



Seitou Ryu Karate

ZASSHI

*Traditional Values,
Modern Methods*

A FEW WORDS FROM THE CHIEF INSTRUCTOR



**Sensei Richard at the TKF
National Championships in
Crystal Palace**

Another 12 months has flown by and I don't know about you but I'm very much looking forward to putting my feet up and enjoying the 2 week break over Christmas and New Year with my family and friends.

2013 was a very full year and we've seen some great things happen throughout the club. We had 2 amazing seminars with Shihan Paul Coleman (7th Dan) in February, and with Sensei Iain Abernethy (6th Dan) in November. Our annual charity tournament - though a little smaller than usual - was a wonderful success, raising £800 for Rays of Sunshine Children's Charity; check out the News page on the club website for our feature in the Thurrock Gazette. We also managed to raise £660 for the Pink Karate Breast Cancer Awareness Campaign with our special "Pink Belt Class". If you haven't seen the video yet, do check it out on our YouTube channel youtube.com/seitouryukarate.

In other news, I'd like to again extend congratulations to Ellie Sharp (Wickford dojo) and Tatum Mandy (Grays dojo) on successfully passing their junior Shodan (1st Dan black

belt) test at the recent winter grading.

These two girls were the first to go through the longer Dan grade testing process since we split the grading times for beginner and intermediate-higher, and endured a seven hour testing with only two half hour breaks. Both girls trained incredibly hard in and out of the dojo over the last year and thoroughly earned their grade.

Next year should be an exciting year in terms of senior gradings as there will be potentially 2 students eligible to test for Shodan and as many as 5 potentially eligible to test for Nidan (2nd Dan). Will it happen or will it not? It's up to those who train hard and prove they're

ready so watch out for them in the dojo and be ready to get inspired.

You may have noticed that this year's Zasshi is a little smaller than the 2012 edition (the Zasshi is produced by Sempei Samuel Parker). As a club we have made an effort to increase our green credentials by reducing our paper use where we can.

So in this printed edition there will still be the usual fantastic articles written by our club instructors and senior students as well as some news and updates, including all of next year's event dates. And if that

tickles your tastebuds and you want more, then you can download the fully loaded e-edition from the club website www.seitouryukarate.com just before Christmas.

In the downloadable version, we will have the annual dojo photos, 'Find Yoshi' challenge, interviews and more reports on some of the club events that we hosted this year, as well as the results of the 2013 SRK Annual Awards.

As always, if you need to reach me or any of the instructors over the Christmas break, we're all on Facebook, a few of us are on Twitter, and if you're not on either of those social networks, you can always do the old fashioned thing and just pick up the phone!

So have fun reading this issue of the SRK Zasshi, have a very Merry Christmas and I'll see you all in the dojo in 2014!



FAKE IT UNTIL YOU MAKE IT

By Sensei Caroline Hang Hong

When I was 8 or 9, I was getting ready to perform at a piano concert. My piano teacher watched me as I nervously struggled through my piece, making mistake after mistake. And every time I hit a wrong note I would pause momentarily and turn to him displaying a look of horror or apology on my face. Finally, he couldn't bear watching me suffer any more; 'move over' he said. And we swapped chairs.

He played me a beautiful piece of music; he played it loudly, confidently, with expression and passion, swaying as he played. And every now and then he would drop in the most horrendous discord – a huge glaringly obvious mistake that made me cringe.

But, he didn't change the

way he played at all; he carried on as if nothing had happened, in fact if anything he played even more confidently, and by the end I wasn't reacting at all to the dud notes.

When he finished he turned to me and said; 'when you make a mistake, always make it with confidence'.

This January I started back at regular karate training after taking about 5 years out to have our two children. I had graded to black belt about 18 months prior to falling pregnant, and had taught the Wickford class until I was 8 months pregnant.

When I returned I had forgotten a lot, I was generally unfit and my body was not the same one I had before. We had made the change from being a split style to solely Goju, and the white and yellow belts were doing katas I had never seen. High grade sparring was suddenly up close and personal with a lot of takedowns and groundwork. And there were past students of mine that were now



Sensei Caroline takes no prisoners in kumite at the Winter Grading earlier this month

Nidan, and just so damn tall (you know who you are)! Intimidated? Yes I was. Did I show it? Not in public. Why? Because you have to fake it 'till you make it, face the fear, sit in the dark and know you are totally out of your depth and agree with yourself that you are going to make a lot of mistakes, but, you are going to make those mistakes with confidence!

