



Seitou Ryu Karate

WINTER NEWSLETTER

ISSUE 5

DECEMBER 2011

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!

This year's newsletter has some fantastic articles written by your instructors so I hope you enjoy reading them! On the back pages we have our event dates for 2012 so grab your diary or your iPhone/Blackberry calendars and jot all of these dates down so you never need miss an event

The last 12 months has just flown right by and here we are getting ready again for a well deserved break from training to spend time with our family and friends this Christmas.

2011 has been a year of milestones for Seitou Ryu. Our national squad, Team SRK, entered their first World Championships in Italy and I

had the pleasure of training for the very first time in Japan and got to take my Goju Ryu Dan grade tests under the Seiwakai and JKF Goju Kai Associations.

In related news, another student has joined the elite ranks and achieved Yudansha status (*black belt*) at our summer gasshuku in Mersea Island, an amazing week-end of training, socialising and taking the next step in our karate. As well as this, two of our club's branch instructors passed their tests to become the first Nidan (2nd Dan) grades in Seitou Ryu.

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 Sunday, 18th December. Results will be posted on our Facebook page before Christmas so do check there.

Next year we are hoping to expand our association and open up



Chief Instructor
Sensei Richard Hang Hong

one or two new dojos. We're currently looking into the Tilbury and/or Corringham areas but nothing is confirmed yet. We'll update you when this starts to happen.

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 Tuesday 3rd 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!

INSIDE THIS ISSUE:

JOURNEY TO JAPAN	2
GASSHUKU CAMP & GRADING	4
SUPPORTING YOUR CHILD	5
GASSHUKU CAMP & GRADING	4
DOJO PHOTOS	6-7
HOW OFTEN SHOULD I TRAIN?	8
LEARNING ONLINE	8-9
WINTER GRADING RESULTS	9
2012 EVENT DATES	10

NO PRICE CHANGES!

In a year where we have seen everything go up in price; from petrol to food and clothes, we are pleased to say that even though our club running costs have risen, our prices remained the same throughout this year.

At present there are no plans to increase any of our prices in 2012 so you can continue to get top quality karate tuition at no extra cost.

Silver members will also continue to receive their 10% discounts on select equipment and events. Gold members

will continue to receive their 25% discount too!

Members can upgrade their monthly training plan to get more training and bigger discounts at anytime, just call 07899 827 476 to request an upgrade.

JOURNEY TO JAPAN

BY SENSEI RICHARD HANG HONG

Japan is a very confusing but amazingly beautiful country. From the moment you arrive, you're immediately thrown into a fast pace world and it's quite easy to get lost in it all. Once you get over the heat (*which averaged at about 35 degrees most days with up to 80% humidity!*) it's actually fairly easy to travel around. The Japanese cater for a large number of westerners and many signs are in English and most restaurants have an English menu if you ask for one "Eigo no menu wa arimasu-ka?"

I spent the first few days in Tokyo getting acclimatised and managed to squeeze in a fair bit of sightseeing in and around the city, the highlights being the Kegon Falls in Nikko, Harijuku Market where we found our club mascot "Yoshi", the Gundam Café in Akihabara and Gotopachi which for those of you have seen the film Kill Bill may know it was the inspiration for the restaurant scene with the Crazy 88s (*It basically looks like a smaller version of the same place, without the 88s of course!*).

Omagari is a small town in

the northern area of Japan near Akita which I didn't get to see much of as most of my time was in the dojo.

We arrived the day before training was due to begin along with other members of Seiwakai from across England, Italy, Russia, Slovakia, Switzerland, Poland, Portugal, Hungary, America, Canada, India and Australia.

There's something about training in karate that you develop a connection with fellow karateka almost instantly, even if you've never met them before. Within just a few hours of meeting we were chatting away about training in our respective countries, swapping stories about like we'd known each other for years. After getting acquainted it was time to get serious as the first day of training began.

