



Seitou Ryu Karate

END OF YEAR NEWSLETTER

ISSUE 4

DECEMBER 2010

A FEW WORDS FROM THE CHIEF INSTRUCTOR

Welcome once again to our end of year newsletter. If you're a new member and this is your first time hearing from me, let me start off by saying hello and welcome to the club!

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.

2010 has been a great year for Seitou Ryu. Our classes are getting more popular and in some cases we've had to expand in order to cater for the demand. This time last year we had just over 60 members, now we have over 150! Next year is looking like it will be continuing to grow at the same pace so we may have to open up some new classes soon.

In other news, 3 students have now joined the elite ranks and have achieved Yudansha (*black*

belt) status. 2 of them graded at our 4th annual gasshuku training camp in Mersea Island, an amazing weekend of training, socialising and stepping up to the next level in our karate. The third student graded just recently at the Winter Grading Weekend.

Our bi-annual tournaments have made recent headlines, pick up a copy of the Thurrock Gazette or go online to read about us in the Yellow Advertiser where they've printed a story about how much of a success our charity tournament was this year.

Unfortunately at the time of printing we do not have the results of the SRK Annual Student, Parent and Instructor Awards. These will be announced at the Christmas Dinner taking place at TGI Friday's in Lakeside on Monday, 20th December. Results will be posted on our Facebook page before Christmas so do check there.

sporting activities for those paralysed through spinal cord injury.

The event raised £450 for the charity, and more importantly raised awareness of the importance of the organisation. On hand to receive the cheque



Chief Instructor
Sensei Richard Hang Hong

Next year you'll be seeing some further developments throughout the club including a few minor technical adjustments to the syllabus (*see your Sensei for more details*) as well as some really good news for Silver and Gold members (*see page 3*).

Lastly, I'd like to wish you all a thoroughly enjoyable Christmas and prosperous New Year. If you need to contact me or any of your instructors over the Christmas break, we're all on Facebook or you can contact us on our respective mobiles or via email.

Yours in karate
Sensei Richard Hang Hong

IMPORTANT THINGS TO KNOW:

- Remember that there are no classes running throughout the Christmas holidays. Classes restart from Tues, 4th 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.
- Bronze and Silver members. If you miss a class, remember that lesson rolls over and can be used up anytime within the next month so you don't have to miss out on your training!

3RD ANNUAL SRK CHARITY TOURNAMENT

By SENSEI CAROLINE HANG HONG

On Sunday 21st November 130 competitors from various karate clubs across Essex came together to support our 3rd annual charity tournament. This year we supported The Back-Up Trust, an organisation that arranges outdoor

on behalf of the Back-Up Trust was Dave Shraga, Dave also spoke to the crowd about his own injury, an unfortunate diving accident that broke his neck, leaving him in a wheelchair and how the Back-Up

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3RD ANNUAL CHARITY TOURNAMENT (CONT...)



Dave Shraga from The Back-Up Trust was there to receive our donation from the competitors on the day.

Trust had helped him.

The Back-Up Trust is also a charity close to me. My brother Phil was responsible for developing 'Aqua Tetra'; scuba diving for people with spinal injuries and 'XDM' (Extreme Disabled Motor sports); an off road driving experience using 'Woodstar' vehicles which catered for even the most severe paralysis.

Phil died in September 2001 and

his two life changing organisations unfortunately are no longer running. We're proud to support 'The Back Up Trust' who continue the inspirational work of bringing excitement and challenge to the lives of those with spinal cord injuries.

We raise more funds for charity each year so I hope you'll all come to support the next charity tournament in October 2011.

THOUGHTS ON LONGEVITY IN TRAINING

BY SENSEI MICK SIMMONDS

For those of us fortunate enough to have found 'Karate' will know that there are stages you pass through in your karate journey, which can also be attributed to age ranges.

When you first start the journey, white to blue belt (youth) you will be full of excitement with the challenges that are presented to you with each lesson you partake in, allowing ego to flourish as we develop and move into explosive movement with powerful, aggressive but controlled techniques.

You will also realise that training once a week, just isn't enough for you and to satisfy your enthusiasm for the training and developing friendships, you'll make a life-long decision to train at least twice a week if not three times, this will translate into accelerated learning of kumite technique and higher levels of kata as you accelerate your climb along the grading ladder compared to someone training just once a week.

