



# Seitou Ryu Karate

## END OF YEAR NEWSLETTER

ISSUE 3

DECEMBER 2009

### A FEW WORDS FROM THE CHIEF INSTRUCTOR

It's amazing to see that the last 12 months has just flown right by and here we are getting ready again for a well deserved 2 week break from training to spend time with our family and friends this Christmas.

2009 has been an eventful year. Our bi-annual tournaments are becoming more popular and successful, with more clubs wanting to come down and be involved. The gasshuku training camp was at a new venue in Mersea Island this year and certainly was an "interesting weekend".

Plus our new national squad has been making headlines and achieving success up and down the country. All this of course is because of you, the students and parents making our club, your club, one of the best in Essex.

Next year we're teaming up with our friends from East London, Kaizen Ryu

to start working on some joint promotions to build the classes in all areas. We're starting off in Grays and South Ockendon areas so for students in those dojos, expect to see some new faces coming through your doors soon!

We are also looking for some people to join our sales team in the New Year so if you or anyone you know is looking for an exciting career opportunity, check out page 5 for more information.

We're also going to be working with Sport Essex in order to achieve Club Mark status, which will give us more access to fundraising opportunities to get more equipment for your classes.

Unfortunately at the time of sending we do not have the results of which students and instructors were given awards for excellent attendance, outstanding



Chief Instructor  
Sensei Richard Gregory

achievement, Iron Man, Above & Beyond and Student/Instructor of the 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.

### 2ND ANNUAL CHARITY TOURNAMENT

BY SENSEI KIM MANDY

We had our annual Charity tournament on Sunday, 1st November 2009 and the charity for this year was Kidscape, which is committed to keeping children safe from abuse. Kidscape is the first charity in the

UK established specifically to prevent bullying and child sexual abuse. We raised £150 for them.

The day started with parents and senior students helping set up the hall and

as due to it being half term, there were only around 60 competitors, so just 2 rings were required.

The day was a great success with competitors from all

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### IMPORTANT THINGS TO KNOW:

- Remember that there are no classes running throughout the Christmas holidays. Classes restart from Tuesday, 5th January.
- 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 the next year. That way you know exactly what you need to start working on when you get back into class.
- If you have a friend or 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! Or better yet, get them a membership as a Christmas present!

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Seitou Ryu clean up in the 13 - 15yrs Boys Kata division. Winning 1st, 2nd and joint 3rd place

## 2ND ANNUAL CHARITY TOURNAMENT (CONT...)

the clubs involved and getting some medals.

It was enjoyable meeting and watching the other students from different clubs. I was very impressed with the karate ability and techniques of the other clubs' junior higher grades with the junior team kumite being my highlight of the day!

For those who didn't get to make it this time, it's a worthwhile event to attend. If you've never entered a tournament before, it's a great ice breaker and really helps to build your confidence, especially for the younger ones. The competitions are a lot of fun for both students and spectators and everyone from the other

clubs are really friendly so there's no need to be scared or nervous.

The entire day was very eventful and a great day out for all who attended – both competitors and spectators.

“TRAINING TWICE A WEEK COULD ULTIMATELY LEAD YOU INTO BEING SELECTED FOR THE NATIONAL SQUAD TO COMPETE IN WORLD CLASS TOURNAMENTS”

## STEPPING UP YOUR TRAINING ROUTINE

BY SENSEI MICK SIMMONDS

For those of us watching the pennies & wanting value for money, cost has got to be close to the top of your list of reasons why you **SHOULD** be training twice a week, largely due to the value for money structuring of club training fees.

A Bronze membership fee being £18 for juniors and £21 for seniors whereas a Silver membership fee is £35 for juniors (a saving of £12 a year) and £42 for seniors. Plus with a Silver membership, you can get 10% off at most club events.

Obviously upgrading further to Gold Membership the savings just grow & grow and as well as having the option of training up to 5 times a week you can also receive up to 25% off at most club events which I'm sure you'll agree is a substantial saving if you're a seriously active student.

But what will the student training twice a week gain, over and above the student who is training just once a week ...?

Notwithstanding the strong friendships you will develop with like minded people within the club & additional confidence in your 'self' in every day living.....

By training twice weekly, your body will quickly develop *muscle memory* which will improve the precision of your technique, this then automatically makes the learning of kata much easier & the understanding of bunkai (application) principals which in itself helps the process of perfecting that new kata.