In the morning, everyone met at Fujiwara Hanshi's hotel for what I understood was the blessing ceremony for his new dojo that was going to be built later that year. We watched as offerings were made and speeches were given, although I didn't understand the words, the meaning behind the ceremo-



The Budokan Dojo in Omagari

ny was clear and it was nice to be a part of something so special.

The 20 minute walk to the dojo gave us plenty of time to get to know our new friends from around the world but as soon as we arrived the focus changed very quickly.

Training with the Japanese Sensei in Japan is quite different from training with them when they come to England. Not necessarily in how you train as you still put in just as much effort, but more from how they teach. When Fujiwara comes to the UK, the seminars have a wide range of students. Most of them are brown and black belts, but there will also be a number of lower kyu grades that attend so to make sure that everyone gets something out of the seminar, the level of detail is spread across all of those who are participating. However, in Japan I only saw one or two brown belts, both of whom were 1st kyu and were also taking their shodan tests during this trip. Everyone else was a yudansha (black belt), ranging from Shodan (1st Dan) to Nanadan (7th Dan), and the vast majority of these black belts were instructors too. Because of this, Fujiwara made a point of focusing the

training to black belt level and directing a lot of the content towards instructors. Seeing the difference in standards and progression at these high levels was still very clear and it didn't take long to figure out what level each person was. Nobody had any bars on their belt to say what Dan grade they were, you showed your level by how hard and how well you trained and how much you showed your understanding of the techniques and principles of what was taught, as well as being able to perform them too.

Every class started the same: once the warm up was over (*not that you needed much of one in that heat*) it was straight into Sanchin kata followed by whatever was to be taught that day. But no matter what was taught, it all linked together seamlessly and came back to Sanchin kata. From kihon, through the ido kihon to pair work, kata, kumite and then back to Sanchin. As the days went on it became more and more clear as to why they call it the "30 year kata".

A lot of us are used to training for 1.5-2 hours in a class. Here it was 3 hours of solid training, break for lunch followed by another 3 hours, within minutes of starting you



Gotopachi Restaurant. No Crazy 88s here!

were pouring with sweat. Before training started, many would spray their feet with deodorant or try to line up on the matted area before the spaces were filled. I wondered why they did this but figured out pretty quickly that the wood floor of the dojo was quite unforgiving and all of the twisting and turning during training takes its toll on the soles of your feet and by the time the first half of the day was over I was spraying my feet and wrapping them up in tape to prevent the blisters from getting any worse.

6 hours of training every day sounds long but the days never dragged on, there was always something new to learn or to focus on and even when we left the dojo we'd spend the next few hours talking about the day's training, trying to get a better understanding of what had been taught. With this sort of training you have to be like a sponge and soak up as much as you can. The last thing I did before going to bed was to write down in my training manual we had done that day.

Before I knew it, the 6 days of training had ended and it was time for my Dan grade testing. I had been told the day before that even though my current (Seitou Ryu) grade was 4 years ago, I was only permitted to retest for Sandan (3rd Dan)



Fujiwara Hanshi watches closely as we all perform our kata

and unfortunately I could not take the additional test for yondan (4th Dan). I was disappointed but to still be allowed to retest at my current level for a Japan recognised grade was a sign that they thought I was good enough as many others have come to retest and only been permitted to do so at a lower level.

The grade testing was closed to spectators with no cameras or camcorders permitted. We watched in silence as each candidate performed Sanchin, Tensho and their level kata (mine was Sanseru) followed by a 2 rounds of kumite. Once the testing was over we were sent away whilst the decisions were made. Unlike our grade tests, the results aren't given straight away. In fact it wasn't until later that evening during dinner with all of the English karateka and my sensei (Rod Martin Shihan) that he announced that I had passed and was now officially 3rd Dan Seiwakai.

In true karateka spirit, we celebrated with a night of karaoke, sake and beer, (*not necessarily in that order!*) Yes I did sing (*if you can call it that*), there are plenty of photos on Facebook of our celebrations.

