, me included, performed the kata again without gi jackets on. We finished the class earlier than expected for another karate club had the hall booked around that time.

Back at camp lunch was being served with an assortment of buffet nibbles and salad. With the suggestion Karen made, I decided to make my lunch light. As the hour of the grading neared I prepared my mineral replacement drink and packed up my stuff. I was trying my best not to worry so much so I went over Sanchin with Andy so it was fresh in my mind. The hour came near. I chucked my gear in Steve's



Sensei Rod showing a few students outside how to use a makiwara (striking post)

“...A FEW OTHERS  
GATHERED WOOD  
FOR THE CAMPFIRE.  
THE KIDS ENJOYED  
TOASTING  
MARSHMALLOWS  
WHILE ADULTS  
CHERISHED THE  
MOMENT WITH  
PHOTOGRAPHS OF  
THE FIRE.



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

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

truck and headed off to the sports hall for the last time.

### Grading

After bowing in, warming up and stretching we began training. All of us were up for the first part going over all basic strikes, blocks, stances and kicks. Then the students attempting their next grade were up. I waited anxiously as the other students from the other clubs performed their katas. Then it was time. Myself, Mick and Andy performed Sanchin and Andy stayed up for his solo performance. After he finished it was my turn. My heart was beating as I stood there waiting for the chosen kyu grade kata. Especially with my family in the audience watching me. They chose Sanseru for my kyu kata. Then it was my chosen

Dan grade kata Jion afterwards. After finishing my kata I was asked to sit back down. I was relieved. Then it was Mick's turn. After Mick finished, the students attempting their next Dan grade were up. Kumite was up next and my first round was against Sensei Richard. Doing everything I have learned from Richard I sparred with the best of my ability. Eventually was taken down but got straight back up. Round 2 was against Samuel. Round 3 was against Penny. She looked tired during the round but I spurred her on to keep going. My last fight was against Sensei Steve. This was a long round but I kept going even attempted a takedown but he brought me down with him. Finally yame was called. I was relieved and very tired from the last bout. We

bowed out of the class and the presentation began. Some cheers and some applause were given as the students names were called to receive their next grade. My name was then called and the applause and cheers went on as I ran up to receive my black belt. All those weeks of training leading up to this day paid off. I was very happy and my family was there to witness it. My road to black belt has ended. My real journey now begins.

Thank you

I would like to thank Sensei Richard and the other instructors I have trained with who all helped me to reach this level. And thanks to my family for being there to cheer me on and to witness this occasion...



Martin Lawrence performing kata "Sanchin" for his shodan grading

"...MY HEART  
WAS BEATING  
AS I STOOD  
THERE  
WAITING FOR  
THE CHOSEN  
KYU GRADE  
KATA."

## SEITOU RYU NATIONAL TOURNAMENT SQUAD

With the increase in student participation in competitions and monthly tournament training sessions combined with the growing number of tournaments becoming accessible to us, we have decided to set up an official tournament squad.

Selections will take place twice a year (February and September), with students being chosen to represent the club both nationally and overseas.

Squad members will receive numerous benefits, such as free or discounted access to

all club events, exclusive monthly training sessions, access to fundraising and sponsorship programmes including provision of specialist equipment, entry fees, transport and accommodation for external tournaments.

The only requirements to be selected for the squad are that students must be training regularly twice a week and have a club jacket as they will be representing Seitou Ryu at external events.

Lastly, students must perform well enough at the

selections to be chosen to be in the squad.

The first squad selections will be on Sunday, 1st February at Basildon dojo. See your instructor in class for more details.



Corringham students at the April Invitational earlier this year

### NEW INSTRUCTORS

A warm welcome to Sensei Nikki McBane and Sensei Martin Lawrence who have recently joined our team of instructors. Sensei Nikki teaches the children's class at the South Ockendon dojo on Tuesdays, whilst Sensei Martin is teaching the mixed ages class at Runwell dojo on Thursdays.

## NEW WEBSITE ON THE WAY...

It's been a long time coming but we are hoping to have the new SeitouRyu-Karate.com website ready to go live on January 3<sup>rd</sup>. There have been a few hiccups along the way but it's look-

ing like the content has been completed, and the finishing touches are just being done. The site will have 2 sections: a general information area so you can find out about the latest news and events in-

cluding dates and locations. The other area will be a new and improved chat forum where you can get to know students and instructors around the club along.