That means that although sparring younger, stronger guys who hit hard frightens the life out of you, you will do it anyway. Although standing up and performing a basic kata that you really don't know threatens to make you feel so humiliated you just want to curl up in a corner - you do it anyway. Because wearing a black belt while struggling to learn a different set of basics that the yellow belts do very well makes you cringe inside - you do it anyway.

Because when you do it anyway, you get better.

Fake it 'till you make it is not about arrogance, or pretending you know something when you clearly don't. It's about a 'can do' attitude, a commitment to your own improvement, a quiet confidence that you

can take on anything and you will be able to cope and thrive, and an acceptance that you will make a lot of mistakes along the way.

So, is this relevant to you? What do you think?

Do you make sure you are partnered with your friend for kumite because the 6-foot bloke in the blue belt scares the socks off you?

Do you avoid competing in tournaments because performing in front of a crowd terrifies you?

Do you constantly chatter during partner work because you are nervous of getting the exercise wrong? Do you profusely apologise every time you do?

Do you shy away from special classes with guest instructors because the subject matter is new, and you may have to train with strangers?

Do you argue with your instructor when he/she says you're ready for you're ready for grading?

Do you pause momentarily and turn

to your instructor displaying a look of horror or apology when you make a mistake in kata?

Maybe...?

Welcome to the club, you're in good company. In a couple of weeks a fresh, shiny new year will begin, a lot of folks will set themselves new year's resolutions, and us karate lot will be setting ourselves some new goals. Maybe 'Fake it 'Till you Make It' should be yours?

Iain Abernathy (Google him) shared a wonderful comment on Facebook recently, which I will be taking as my resolution for 2014 - 'Commit To Awesomeness'. You can have that one too if you like.

GASSHUKU 2013

By Sensei Martin Lawrence

Empty your cup! The slogan for this year's Gasshuku. What can it mean?

Could it be as we progress through our journey of karate we need to make room to store more knowledge? Or could it be something else as the illustration on the T-Shirt shows?

I along with some other fellow students pondered that thought as we first arrived at Mersea Island and taking the sights and sounds of the new accommodation. Either way it was soon time

for the first session which focused mainly on bunkai for Geki sai dai Ichi & Ni led by Sensei Richard. I was treated and honored with being paired up with Sensei Indy as we practiced throwing each other around as I tried to get my cogs turning to better understanding as to the level I was at. This pretty much was the same to everyone else.

Session 2 followed after lunch led by Sensei Marie where the main focus was on the many varied kicks as well as its uses and striking areas where they can be used for better effectiveness.

Shortly afterwards was our free time



Sensei Martin training hard at Shihan Paul Coleman's course in February

to relax, recuperate, and well as engage in friendly conversation with the other students.

This followed with a nice dip in the pool before dinner before the session led by sensei Indy and the use of power generation as well as fluidity in motion.

The seniors and instructor were going to be treated with a movie but was cancelled due to technical difficulties.

Day 2 started the same with an early morning jog and sprint on the sands before breakfast before suiting up

for the split session with the kyu grades training separate from the black belts and as always, I will swear secrecy with what happened in the black belt session.

After lunch the grading started with all students testing giving there all to the best of their abilities. The hours passed by till the kumite started. I gave as much I gave as much encouragement and support to my student Adam as he sparred Sensei Kim. I saw Adam tearing up during the match but Kim and myself told him not to give up. After the kumite I was beaming with pride for Adam as I have seen the obstacles he has faced through his training and I told

him "That's what it means to be a brown belt" and in the end he passed.

So overall, obstacles were overcome, lessons were learned and fun was had by all.

Who knows what next years plans are for Gasshuku 2014 and I personally can't wait. So, EMPTY YOUR CUP!!!!

BREAKING THROUGH THE GLASS CEILING

By Sensei Mick Simmonds



Sensei Mick with Kata Bunkai Specialist Sensei Iain Abernethy at a course in Oxford earlier this year

When we take that massive step forward on our Karate Journey by achieving the next elusive grade we are for that moment in time elated beyond belief, 'Yes, I've done it, & now there will be others to the left of me in the

line up' are just a few things that go through the mind.