The next day it was a speedy ride on the Shinkansen to Kyoto for more training but this time with the JKF Goju Kai instructors including Chief Technical Director Akira Shiomi Hanshi and members of the Technical Committee Senseis Sato, Muramatsu and Hirata, all of whom are 8th-9th Dan instructors.

Adjusting to the different



Seisan training in Omagari
Saito Sensei (standing left) and Fujiwara Hanshi (seated right) watching

sensei was a challenge at first as one sensei would want you to perform a technique one way whilst another wanted it another way that was only slightly different, so found yourself adjusting your technique according to who was in front of you.

After the first hour or two was over we were split into groups to work on our kata. I got to train with Takegawa Sensei, who out of all the Japanese sensei, had the best English, so understanding what was being taught became a lot easier. We studied the bunkai in great depth and I had the pleasure of being picked as his uke which was a good sign that I was training well and he was pleased with how I was doing.

Before I knew it, it was all over and the JKF Goju Kai testing was on. This was a true highlight for me as also in the group testing was my sensei of 14 years, Rod Martin Shihan and his wife Mal Sensei who were testing for 5th & 4th Dan respectively. Never in all these years would I have expected to be testing at the same time as either of them so it was amazing to have this opportunity. The testing followed a similar format as in Omagari except this time we were given the result

almost immediately. We had to wait outside the dojo whilst the examiners deliberated which lasted about 20 minutes but felt like much longer. The successful candidates were announced and my name was amongst those, much to my relief.

There wasn't enough room to fit in all of the amazing experience of Japan but I hope this has given you a taste of how felt to be totally immersed in the birthplace of karate.

See you in the dojo.

Osu

Richard Hang Hong Sensei

3rd Dan Seiwakai

3rd Dan JKF Goju Kai

3rd Dan Seitou Ryu



With Tatsuo Takegawa Sensei in Kyoto. Being his uke for all of the Sanseru bunkai gave me some great experience

GASSHUKU TRAINING CAMP

BY SENSEI MARTIN LAWRENCE



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

Day 1

Another Summer was upon us and it was that time of year once again. The Annual Gasshuku with our good friends from Kaizen Ryu Karate. We arrived at the Mersea Island Outdoor activity Centre bright and early on Saturday for the usual safety briefing with the site staff and to find out whose cabin or tent we would be in this time. Sensei Richard handed out our official Gasshuku t-shirts and then it was a quick change into our gis for the first session of the day.

Session One was led by Sensei Marie (co-chief instructor of Kaizen Ryu) starting with randori (light practice kumite) followed by pair work using san dan tsuki (3-level punching) drills and Gekisai Ichi applications. This was followed by some fast paced reaction drills that helped to improve our tae sabaki (body shifting/evasion) skills along with our counter attacking techniques. The time flew right by and we finished off by going through the TKF Shitei Kata (compulsory kata for the JKF Goju Kai tournament in October).

After lunch we had just a

little bit of time to chill out and relax. Some went for a walk along the beach, others went to explore the grounds whilst many others took the opportunity to get some rest before the next session began.

The afternoon training session was a weekend highlight for many as rather than training inside the dojo hall, we got to train out on the beach!

Sensei Richard went through several neko ashi dachi (cat stance) drills which took a little getting used to because of the sand, especially once we started applying the drills to do some throws and takedowns! We finished off with jiyu kumite on the beach and tried desperately not to kick sand in each other's faces (I only wished the water level was high enough then that would have been even more fun!)

We then headed back to camp ready for the mystery activity which was revealed as the "It's a Knockout". I had the pleasure/embarassment of being the team leader this time around with a well picked team name from one of the little kids from Kaizen Ryu. It was fun all round. Getting wet,

falling over/onto inflatables and cheering our team in the most creative and energetic ways as possible. The activity finished with my team being the victors (even though none of us were named "Victor").