## LONDON VS MUNICH TOURNAMENT

11-year-old Jade Green of South Ockendon, was the youngest member of a squad from our club to achieve victory at the Martial Arts International City Challenge Tournament, London -v- Munich, held in Germany last Sunday, March 9<sup>th</sup>. Jade, 3<sup>rd</sup> kyu, came home with a 3<sup>rd</sup> place in kumite.

The squad may have been small – only four members - but they made their presence known, winning trophies in every event they entered. Jody Thompson, 22, green belt, achieved 2<sup>nd</sup> and 4<sup>th</sup>

places in her two events, while blue belt Martin Southern, 47, took a 3<sup>rd</sup> and 4<sup>th</sup> prize.

The team were led to victory by their instructor and the founder of Seitou Ryu, Sensei Richard Gregory, 3<sup>rd</sup> Dan. Richard himself won 1<sup>st</sup> place and the title of Tournament Champion for kata, and came 2<sup>nd</sup> in team kata and kumite. His proud team also saw Richard presented with the International Instructor of the Year award at the Hall of Honour and Spirit Awards held during

the tournament.

Sensei Richard said of his squad: "I am so proud of them all! It's the first international tournament we have entered as a club and Jody's first tournament ever. It takes courage to travel to a different country and face the unknown in the ring and their victory has encouraged other students to start training for the next tournament. We are a traditional club that believes in having a solid grounding in basics, and it obviously paid off in the tournament."

"WE ARE A TRADITIONAL CLUB THAT BELIEVES IN HAVING A SOLID GROUNDING IN BASICS, AND IT OBVIOUSLY PAID OFF IN THE TOURNAMENT."



A winning team!

Martin Southern, Jody Thompson, Jade Green, Sensei Richard Gregory



## SEITOU RYU KARATE

### Chief Instructor

Sensei Richard Gregory

### Assistant Chief Instructor/Club Secretary

Sensei Caroline Gregory

### Branch Instructors

Sensei Mick Simmonds

Sensei Steve Trangmar

Sensei Andy Watson

Sensei Tony McEwan

Sensei Kim Mandy

Sensei Nikki McBane

Sensei Martin Lawrence

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FIND US ON THE WEB!

WWW.SEITOURYUKARATE.COM

## 2009 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

1st February	Squad Selections
28th February–1st March	Open Seminar with Sensei Rod Martin
21st March	Kata Master Class
22nd March	Grading
26th April	Invitational Tournament
18th—19th July	Gasshuku Training Camp & Grading
22nd August	Family Fun Day (Water Fight & BBQ)
12th September	Kata Master Class
13th September	Grading
20th September	Squad Selections
8th November	Charity Tournament
12th December	Kata Master Class
13th December	Grading
19th December	Annual Student & Instructor Awards & Christmas Dinner

## WINTER GRADING WEEKEND

BY SENSEI CAROLINE GREGORY

If you've ever watched 'Karate Kid', any 'Bruce Lee' film or 'Kung Fu Panda', chances are you've dreamed of performing the same moves, having the same focus for training and of course, wearing the black belt.

But how many of us turn

the daydream into a reality?

The truth is – very few; the actual process of achieving black belt in a martial art takes a staggering amount of time, hard work, dedication, struggle, sweat and tears.

On Sunday 14<sup>th</sup> December, we held our winter grading

and are proud to announce we have 3 new Black Belts.

Tony McEwan from Chelmsford, Steve Trangmar from Grays and Stefan Ashton from South Ockendon each wowed the grading panel and fellow students with their solid basics and stunning performances



New black belts: Tony McEwan, Steve Trangmar and Stefan Ashton

## VOLUNTEERS—YOUR CLUB NEEDS YOU!

We are on the look out for willing students, Mums, Dads, brothers, sisters etc who can offer a little of their time/expertise to the club;

Roles include:  
**Tournament officials**  
Judges, timekeepers, run-

ners,

### Club promotion:

Leaflet/voucher drops into schools/ shops/ residents

Composing press releases reporting on events

Organising demonstrations in local schools

### Event promotion:

Poster/flier design

Composing press releases advertising upcoming events

If you would like to find out more about volunteering in Seitou Ryu, call Caroline on 07921 066153 or email (see

above for contact details)

Volunteering needn't be confined to the roles above – if you have a skill that you think can be applied to the club, or an idea that could improve it; please let us know!