By attending two classes a week you will undoubtedly have a wider range of sparring partners; sparring regularly with a varied range of grades will help develop confidence in your own abilities and in time make you one of the top people within the club at your grade level, and could ultimately lead you into being selected for the National Squad to compete in world class tournaments if that is your aim.

Additional benefits of train-

ing twice a week are increased limb/joint flexibility from the regular stretching routines. The cardiovascular workout your body will receive through regular training will help increase your own stamina and physical well being. And to a lesser degree, but no less important will be muscle generation (anaerobic activity) from the physical nature of being a practicing karateka.

Due to all of this you will have a steady rise through the grade rankings, whereas someone who is training only once per week will only achieve the same grade level after maybe 2.5/3 times the amount of time.

So as you can see, there are numerous benefits to stepping up your training, so why not make one of your New Year's Resolutions to train at least twice a week, or if you are really serious about your training and want to advance faster, go for Gold!

## GASSHUKU TRAINING CAMP

BY SENSEI MARTIN LAWRENCE



*Students and parents arriving at Mersea Island Activity Centre*

### Saturday

We arrived at the Mersey outdoor activity centre around 9 am. Some came by coach, others came in their own transportation. After everyone was gathered we headed off to our designated sleeping area which was followed by one of the members of staff at the centre giving us a safety talk as well as Do's and Don'ts. This was shortly followed by a quick change into our gi's ready for the first seminar of the day. In the first session which lasted about 3 hours, we were treated to some Goju exercises and principals lead by Sensei Indy, as well as going through the kata Sanchin.

After the session finished it was lunchtime where we enjoyed burgers, sausages, pasta and salad along with vegetarian alternatives. Most of the kids were taking full advantage of the 7 a side goal post for a little kick about.

At around 3.30 – 4.00 the gate to the swimming pool was open but as usual, we had the safety talk by the lifeguard before everyone got to jump in the pool. We all had fun with the floats,

throwing a ball back and forth and so on. The time flew by. Dinner was then served, and some of the adults helped serve the food of chicken, potatoes and vegetables.

Around 7.00 – 7.30 it was back into our gi's for the second session of the day lead by Sensei Richard focusing on Shotokan styled exercises as well as kumite drills and strategies. The session finished around 9pm and we headed back to our sleeping areas. Most of the younger people went to bed while the adults socialized. I decided around 10pm to get an early night ready for the morning run, therefore missing something funny that Sensei Richard and many of the other adults were talking about with reference to the number 65...?

### Sunday

I woke up around 7am ready for the morning run but found out no one else was up. After some confusion as to who was supposed to be leading the run we ended up not doing it at all, which caused a few sighs of relief from some - next year's will be twice as long to make up.

Breakfast was then served at the cafeteria where we had some scrumptious bacon, sausage, egg, toast and cereal. Then we gi'd up ready for session 1 of the day.

The kyu grades were treated to a surprise session with Nikki McBane and Matthew Roud while the black belts had a in-depth session with Sensei's Richard, Indy and Marie on Sanchin, Tensho and Unsu which was both fun and confusing at the same time.

After the session finished it was free time. Also, conversation circulated around to the instructors of how a previously timid sounding Sensei Nikki had now changed to a woman of power and authority whom nobody wanted to mess with. Sensei Richard later told us that he was really pleased to see how much Nikki had developed these last few months and that hearing how she'd made her mark on the class today brought a big smile to his face.

Lunch was served with jacket potatoes and choice of fillings. The students who did not stay for the weekend arrived for the grading session that started around 2pm.

The hall was so packed with students that not even the spectators were able to sit in

“GETTING AN EARLY NIGHT READY FOR THE EARLY MORNING RUN, THEREFORE MISSING SOMETHING FUNNY THAT SENSEI RICHARD AND MANY OF THE OTHER ADULTS WERE TALKING ABOUT WITH REFERENCE TO THE NUMBER 65?”



*Even Sensei Richard gets thrown around from time to time!*

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

the hall with so many kit bags. Around 80 students were up ready for the grading session. Starting with a warm up and stretch it was on to the basics. After a short break the students were broken up into their respective grade groups for syllabus and kata assessments. This finished with Matthew Roud of Kaizen Ryu performing his Dan grade kata. Kumite finished off the grading session with Matthew squaring up against Sensei Indy and looking a bit worse for wear by the end of it. We bowed out and presented the awards to the students who passed.