Some of us who were a little bit brave (or crazy considering the weather wasn't too warm) decided to jump in the swimming pool to continue the fun and games whilst those with a little more sense warmed up inside with some delicious hot chocolate before dinner.

Session 3 came shortly afterwards, lead by Sensei Indy (co-chief instructor of Kaizen Ryu) with the main focus being on various kumite strategies involving circles, sparring at close range, tae sabaki and working around your opponent.

Free evening time happen afterwards and later, once all the juniors were in bed, the adults congregated in the marquee tent to wind down over a few drinks and snacks. I turned in for an early night for a change but I heard it was a rather entertaining evening!

Day 2

After finally dragging everyone out of their beds for the morning run along the beach, everyone got tucked into a big, hearty breakfast to set ourselves up for the rest of the day.

The sessions were split into 2 groups; Beginner – brown belts in one session and black belts in the other. I am sorry to say that I do not what was

"IT'S EVENTS LIKE THESE THAT MAKE ME AND MANY OTHER STUDENTS COME BACK EVERY YEAR!"

"I ONLY WISHED THE WATER LEVEL WAS HIGH ENOUGH THEN THAT (BEACH KUMITE TRAINING) WOULD HAVE BEEN EVEN MORE FUN!"

covered in the kyu grade class and I cannot say what was taught in the black belt session (We're sworn to secrecy!). All I know is the class was 2 hours long with Sensei Richard, Sensei Indy and Sensei Marie hopping between the two classes.

The grade testing that afternoon was big as always and also rather unusual. Sensei Indy took the students through their basic kihon and a few combination drills which a little different to how we do our grade testing sessions. Eventually each grade group performed there syllabus drills and kata.

Morgan Chilvers and Samuel Parker (both from Grays

dojo) had to stay up the entire time performing all the kyu grade syllabus drills and kata plus they had to perform Sanchin and Seiyunchin kata for their test. This was followed with the kumite part of the grading with Morgan getting a run for his money up against one of the Kaizen Ryu black belts and Samuel up against Sensei Richard and Sensei Indy in iri kumi kumite while I was putting Jahnvi Lele who was testing for 3rd kyu through her paces with Jiyu Kumite.

Once it was all over we learned that not everyone had passed their test but Morgan was successful and because the next junior

yudansha (black belt) in Seitou Ryu and Samuel was ratified to senior black belt as he had passed a junior black belt grading at least year's gasshuku.

Its events like these that make me and many other students come back year after year. The learning experience, the fun, the friendships that we build as well as so many other things too

numerous to mention in a small article like this. Like the slogan on the t-shirt said, it is "THE NEXT STEP" on our on-going journey through karate.



New 1st Dan Morgan Chilvers with Sensei Indy from Kaizen Ryu

SUPPORTING YOUR CHILD IN THEIR KARATE

BY SENSEI KIM MANDY



Sensei Kim and her daughter Tatum

As a parent myself and an instructor at Seitou Ryu Karate, I would like to say that I am fortunate enough to see the club from 2 perspectives. Many parents sign their children up to karate for one or more of the following reasons: discipline, fitness, friendship, help with self-defence or self-confidence or a number of

other reasons! The easiest way to support and help our children with their karate is to just continually give them praise and encouragement; however, other ways of getting involved and supporting are to help at competitions, tournaments, club events & of course watching them progress in classes and at gradings.

2 parents especially come to mind with regards to this is Jules Spencer and Jarrod Green; as they are always at tournaments helping in various ways. Jules has now even started training herself and is doing very well! Her

other reasons!

The easiest way to support and help our children with their karate is to just continually give them praise and encouragement; however, other ways of getting involved and supporting are to help at competitions, tournaments, club events & of course watching them progress in classes and at gradings.

2 children are very proud of their mum and as well as her training supports them, it is the knowledge that their mother is taking an active interest in their activities.

Jarrod has been an active part of the tournament scene for many years and is constantly there to support his daughters, Jade and Jannah. He probably knows the rules better than some of us. Other parents take an interest in different ways. Just by bringing your child to training shows that little bit of interest. By watching your child's training week in and week out will probably give you as parents the knowledge of basic techniques too.