Depending on the individual this may last minutes or days, weeks - some even longer before they realise that this was just one of many steps along a journey that can last a lifetime, and the learning process that now has plateaued must now be re-engaged to move onwards.

This is where some will be pushed hard up against that imaginary Glass Ceiling and cause them to falter and some will even fall beside the wayside and give up rather than strive to find the way through the Glass Ceiling, this is seen a little in the Junior Kyu grades but is ever so visible once students reach 3rd Kyu Brown belt till 1st Kyu and on into Shodan.

This is a mindset problem, where the 'cant do' in some will win over the 'can do' and cause the student to become down beat about their

abilities and to even think of continuing along their Karate journey is painful to contemplate. Where that next drill / Kata just doesn't click in the head and instead becomes a dreaded chore rather than something enjoyable to do, this is where the rot starts setting in.

It has been my privilege over the years to have met and trained with some great people, some of whom fell by the wayside when they fell into the 'cant do' mindset trap. I have seen the frustration in people turn into a kind of depression that soured their minds and at the time wouldn't allow themselves to snap out of the malaise they were in, despite efforts of others around them that could see

what was happening. But on the other side of the coin I have known people fail a Grading and feel that their whole world had collapsed around them, they then come to the next classes and all their Instructors and peers within the Dojo rallied around to buoy their spirits back up again and within a period of time they were training as hard as ever and came back stronger for the experience and outperformed everyone at the subsequent gradings and have gone on to greater things since then.

Being honoured to be allowed to stand in front of Classes and instruct students over the years I have seen Juniors with so much potential it oozes from their every pore, only to see them stop attending classes because things started getting a little harder, a bit more difficult as they moved along their Karate path, who getting no support from their family they became despondent and as with Juniors they will switch their attention to another pastime with a fantastic potential going unrealised, this is something all the Sensei's will have experienced and is so demoralising for the instructors that they/we can find ourselves being dragged into the 'cant do' 'cant be bothered' mindset and then out of the blue you have other Juniors take steps or leaps forward or just with fantastic enthusiasm that immediately brings us back with renewed enthusiasm for

the class as a whole.

I have also seen in classes where Juniors couldn't grasp a particular drill or particular Kata and see their heads drop, but by working on the fun/enjoyment angle of other things and then returning later to that drill or Kata from a different direction in smaller segments and build things over a period of time, it is so rewarding to suddenly see them do the complete drill or Kata and a light go on in their heads as they turn around all smiles saying 'I did it'!

At some point the majority of us will have fallen into Glass Ceiling mindset, when the thought of going out on a cold evening is the last thing we want to do and staying at home to watch the 'match' or 'soap' on TV is much more appealing, but will the feeling of fulfilment you get from a good class be there afterwards - of course not, and those who chose instead to get up and go to class will at the end of the evening be better in mind and body because of their participation.!



Look around you when you are in class to see those who are there rain or shine, illness or injury those are the ones who have a passion for this 'art' called Karate, it is those who will change the 'cant do' back to a 'can do' mindset and will slowly take steps forward once again on the journey with a renewed vigour and passion for what had started out eons ago as a hobby/pastime for most,

that for some becomes more a way of life.

But once in this mindset how do you shake this off and break through the Glass Ceiling, a lot will say talk is cheap and I agree it is a very hard thing to do and is a very painful personal journey that the individual has to go through, from personal experience it starts by getting back to basics (how I love those k-k-k- classes), and think -why did we start with this hobby/pastime and stick with it – because we Enjoyed it .. so much so that we talked of nothing else to anyone who stopped to listen , but somewhere along the way we have forgotten how to enjoy a class and the passion/enthusiasm wanes, so a first step has to be to Enjoy that what we do, this can only start when the individual puts their self back into the Class, this is when others can help as it is aided by the close friendships forged along the way that help you enjoy participating in classes and then the process of learning something new becomes exciting once again and that this enjoyment will re-fuel our passion and without even noticing it that Glass Ceiling will no longer be there and be nothing more than a dim memory.

SUPPORTING OTHERS

By Sensei Kim Mandy

What is support? This is the ability to give assistance and help. This includes talking to each other, working with each other & listening to each other. It can vary from pro-active in which we jump around, scream and shout; to those on the quieter side who also support in their own way, mostly “behind the scenes”. Both of these are valuable and necessary for our club to continue to grow and become bigger & better; and above all to help the students become better and continue in their training journeys to achieve all that they can.