Guess what? Your confi-

dence will also develop and grow, to where – when called upon you can stand out front and take a class through a warm-up routine and beyond, which can only help everyone in so many different facets of everyday living

Some way into the journey, possibly purple or brown belt level (middle years) you may now start to show some signs of your time training, such as the odd niggle here & there as you stretch or try to achieve that jodan mae geri, which is where we start to think about the mechanics of the physical movement to understand how our body & limbs can do what it can, and what we need to do to protect those limbs, joints from being damaged.

This is a must-do thing for those who wish to have a long and relatively injury free journey – to ignore this can only lead to injury which can possibly affect day-to-day life.,

So when you are in class and attempting that elusive mawashi geri and the Sensei shouts out, bend the sup-

porting leg, turn more on the ball of the foot – it's not only technique they are helping you to achieve, but also helping you to protect the knee joints, hips etc from any strain injuries.

At this time you may notice a slight slowing of that explosiveness that you first had at the start of your journey, and this is where the development of tanden/hara/kime/core/centre/breath/posture will start to become an ever more important and a developing area of your training.

With better understanding and training in this important area instead of big, expansive or explosive movements you will start to internalise your movements instead and still achieve if not improve the end result, the additional benefit will come from reducing the wear-&-tear on joints and limbs, and those of us who have a back-problem will benefit immensely and help carry you further along the karate path.

This being said, to achieve this result will take a karate lifetime and something,



Sensei Mick is the longest serving branch instructor in the club, he's been teaching for over 9 years!

THOUGHTS ON LONGEVITY IN TRAINING CONT...

some us will not fully achieve *the perfection of Tanden – Core – Internalised movement, etc*, but your greater understanding will assist you in continued training into Black Belt or maturity, (yes ok, old age). The depth of stances may not be as deep as a teenager or as externally explosive, but will be just as strong if not stronger due to a developed Tanden-Core and internalised movements. You may also find that where a youngster will do 100 hard/fast chudan tsuki strikes you will only do 50 hard/fast strikes but the first 50 will be of a slower, higher level of technique.

There will be days where the pressures of everyday life will be so much that the

thought of getting the gi on and going to the dojo that evening is the last place you want to be, much preferring to be in the armchair in front of the TV. But guess what – you make that effort to go to the dojo and train with fellow karateka and just for a while the pressures melt away and leave you in a better frame of mind to face them later-on. So don't fall into the trap of skipping classes as the benefit to 'self' is immeasurable in so many different ways, this was once again brought home to me at a recent class, when a student admitted after the class had ended that they had thought of skipping class, but felt so much better for having attended and couldn't wait for the next class to roll

round and train again.

By now your high grade level will mean that you will have younger students or lower grades full of enthusiasm to learn, looking to you for that help with extra instruction/assistance. This in turn will enthuse you to learn more by practice and by reading martial arts material to expand your knowledge, to delve into *bunkai (practical applications)* – to look at why something works in this situation and not in others and what else can be done with a particular technique - I'm sure that once you immerse yourself into this subject alone, the quest for knowledge grows without limit and the rewards you get from passing your knowledge on is again

without measure.

As a slight aside, if you have an injury – do not ignore it, seek assistance be it medical or other means, those who know me, they will be aware that I have a few injuries here & there and that to control/manage these and avoid further injury I have preventative treatments on a regular basis from a sports masseur, which not only allows me to continue with regular training, but also day-to-day family/work life. Should anyone wish to be referred to a sports masseur a few of us in Seitou Ryu see a couple of very capable sports therapists (one male, one female) for treatments, anyone wanting their contact details should ask their class Sensei.

REFER A FRIEND AND GET A TENNER!

From January through until the end of February, we're rewarding all students who refer a friend to the club with £10 cash. That's right, cash, wonga, dosh, moola! no cheques, vouchers or other money alternatives.

If you bring a friend to class for a trial lesson in the new year and they become a member during this time, we will give you £10 cold hard cash!

So over the Christmas break,

speak to your friends and family and then bring as many of them as possible and you could get yourself a tidy little sum to treat yourself with.

There's no limit on how

many people you can bring, just make sure that whoever comes down gives YOUR name as the person who referred them otherwise you might not get your referral fee, or worse, someone else will get it!