My training started about 3 years before Tatum and she started due to my involvement with the sport. She is

progressing very well and as well as being an instructor for her I also try being there as a spectator too but sometimes it becomes a bit blurred and the parent/teacher line can be crossed.

Most parents start training after initially getting their children started or they join up together, as was the case with 2 of my own students, Louise & George. They both inspire and push each other to do their best.

I would like to think that my involvement as both a parent & instructor inspires both children and parents alike. Many, if not all of the parents within our club help out and support in many different ways, and every little bit is appreciated and will make our children better, stronger people.

YOUR SEITOU RYU



1. Wickford Dojo Tuesday
2. Brown & Black Belt Class
3. Wickford Dojo Thursday
4. Grays Dojo Wednesday
5. Chelmsford Dojo
6. South Ockendon Dojo Tuesday
7. Grays Dojo Saturday
8. South Ockendon Dojo Friday



SEITOU RYU KARATE DOJOS!



HOW OFTEN SHOULD YOU TRAIN?

Normally, someone new to karate will attend one class per week. This is okay for the first few months, after this a minimum of two classes a week is essential. There is so much to learn and practice, if after six months you are only training once a week not only will your progress be slow, you will also struggle to keep up with others in your class, and because you will struggle there is a good chance you will become disillusioned.

The numbers vary from person to person, we have students training 4-5 times a week and members who only train one session per week but train regularly at home. Everyone is different and has different circumstances. The important point to remember is that if you continue to train just once a week,

your progress will be extremely slow and, ultimately, you'll quit.

Progression is an important part of any activity, especially for children. We need to feel we are improving in order to keep ourselves motivated. I've lost count of the number of times I've had students and parents come up to me and say "I'm sorry but I'm going to have to give up, I'm just not motivated about karate anymore."

Many parents are surprised when their child has reached orange belt but then a few months later doesn't want to do it anymore because they're not progressing at the same rate as their classmates.

After orange belt, it takes on average about 50-60 classes to develop the level of skill required to be able to pro-

gress to their next grade. If a student is training once a week that's a progression rate of one belt per year! Add in missed classes due to holidays, sickness and other commitments and you're looking at an average attendance of 35-40 classes over the year. Missing training means having to catch up which adds more time, bringing the grade progression up to as long as 18 months!

By training at least twice a week you counter issue of the odd missed class and your training rate doubles because your learning is being reinforced from the repetitions. You should then, combined with a little training at home, see yourself (or your child) progressing at more reasonable pace, therefore staying motivated and

training longer and getting more benefit from your karate.

If you absolutely cannot fit in a second class, then supplementary training is a must in order to keep up your progression. You can train at home regularly (10-15 minutes a day), attend seminars which will help you understand more, or even get private 1-on-1 lessons which compresses a lot of training into just 1 hour. Many students already do this and are seeing the results when they train in class, compete in tournaments and/or test for their next grade.

So if you're currently training once a week, set one of your goals for 2012 to step up your training and you'll start seeing the results quicker than you think.

LEARNING ONLINE

BY SENSEI MICK SIMMONDS

So, you've taken the plunge and joined a karate club and whilst the first few weeks are confusing, you find that it's an activity that you find yourself looking forward to the next class that you can attend.

A few weeks/months down the line the 'karate bug' starts to really kick-in and you find that you are talking 'karate' with anyone at home who will listen and find yourself going around your day-to-day business with little karate images in your mind's eye, thinking now what did Sensei say.?

Hopefully at this stage you increase the classes you attend each week and start training with different Sensei's within your club and

make new contacts/friends in the greater karate club family, but you still find that you crave more information at different times of the week, so what do you do.?

With the easy access of the internet you'll start looking on Google or searching YouTube video clips or similar and be totally amazed at the sheer volume of material that is out there waiting to be read or viewed, but beware all that you see may not be what you need!