How can we support others in their training? By supporting and helping others we are also helping ourselves improve and further our learning process; whether it is by taking advice from instructors or fellow peers (students). In order to achieve this we need to communicate, work with each other and if necessary ask for help!

Training support structure consists of a combination of peers and mentors who help you to progress in your training. Support structure consist of instructors who you train with regularly or periodically, fellow students you discuss ups and downs of your training with and your training partners who help



you push yourself past your limits and provide relative resistance and pressure to your training.

At every class the support network kicks in automatically as you will find the higher grade or more experienced student will assist or aid you in correction and help in improving your abilities. More often than not students are paired up with someone of a higher or more advanced level who will show the way and will help where necessary and in return the lower grade or more inexperienced student is also helping the more advanced student.

Without a training partner some techniques or new skills cannot progress. This is also true for the support of your club. Without students, instructors and parent or spectator support, a club of any kind would not exist. Support in various ways helps the growth and continuation of any club and especially with our club Seitou Ryu, we are a “family” and therefore have an excellent support network including all the above, i.e. instructors, parents and above all

students. An example of this was shown through the generous support when we had our sponsored bike ride in order to purchase our training mats! Thank you to all who supported the club (and the students & parents who took part in the bike ride too!)

With training partners/fellow students, finding someone who has been or is at the same stage of training where you want to be can help you find your way faster than you might on your own. To be a good, supportive training partner you need to be accessible and need to care as much about your training as each other. You need to show trust and respect for each other, encouraging each other, helping each other and giving necessary assistance and you need to both have an area which you perform better in than each other so you can help and in turn support each other. You need to be able to ask questions and feel confident in offering advice and assistance. Trust & respect are a big part of support. We need to be able to give good advice and a good supportive training partner knows how to work with you and not against you.

Karate is not a “single-person” sport; it ultimately involves people working

together by repetitive training and understanding of the art. We therefore support each other throughout our training journeys. As a fellow student we support our peers through mental and physical encouragement; as an instructor we support our students by physically helping them, giving encouragement, positive & negative criticism; and above all as parents we support our

children in their training by always being there to give them the encouragement and constant reassurance they required. Good advice given to and taken from fellow students helps develop our own training and understanding. Support given by fellow students, parents & instructors help us develop and progress in our karate journey. A grading is an example of how support can really help a student when under pressure and stresses of their particular grade. Without our fellow

peers and mentors there when we need them most we feel let down and somewhat disappointed and sometimes even unable to reach our specific goals. By supporting our club we are in effect helping students improve their skills & abilities and further their training journey.

2013 INTER-DOJO BIKE RIDE

By Samuel Parker



On the 27th June 2013 13 brave students, parents, instructors and friends of our club set off to ride 39 miles through all of the Seitou Ryu Karate dojos from Chelmsford to Wickford, South Ockendon and Grays in the hope of raising enough money to purchase 100 new mats for one of our dojos.

Starting off bright and early (well, 10am is kind of early

isn't it), the main group of riders met at Chelmsford ready as they would ever be to start their journey. After a number of photos and a little prep-talk and last minute organising,



the riders hit the road.

It was all going well for the first leg, but it took less than 5 miles for things to go wrong. Sensei Kim and Sarah Homer got split from the rest of the group and ended up getting lost. When the team realised what had happened, we all stopped, and Sensei Richard sent me back to go and find them whilst he tried calling them to let them know where we were. But unfortunately neither Sarah nor Sensei Kim had brought their

phones along with them for the ride! And so after 10 minutes of frantically trying to find them or at least get in contact, Sensei Richard made the decision to continue on without them and hope for the best that they would eventually find their way or get in touch.

The rest of the Chelmsford to Wickford run had a couple more hiccups along the way; starting with Sensei Richard's route planner getting the entire group lost not just once, but twice! And then unfortunately Damian McMahon from Grays dojo got a flat tyre on a borrowed bike, and with no back up tube he had to be left behind to wait for one of the team helpers to rescue him.