CLASS CHANGES FOR WICKFORD & CHELMSFORD DOJOS

From January, the times for the Wickford classes will be as follows:

Tuesday

6.30pm-7.30pm
(5-12yrs: All grades)

7.45pm-9.15pm
(Adults: All grades)

Thursday

6.30pm-7.30pm
(5-15yrs: All grades)

7.45pm-9.15pm

(All ages: Brown & black belts)

Runwell Community Primary School. Canewdon Gardens. Wickford. SS11 7BJ

Chelmsford Dojo

We have been notified by the All Saints Church Hall on Kings Road where the Chelmsford class has been held for the last 6 years is being torn down in the New Year. At this moment in

time we have been unable to secure a new venue that is available at the same time and at a price that is within the club's budget.

We will continue to search for a new venue over the Christmas break and we will inform all students as soon as we have found a new hall. We are currently in negotiations with All Saints Hall to see if we can still keep using the hall until building

works commence but at this stage it will not be available to us in the new year.

In the meantime, we ask all Chelmsford students to come down to the Wickford dojo on Tuesday or Thursday so you don't miss out on your training.

If you have any questions about this please call Sensei Richard on 07899 827 476.

GASSHUKU TRAINING CAMP

BY SENSEI MARTIN LAWRENCE



A sunny weekend away in Mersea Island. Perfect weather for a Gasshuku!

Saturday

After a lovely ride in the free coach provided by The Seitou Ryu Foundation, I along with Sensei Richard and several other students from across the club arrived at the Mersea Island centre at around 9am for a weekend of fun, sun, and training. We along with our friends from Kaizen Ryu were allocated our sleeping quarters, given the usual brief health and safety talk and then it was a quick change into our gi's and to the dojo for the first session of the day.

The morning session started with the typical warm up and stretching exercises with a few other exercises to follow. Sensei Indy took us through some Goju Ryu/Seiwakai drills and combinations, Sanchin kata (Rooting, Posture) and Seipai with bunkai (applications). Sensei Indy can be quite amusing at times and true to his nature, the session finished with a "random object game" which he said was used by the Karate England National Squad.

Following a tasty and nutritious lunch, (okay it was tasty at least!) students broke up their free time by playing

football, visiting the beach or just chilled on the field for a bit of sun bathing. It wasn't long before the "It's a Knockout" activity followed suit with loads of fun on inflatables, getting wet and we were even lucky enough to see a pugil stick jousting match between our Chief Instructor Sensei Richard and Kaizen Ryu's Chief Instructor Sensei Indy! Then it was time for a nice cool dip in the swimming pool where we enjoyed fun with the floats and a rousing game of water polo basketball.

After an early dinner it was a quick wash and back into our gi's for the evening session.

Sensei Richard's session was very bunkai based. He taught the 4 levels of growth within kata applications. In Gekisai Dai Ichi (green belt kata) we learned how to apply "basic" bunkai to the kata, the simplest of the 4 levels showed us the easy way to apply the kata movements. With Heian Godan (Purple belt kata) we learned about kumite based bunkai showing how the application could be used in sparring. In Seichin (brown belt kata) he

covered CQ (Close Quarter) bunkai showing that the application does not always follow the pattern when used in a self-defense position, Sensei Richard calls this Henka Waza. We briefly touched on Oyo bunkai, the most exciting of all the application levels but ran out of time before we could really get into it so I hope he covers more of this at his next seminar or gasshuku!

After the class the evening became cool with a slight breeze rustling through the trees. Myself with some of the other adults engaged in conversation over a few drinks and nibbles. Even though I wasn't going for grading the next day, I decided to turn in early as the next day was going to be a long one.

Sunday

The started with everyone getting up around 6.30am (or was it 6am?) and met by the beach ready for the morning run, something that many of us got away with last year as it didn't run (pun intended!). Sensei Richard led the jog across the beach (think Chariots of Fire). We came to a stop around a mile along the beach where we were grouped together for a relay race.

"WE WERE LUCKY ENOUGH TO SEE A PUGIL STICK JOUSTING MATCH BETWEEN OUR CHIEF INSTRUCTOR SENSEI RICHARD AND KAIZEN RYU'S CHIEF INSTRUCTOR SENSEI INDY!"



Two very happy new black belts, Samuel and Kim

GASSHUKU SUMMER TRAINING CAMP (CONT...)

Then it was a run back to the main campsite building a healthy appetite along the way where we had a breakfast of delicious bacon, sausage, egg with baked beans and tomatoes along with cereal and/or yogurt for those who could fit in more.

After breakfast it was a change into our gis for the first session of the day. The kyu grades had a special session with Sensei Nikki while the black belts had a private session with Sensei Richard and Sensei Indy. I'd love to tell you what we did in that session but I've been sworn to secrecy, it's for black belts only!