So, you've managed to wade through the quick-buck material, discarded the impractical applications etc, and still find that there is a huge amount of available material due to the variety of karate styles that are practiced



With so many choices online nowadays, where should you start ?

throughout the world, and those 'styles' that are the more honourable all have a valid place in the greater 'karate world' – But it may not be the same style that you are training in, which will then waste your time & efforts by learning a style that will not be used in your

dojo!

By talking with others within the dojo you can be guided to a fantastic array of reading materials ranging from books or magazines covering subjects such as the History/Origins of Karate, to books dealing with self-defence, to bunkai to auto-biographies of

some of the masters that have gone before us on the same journey we are treading, to DVD's covering a variety of kata and other topics relevant to your style usually linked to the governing bodies that reputable clubs are affiliated to.

We practice a style of Karate that is predominantly of the Goju style, but blended into this is elements of the Shotokan style, which means that you will be directed at different times during your journey to the literature etc, that is most relevant to you at that time

Be that from Goju and our affiliations with Seiwakai and JKF Goju Kai to authors such as Sensei Iain Abernethy – who writes on many subjects including Kihon, Kata, Bunkai, Grappling etc, as does another Sensei Kris Wilder.

Additionally each Sensei

within Seitou Ryu has a copy of the official JKF Goju Kai instructors manual which covers areas ranging from basic kihon through all the Goju Kata which can be referred to upon request by the individual.

Within the Shotokan style there is a great array of literature such as:

Best Karate by M.Nakayama or various titles by Sensei Enoeda and numerous others, then from the origins of Karate a must-do read would be Karate-do: My Way of Life by Gichin Funakoshi

Once you have the correct style sourced, usually by talking with your Sensei for guidance, practicing at home is a great thing to do, but can never replace the same conditions you will have in the dojo, be it space, time, constructive criticism from other students and possibly

most importantly the interaction with other karateka to practice those techniques on, as there can only be limited benefit in this regard to training on your own, and when you get to actual self-defence and kumite practice. Escaping from a wrist/head-lock or blocking a kick made by a shadow, can never compare to the 'live' training you will get from a partner in the dojo.

Be inquisitive, explore as much as you can the variety of information available and practice, practice, practice! But be aware that unfortunately like in all other aspects of life there are unscrupulous individuals who in the karate world are collectively known as 'McDojo' people who are just concerned with selling a brand, a label. These individuals will for a price (upfront of

course) provide you with material that when you get right down to it can prove to be irrelevant to your own training or totally impractical in application or use.

It's not a bad thing to explore the various areas of karate, in fact we encourage all students to do so. Just make sure that what you're looking at is actually going to be useful. Ask your Sensei for books they have read and would recommend. Online there are 2 great resources just a click away; our own YouTube channel and iDojo.com.au, Shihan Rod Martin's site which has an abundance of useful training videos that you can download and keep. We will be adding our own training videos to iDojo sometime in 2012 so you'll have even more reason to go on there.

WINTER GRADING RESULTS



37 students successfully passed their grade test on Sunday 11th December in Tilbury. Well done to everyone!

8th Kyu (Yellow)

Jim Brosnan (Wickford)
Adam Hennessey (Wickford)
Cody Perry (Ockendon)
T. Thurlow (Ockendon)
Louie Baker (Ockendon)
A. Carmody-Valentine (Grays)
Kian Saunders (Grays)

7th Kyu (Orange)

Alex Priest (Ockendon)
Jules Spencer (Ockendon)
Freddie Davies (Ockendon)

Max Stokes (Ockendon)
Kacia Matthieu (Ockendon)
Karen Long (Wickford)
Liam Brosnan (Wickford)
Elise Curnick (Wickford)
Ellie Wood (Wickford)

6th Kyu (Green)

Dylan Alridge (Ockendon)
A. Mouton (Ockendon)
Matthew Amos (Ockendon)
Teigan Saunders (Ockendon)
Katie Nicholls (Wickford)