Thankfully there weren't as many hills as last year but still some lovely scenery to keep the riders minds off the

many miles ahead. But there was this one hill that we went down and picked up some speed. Made even more fun by me filming it on my phone and hitting over 40mph and overtaking cars and possibly breaking the speed limit (but no one needs to know that!).

After about an hour of cycling the now 11 people made it to Wickford. Having a quick bite to eat and filling up our drink bottles, it was a quick photo and then back to hitting the road again with some new people (Jaiye Akinosho from South Ockendon dojo and Sensei Mick) that joined for the rest of the ride.

After a while there was a call with the news that by some kind of miracle that Sensei Kim and Sarah had made it to Wickford (without a phone or map!), but had gone the long way about it via Billericay and were on their way to re-join the others who were already somewhere around the back roads of Laindon.

With all of the excitement now over, the rest of the ride to South Ockendon went ahead without any delays. But there was that one hill that killed most of the riders legs and then me successfully setting of a speed limit warning sign!

At the South Ockendon Dojo we were met by a few of the juniors so they could ride along the last 4 miles of the ride to the West Thurrock and Grays dojos. But because of the earlier

delays, a number of other juniors understandably had to leave before we got there, opting instead to ride the required distance nearer to their homes in Wickford.

At the end of the ride there was some riders just walking about like normal, but it was obvious by the John Wayne walk of some others that hadn't done much training for it (or in some cases none at all). The day was made better by the news from Sensei Richard that he had managed to find an overseas supplier to get twice as many mats for virtually the same amount that we had raised, meaning that two dojos would now get mats instead of just one!

I think there should be a big thank you to everyone that did the ride. The parents; Sarah Homer (Grays), Peter Thompson & Jacquie Frost(Wickford), friends of the club Jessica Flatman and her fiancé Marc, along with former member Charles Lambert who joined us that day. And

finally of course to all of the SRK instructors and students that took part, Sensei Richard, Sensei Caroline, Sensei Martin, Sensei Kim, Sensei Mick, Jaiye Akinosho, Helen Papandopoulos, Alvin Shaw, Damien McMahon, Megan Homer, Ronnie & Alfie Thompson, Tommy Ludkins, Kylie & Cameron Mandy, Zoe Nolan, Connor Frost and our club mascot Yoshi who was there for the whole thing strapped to Sensei Richard's bike helmet.



2013 Inter-Dojo Bike Ride Champions!

WINTER GRADING RESULTS

8th Kyu Yellow Belt

Adam Shelton (Wickford)
Alfie Sheridan (Wickford)
Brandon Peak-Joyner (Wickford)
Charlie Sheridan (Wickford)
Chloe Cribbon (North Crescent)
Jack McKellow (South Ockendon)
J-T Needham (North Crescent)
Joe Hudson (North Crescent)
Kurt Churchyard (North Crescent)
Lahman Khan (North Crescent)
Liam Turner (South Ockendon)
Melissa Shelton (Wickford)
Millie Hutchings (Grays)
Molly Lucas (Grays)
Nikolas Shelton (Wickford)
Tom Francis (Grays)
Zoe Turner (South Ockendon)

6th Kyu Green belt

Oliver May (Grays)
Trudy Nelson (Wickford)

3rd Kyu Brown belt

Andreas Mouton (South Ockendon)

1st Kyu Brown Belt + 2 Black Tips

Nikki McBane (Wickford)

Shodan – Junior Black Belt

Ellie Sharp (Wickford)

7th Kyu Orange Belt

Alfie McDonagh (South Ockendon)
Amelia Hang Hong (Wickford)
Ellie Davis (Grays)
Emalee Berry (South Ockendon)
Harrison Lock (Wickford)
Joshua Udeozor (Grays)
Kayden Craft (Wickford)
Kobi Butler (Wickford)
Marius McMahon (Grays)
Megan Knox (Wickford)
Reece Davis (Grays)
Sam Cox (Wickford)
T-Jay Styles (Wickford)
Katy Bromfield (Grays)
Den Francis (Grays)

5th Kyu Blue Belt

Dylan Sadra (South Ockendon)
Kylie Mandy (Grays)
Louie Baker (South Ockendon)
Luke Clark (Wickford)
Claire Gillman (South Ockendon)
Dan Davis (Grays)

2nd Kyu Brown Belt + 1 Black Tip

Claire Foster (Grays)
Jaiye Akinosho (South Ockendon)
Zoe Nolan (Wickford)

Tatum Mandy (Grays)

NEWS & NOTICES

Adjustments to the grading format for juniors

From January there will no longer be a charge for 9th kyu (yellow tip) gradings. The standard test fee of £20 will apply to all students attempting yellow belt and above. For students who are already at 9th kyu and paid a £5 fee, when the time comes to test for yellow belt will only pay £15. All future gradings will be £20.