After a small but filling lunch, seeing so many nerv-

ous faces around the site could only mean one thing, the grading was about to start!

Sensei Mick lead the group through all the basic strikes, blocks, stances, and kicks followed by the separate grade groups going through their syllabus drills and kata. Whereas those attempting Dan grades had to go through every single one of the drills along with their choice kata. Afterwards the spectators and junior grades were treated to a riveting display of kumite by the students attempting brown belt and above. Everyone spurred and cheered on the students attempting Samuel and Sensei Kim who were attempting black belt and they

were certainly pushed to the limit, giving everything they had as they sparred the senior instructors. A round of applause was heard as the kumite section finished. I'm just glad it wasn't me in there!

The presentation of the belts followed afterwards with a special congratulations to Samuel Parker and Sensei Kim Mandy for passing their black belt grading.

Once again the overall weekend was fantastic as always. Events like these get bigger and better every year. If you've not been to the gasshuku camp before, make sure you get yourself to the next one in July 2011!

"A ROUND OF APPLAUSE WAS HEARD AS THE KUMITE SECTION FINISHED. I'M JUST GLAD IT WASN'T ME IN THERE!"

SETTING YOUR KARATE TRAINING GOALS

BY SENSEI KIM MANDY



Properly set goals can be very motivating!

Yes it is nearly that time of year again and we need to start thinking about where we want to be with our training and what we want to achieve over the coming year!

Setting goals is very similar to your "New Year's Resolutions" which most of us never achieve or stick to throughout the year. By

knowing what you want to achieve, you know where you have to concentrate your efforts. You will also quickly find out what distractions would lure you from your course.

Properly set goals can be very motivating. Goals give you long term vision and short term motivation. They can help you focus on your training to attain the goals you want to achieve and make the most of your training, giving you the satisfaction of knowing you have achieved what you set out to achieve in the year or the time scale for the particular goal. By setting goals you also help to increase your confidence as you improve your abilities in each

area. By setting sharp, clearly defined targets you can measure and take pride in your achievement.

When setting your goals, think of where you want to be in your training by the end of the year. Once you have done this, you need to break down the final goal into smaller time scales as to know how you can achieve it.

E.g. What belt do you want to be by the end of the year? Look at the reality of this and what needs to be achieved i.e. Time scales between gradings. This may mean increasing your weekly training sessions, attending seminars or taking private lessons. When determining what your end of

year achievement will be or what you would *like* it to be you will have to think about what you need to work on during the year or specific time period to achieve the associated level.

Once you have decided your long term goal, keep reviewing and updating your short term goals in order to attain your final goal. Once you have attained a specific goal, ensure this is kept up and proceed to the next one.

When setting goals, be realistic in what you are able to do. Set a time scale and stick to it! Make sure you prioritise your goals to ensure you are paying attention to and working on achieving the most im-



Sensei Kim is one of the top senior competitors in our National Squad

portant ones. Set realistic goals – goals that you know you can personally achieve with the right time and dedication. Write your goals down to make them “real”. Keep low-level, easy attainable goals small and achievable. If a goal is too big – it will seem like you are not making any

progress! When deciding and writing down your goals, ensure that you have set the goals that YOU want to achieve – not what someone else wants for you! We all have different abilities and strengths. Be specific; have time scales; ensure the goals are achievable for YOU and relevant at

your grade level or potential grade level!

Remember: Setting goals will help you decide what is important for you to achieve in your training, what is relevant for you personally and will help keep you motivated.

Enjoy your training and set goals you can stick to!

GREAT NEWS FOR SILVER & GOLD MEMBERS!

We are increasing the discounts you get on your equipment purchased through the club. From January 2011 Silver members equipment discount will increase from 5% to 10% whilst Gold members discount will increase from 10% to 25% so now you've

got even more reason to step up your training!

Remember that you can increase/decrease your training level from month to month to suit your needs. So if you're preparing for an event like a grading or tournament, you can increase up

to Silver or Gold. Likewise if you need to reduce your training for whatever reason e.g. recovering from an injury and need to minimise what you're doing, you can decrease to Silver or Bronze.

To make changes to your membership level, all you

need to do is call Sensei Richard on 07899 827 476 and he'll get the adjustments made to your direct debit.

SUCCESS FOR THE SEITOU RYU NATIONAL SQUAD

BY SAMUEL PARKER

Its been a very good and eventful year for the Seitou Ryu Karate National Squad, AKA “Team SRK”.