Honorable mentions were given to two Seitou Ryu Students who not only

passed the grade they were attempting but also passed the next grade up as well. Daniel Goffe (9<sup>th</sup> Kyu - 7<sup>th</sup> Kyu) & Emelia Duty (7<sup>th</sup> Kyu – 5<sup>th</sup> Kyu). A large round of applause went to Matthew Roud as he was awarded his Shodan. We then packed up all our things and headed for the coaches to take us home - after a few photographs of course.

I thoroughly enjoyed the whole event. It was a little strange at first being at a new venue, but once we'd all gotten to know each other, seeing students from different dojos as well as students and instructors from Kaizen Ryu, it became one of the best weekends of the summer.

I can't wait until next year. These camps get better and better every time I go to them. Even though the gasshuku is a tiring it's a very rewarding experience both on a karate training level and for the social side, I believe that all karateka should do them at least once. The bond between students, parents and the instructors that are formed over events like these are hard to come by as there aren't many events that provide such great opportunities to get to really delve deep into your karate and to get to know your fellow students and instructors at the same time.

“HONORABLE MENTIONS WERE GIVEN TO TWO SEITOU RYU STUDENTS WHO NOT ONLY PASSED THE GRADE THEY WERE ATTEMPTING BUT ALSO PASSED FOR THE NEXT GRADE UP AS WELL.”

## SETTING YOUR GOALS

BY SENSEI STEVE TRANGMAR



Think “S.M.A.R.T” when you set your goals

It's that time of year again where you need to start thinking about your goals for next year, things that you want to achieve.

Now, that could be anything from trying to perfect a range of techniques to just one, it could also be learning a new kata or two.

However your goals should

be realistic, for example don't put down something that will not be possible. If you're a yellow belt don't put down "I want to be a black belt by the end of the year" as this just isn't going to happen. Don't get me wrong, being optimistic is good but being unrealistic isn't.

Here are some examples of goals you could set:

- I want to get my next belt and would really like to get the next one above that.
- I want to win a trophy at the next tournament or even two or three.
- I want to generate more power in my kicks and punches.

- I want to get fitter.
- I want to be better at kumite.
- I want to learn my kata and get better at the ones I do know.
- I want to concentrate more in class and listen to what I'm told.
- I want to get selected for the squad
- I want to get to more classes
- And what not to put:
- I want to hit my instructor harder
- I want to be the toughest in the dojo
- I want to beat up the other students

Putting your goals down on paper and giving them to your instructor means they can help you to start working towards them.

Your instructor can give you advice on what you need to work on to improve the things that you want to; after all, we are here to help you.

The most important thing that you will need is YOU. You are the person that can most help yourself to start working towards you goals.

Remember, they are your goals so get going.

Have fun, keep your guard up and I'll see you all in class next year.

## ARE YOU LOOKING FOR A NEW OPPORTUNITY?

In the new year we're going on a mass recruitment drive for new students and we need motivated people to help - whilst earning a good income.

We're looking to build a group of motivated, enthusiastic, self-starters who can

work both as a team and independently, that are passionate about karate and can convey that enthusiasm to others.

Own transport is essential as you will be working in different areas (local to one of our dojos: South Ockendon,

Grays, Wickford, Chelmsford).

You'll also need to be a quick learner and although previous sales experience is preferred, it's not necessary as full training will be provided.

Earnings vary, but the aver-

age is £300 per week with no limit on how much you can earn. Top performers earn around £500 - £600 per week.

If this sounds like something you'd like to find out more about, call Richard on 07899 827 476.

## SUCCESS FOR THE SEITOU RYU NATIONAL SQUAD

BY SENSEI RICHARD GREGORY

Back in February, students from all dojos across Essex gathered together to try out to be selected to represent their club, their area and their country as a part of the first Seitou Ryu Karate National Squad.

7 students were selected, 6 of which took the plunge for their first tournament as an official squad which was a little further than they expected.

Rather than going to a local, regional or national tournament, the squad travelled to Munich, Germany for the Malympex All-Styles Tournament & International City Challenge. For their first tournament as a team, and for some their first tournament ever, you wouldn't expect much, but they took the bull by the horns and pulled in 11 trophies between them. An amazing feat for a new team!