Also in the New Year we will be introducing an additional format to the grading system for junior students called "Mon" grades.

These will be used as an intermediary marker in conjunction with the current kyu grade belt system from 8th kyu (yellow belt) up to and finishing with 3rd kyu (brown belt) as a way for instructors to monitor the junior students progress more easily and for the students themselves to see where they are in terms of their development more clearly. There will be no charge for the Mon grades.

There are four Mon grades between each kyu grade (each represented by a red tip on the end of the belt) which are awarded to students after a certain number of classes have been completed and that the student has become competent in the relevant part of the syllabus as described below.

Syllabus requirements

- From Yellow to Blue Belt
 - 1st Mon - Kihon/Ido Kihon & Combination
 - 2nd Mon - Line Drill
 - 3rd Mon - Kumite Drill
 - 4th Mon - Kata
- For Purple belts working towards brown belt
 - 1st Mon - Ido Kihon & Combination
 - 2nd Mon - Line Drill & Kumite Drill
 - 3rd Mon - Kata & Bunkai
 - 4th Mon - Kumite

Number of lessons

- As a Yellow Belt (8th kyu)
 - Mons awarded about every 5 lessons
- As an Orange Belt (7th kyu)
 - Mons awarded about every 8 lessons
- From Green - Purple Belt (6th - 4th kyu)
 - Mons awarded about every 10 lessons

When we come back in the New Year all juniors will be awarded the appropriate Mon grade according to their current number of completed lessons and skill level.

If a student who takes a belt test and is only awarded a provisional pass ("Kyu-Ho" grade), the coloured tip of the previous grade will be placed on the opposite end of the belt to the Mon grades.

Class time change for Wickford dojo

We have listened to some of the Wickford dojo parents' feedback about some of the younger students (-8yrs) often struggling with the time of the class over the last 12 months and so from January, the class times will change to the following.

Tuesdays

6.00pm - 7.00pm Juniors (5-12yrs)
7.15pm - 8.45pm Adults (13yrs+)

Thursdays

6.00pm - 7.00pm Juniors (5-12yrs)
7.15pm - 8.45pm Brown & Black Belts only (All ages)

2014 EVENT CALENDAR

Monday 6 th January	All classes reopen
Sunday 26 th January	Team SRK National Squad Selections
Sunday 2 nd February	Squad Training & Black Belt Class
Sunday 9 th March	Squad Training & Black Belt Class
Sunday 16 th March	8th-7th kyu Grading (AM) Kata Bunkai Workshop (PM) 6th-1st kyu Grading (PM)
Sunday 30 th March	Squad Training & Black Belt Class
Sunday 4 th May	Squad Training & Black Belt Class
Sunday 11 th May	7 th SRK Spring Open Championships
Sunday 8 th June	Squad Training & Black Belt Class
Sunday 29 th June	8th-7th kyu Grading (AM) Inter-Dojo Bike Ride Fundraiser (PM)
Friday 4 th – Sunday 6 th July	Gasshuku Training Camp & Grading
Wednesday 16 th – Sunday 25 th July	Seiwakai & JKF Goju Kai Seminars & Competition in Japan
Sunday 3 rd & 10 th August	SRK Mini League Inter-Dojo Tournament
Sunday 7 th September	8th-7th kyu Grading (AM) Kata Bunkai Workshop (PM) 6th-1st kyu Grading (PM)
Sunday 14 th September	Team SRK National Squad Selections
Sunday 28 th September	Squad Training & Black Belt Class
Sunday 12 th October	Squad Training & Black Belt Class

(Dates are subject to change)

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

**DON'T ONLY PRACTICE YOUR ART,
BUT FORCE YOUR WAY INTO IT'S SECRETS,
FOR IT IS KNOWLEDGE CAN
RAISE MEN TO THE DEVINE.**

Ludwig Van Beethoven