Bringing home a whopping total of 108 medals and trophies. This breaks down to 28 Bronze, 35 Silver and 35 Gold of which include 3 Kaizen Cup Championships.

The girls came out on top this year with the most trophies, of the senior squad members, Sensei Kim Mandy picked up 17 placings and of the junior squad, Jade Green collected a close 13 placings.

There have been ups and downs and a lot of blood, sweat and tears (Well, no blood actually, just sweat and tears) but all in all, the squad got through the 2 seasons and did very well.

The team never came out of a competition with out getting a medal or a trophy or at

least some sort of experience.

We went across our usual circuit of competitions, the Tokon Kai Invitational in Chelmsford, the Kaizen Cup in Dagenham, the Shikon Open Championships in Harlow, even the final Malympex European Championships in Aylesbury, a unique all-styles tournament which unfortunately is no longer running. The squad were also fortunate to be invited to a couple of WKF run tournaments of which we all learned that we had to seriously step up our game in order to succeed there. We did better on the second tournament, but we all know that we'll keep improving and will get even more trophies at the next one.

All of the squad enjoyed their day out after the sum-



Team SRK at the Kaizen Cup Spring Qualifier Tournament held in Dagenham earlier this year.

mer season. A trip to Southend's Adventure Island was what we needed to wind down. A day of fun scaring people in haunted house and having a good laugh with each other.

Let's just hope we all enjoy the day out paint balling with the instructors, I mean how often do you get to shoot

them and not have any repercussions afterwards? Here's hoping that they forget who shot who when we come back for fitness week in the New Year.

I can't wait until next season and I hope that lots of you will come to join us at the next selections in January so we can kick butt together!



SEITOU RYU KARATE

Chief Instructor

Sensei Richard Hang Hong ~ 3rd Dan

Assistant Chief Instructor/Club Secretary

Sensei Caroline Hang Hong ~ 1st Dan

Your local branch instructors

Sensei Mick Simmonds ~ 1st Dan (Grays)

Sensei Steve Trangmar ~ 1st Dan (Grays)

Sensei Kim Mandy ~ 1st Dan (South Ockendon)

Sensei Martin Lawrence ~ 1st Dan (Chelmsford)

Assistant instructors

Samuel Parker ~ 1st Dan (Grays & Runwell)

Jade Green ~ 1st Dan (South Ockendon)

Phone: 07899 827 476

E-mail: richard@seitouryukarate.com

FIND US ON THE WEB!

WWW.SEITOURYUKARATE.COM

CHECK OUT OUR YOUTUBE
AND FACEBOOK PAGES TOO!

2011 CALENDAR

(Dates are subject to change)

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

30th January	National Squad Selections
	Kata Workshop (Morning)
13th March	Grading (Afternoon)
3rd April	4th SRK Spring Open Championships
22nd May	National Squad Fundraiser Event: "Race Night"
9th—10th July	Gasshuku Training Camp & Grading
12th September	Kata Workshop (Morning)
	Grading (Afternoon)
18th September	National Squad Selections
9th October	4th Annual SRK Charity Tournament
	Kata Workshop (Morning)
11th December	Grading (Afternoon)
17th December	Seitou Ryu Christmas Dinner & Annual Awards

WINTER GRADING RESULTS



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

8th Kyu (Yellow)

Katie Nicholls (Wickford)

Rhys Brown (Wickford)

Maggie Brown (Wickford)

George Bowers (Wickford)

Joseph Ball (Ockendon)

Ken Thompson (Ockendon)

7th Kyu (Orange)

Toni Fifield (Wickford)

Connor Hall (Wickford)

Zoe Nolan (Wickford)

Tracey Smith (Ockendon)

Joanne Kitson (Ockendon)

Sarah King (Grays)

Sean Ramsay (Grays)

David Akerele (Grays)

Obayi Oluwaniyi (Grays)

Claire Foster (Grays)

Ian Burberry (Chelmsford)

James Burberry (Chelmsford)

6th Kyu (Green)

Nathan Webb (Ockendon)

4th Kyu-Ho (Purple)

Jorden Saunders (Grays)

3rd Kyu (Brown)

Stephen Duty (Wickford)

Emelia Duty (Wickford)

Brandon Corby (Wickford)

2nd Kyu (Brown)

George Bruce (Ockendon)

Shodan (1st Dan)

Jade Green (Ockendon)