Before the summer came around, 2 students from Romford (Tom Patten & Francesca Addison) were privileged enough to be selected to represent the Borough of Havering for karate in the London Youth Games held at Crystal Palace and therefore were also given a place in the squad.

All of these students worked

hard in training and helped to put Seitou Ryu Karate Club on the map by winning 63 trophies across 9 tournaments between March and September. You may have even read about them in the local newspapers as they got quite a bit of press, particularly our 3 young stars; James Lockhart from Wickford, and George Bruce and Jade Green from South Ockendon, who often became the feature of the news articles due to the successes they had achieved.

Before the end of the season, the squad had adopted a nickname, "Team SRK" and the cheer/kiai-type shout "Oss-Aaa!" as their signature so they'd be known wherever they went.

With all the hard work and great results they had all produced, the squad were rewarded with a day trip out to Thorpe Park, courtesy of *The Seitou Ryu Foundation for Achievement in Sport* - a non-profit organisation whose main focus is to gain access to and provide funding for students in order to help them exceed in their sport karate journey.

Roll onto September and a new group of students were selected alongside a few of the original squad who were



### National Squad Selections in September this year:

Back row: Tom Patten, Samuel Parker, Felicity Duty, Kim Mandy, Jade Green, Martin Lawrence & Squad Coach Sensei Richard Gregory  
Front row: James Lockhart, Ellis Gardner, George Bruce, Connor Gale, Jordan Saunders

also reselected to be a part of Team SRK.

A shorter season with just 4 tournaments (*less than half of the previous season*) but it didn't stop the team from pulling out all of the stops and cleaning up everywhere they went. A whopping 80 trophies were won between them!

So after a grand total of 143 trophies, the squad were rewarded at the end of the winter season with a trip to Quasar, where they spent most of their time shooting me!

A special mention must go out to the parents of the junior squad members past and present; Jarrod Green, Phil Bruce, Sally & Martin

Lockhart, Carol Patten, Nick Addison, Stephen Duty, Georgina & Phil Gale, Christine Hinscliff and Elaine Saunders. If it wasn't for their support both on the sidelines as well as with the things you would generally take for granted such as taking them to squad training sessions, travelling up and down the country as well as overseas to various tournaments, even helping to officiate at some of the events, then the squad wouldn't have achieved what they have done this year. So thank you to the parents for your hard work and well done to the squad on an amazingly successful year!



## SEITOU RYU KARATE

### Chief Instructor

Sensei Richard Gregory

### Assistant Chief Instructor/Club Secretary

Sensei Caroline Gregory

### Your local branch instructors

Sensei Mick Simmonds (Wickford)

Sensei Steve Trangmar (Grays)

Sensei Tony McEwan (Chelmsford)

Sensei Kim Mandy (South Ockendon)

Sensei Martin Lawrence (Runwell)

Phone: 07899 827 476

E-mail: richard@seitouryukarate.com

caroline@seitouryukarate.com

FIND US ON THE WEB!

[WWW.SEITOURYUKARATE.COM](http://WWW.SEITOURYUKARATE.COM)

## 2010 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

7th February	National Squad Selections
	Kata Workshop (Morning)
21st March	Grading (Afternoon)
23rd May	3rd Annual Invitational Tournament
12th June	National Squad Fundraiser Event: "Race Night"
10th—11th July	Gasshuku Training Camp & Grading
12th September	National Squad Selections
	Kata Workshop (Morning)
19th September	Grading (Afternoon)
21st November	3rd Annual Charity Tournament
	Kata Workshop (Morning)
12th December	Grading (Afternoon)
18th December	Seitou Ryu Christmas Dinner & Annual Awards

## WINTER GRADING RESULTS

### 8th Kyu (Yellow)

Sunny Vehit (South Ockendon)

Samuel Drover (South Ockendon)

### 7th Kyu (Orange)

Sam Ball (South Ockendon)

Matthew Ball (South Ockendon)

Reece Davies (Grays)

Bailey Toye (Wickford)

### 6th Kyu (Green)

Jorden Saunders (Grays)

Daniel Goffe (Grays)

Ginni Aggarwal (Wickford)

### 5th Kyu (Blue)

Samuel Wright (Grays)

### 4th Kyu (Purple)

Stephen Duty (Wickford)

Emelia Duty (Wickford)

Felcity Duty (Wickford)

Connor Gale (Grays)



Students showing off their new belts.  
Well done to everyone!