Alfie Thompson (Wickford)
Jamie Cox (Wickford)

5th Kyu (Blue)

Ian Burberry (Chelmsford)
James Burberry (Chelmsford)
Claire Foster (Grays)
Jamillah Green (Ockendon)
Jo Kitson (Ockendon)
Zoe Nolan (Wickford)
Connor Frost (Wickford)

3rd Kyu (Brown)

David Goodwin (Ockendon)
Jordan Saunders (Grays)

2nd Kyu (Brown + 1 tip)

Felicity Duty (Wickford)
1st Kyu (Brown + 2 tips)
Ellie Sharp (Wickford)
Tatum Mandy (Ockendon)

Nidan (2nd Dan)

Sensei Mick Simmonds
Sensei Martin Lawrence



SEITOU RYU KARATE

Chief Instructor

Sensei Richard Hang Hong (3rd Dan)

Your local branch instructors

Grays

Sensei Mick Simmonds (2nd Dan)

Sensei Steve Trangmar (1st Dan)

Chelmsford

Sensei Martin Lawrence (2nd Dan)

South Ockendon

Sensei Kim Mandy (1st Dan)

Assistant instructors

Sempai Samuel Parker (1st Dan)

Sempai Jade Green (1st Dan)

Phone

07899 827 476

E-mail

richard@seitouryukarate.com

FIND US ON THE WEB!

OFFICIAL SITE: SEITOURYUKARATE.COM

[FACEBOOK.COM/SEITOURYUKARATE](https://www.facebook.com/seitouryukarate)

[TWITTER.COM/SEITOURYUKARATE](https://twitter.com/seitouryukarate)

[YOUTUBE.COM/SEITOURYUKARATE](https://www.youtube.com/seitouryukarate)

2012 CALENDAR

(Dates are subject to change)

Club events are highlighted in **bold**, further details on events will be given throughout the year as they come up

29th January	Team SRK National Squad Selections
12th February	Team SRK Squad Training & Black Belt Class
26th February	Team SRK Squad Training & Black Belt Class
18th March	Kaizen Cup Spring Invitational Tournament
25th March	Kata Workshop (AM). Grading (PM)
8th April	Team SRK Squad Training & Black Belt Class
22nd April	5th SRK Spring Open Championships
13th May	Team SRK Squad Training & Black Belt Class
13th May	Race Night & Auction Fundraiser
23rd—24th June	Gasshuku Training Camp & Grading
5th—16th July	Seiwakai & JKF Goju Kai seminars in Japan
5th & 12th August	SRK Mini League Inter-Dojo Competition
16th September	Kata Workshop (AM). Grading (PM)
23rd September	Team SRK National Squad Selections & Black Belt Class
30th September	Team SRK Squad Training & Black Belt Class
6th—7th October	Seminar with Hanshi Seiichi Fujiwara
14th October	Team SRK Squad Training & Black Belt Class
21st October	TKF National Championships
4th November	Team SRK Squad Training & Black Belt Class
11th November	4th SRK Winter Charity Tournament
18th November	Kaizen Cup Winter Finals
9th December	Kata Workshop (AM). Grading (PM)
16th December	Christmas Dinner & Annual Awards

THE KATA

BY SENSEI DAVE HAZARD - 7TH DAN SHOTOKAN

First there is the technique, the form, the movement, the dance.

Then there is the application, the meaning, the understanding, which gives purpose to the movement and dance.

Add the spirit, the feeling and the soul and you give the whole thing power and lift.

To perform Kata without any of these attitudes, technique, application and feeling is not enough.

The dance alone may look quite beautiful but means nothing.

To understand the purpose without the dance “technique” is just controlled aggression.

The technique and purpose together will look good—but is not all.

Any athlete can obtain these attributes in sport.

But add spirit and the feeling, the performers natural timing and breathing—so important to fluency of movement and the Kata rises above athletics or sport and into the realms of the martial arts.