

End of Year Newsletter

www.seitouryukarate.com

A few words from the Chief Instructor

Yes, 2018 is coming to an end and what a packed out, rollercoaster ride of a year it has been!

Sadly, the year started out with the news of my instructor, Shihan Leo Lipinski (8th Dan) passing away on New Years Day, and his loss being felt around across the global karate community. We held a memorial seminar which was well attended and supported by members of other clubs too.

From then onwards, Seitou Ryu has been rising up the ranks and our good reputation has been spreading far and wide all thanks to our team of great instructors and the wonderful students they teach (yes, that's you!).

The SRK Squad had a good year, winning 84 medals in the Spring season and 98 in the Winter season, a grand total of 182 medals including 53 Gold, 66 Silver and 63 Bronze. Both the A and B Squads made equally good development over the year, with some members of the B Squad being promoted to A Squad and some of the existing A Squad starting to take on some coaching roles with great success. It was certainly a successful year for them and I have no doubts that in 2019 we will see even more success. Spring selections is at the end of January so I hope to see more of you taking part with them.

Our own tournaments were well attended by clubs far and wide, with the Winter Open attracting competitors from as far as Belgium. After coming second on the medal tables in Spring, we got the top spot back in the Winter thanks to the impressive number of medals won by our students. Much of the huge success of the tournaments is down to the teamwork and support by both students and parents who all worked incredibly hard to make it such a fun and enjoyable experience whatever their level may be, so thank you to those who took part, however big or small a role, it all makes a difference.

The SRK Foundation for Achievement in Sport were very busy working behind the scenes at the tournaments and organising a variety of events to raise funds to support the students. Check out their end of year report for more details.

The Gasshuku Summer Training Camp saw two impressive achievements as 60 students training over 3 days with numerous instructors, culminating with two successful grading tests. Kylie Mandy earned her junior black belt and Sensei Caroline completed the challenging 20-Man Kumite to become Seitou Ryu's first female 3rd Dan.

Summertime was well travelled as 2 of our black belts joined me in Japan for the annual Seiwakai Training Camp, JKF Goju Kai Seminar and All Japan National Championships. Further memorial events were held for Shihan Lipinski where hundreds of karateka from around the world attended to show their support.

September to November was full of seminars, tournaments, and the phenomenal Pink Karate Campaign for Breast Cancer Awareness Month where we raised £500 for charity, before finishing up with the winter grading tests in December where four students passed their mock test for black belt. They'll be attempting the full grading at next year's summer gasshuku so be sure to come along to train and show them your support.

I'm amazed at how much we managed to fit in this year and to see so much progress and success on the dojo floor. Whether you just started your journey with us or you're a part of the woodwork, it's been an absolute joy and pleasure to share this year with you all. Enjoy the rest, have a wonderful Christmas and I'll see you back in the dojo in January.

Sensei Richard Hang Hong



Holiday Closure

Classes are closed for 3 weeks from Sunday 16th December 2018 and reopen from **Monday 7th January 2018**.



Like, Follow & Watch We're on Facebook, Twitter, Instagram and YouTube! Just search for us at @SeitouRyuKarate.



You can also keep up to date on the latest news, check event dates and read some fantastic articles written by your instructors on our website www.seitouryukarate.com

Shihan Leo Lipinski



Shihan Leo Lipinski

7th August 1946 ~ 1st January 2018

On the 1st January Shihan Leo Lipinski passed away after a long battle with cancer and with it, the karate world lost one of the most prominent and well known instructors in the Goju Ryu community.

Shihan Lipinski was my sensei for over a decade, providing leadership and development for me and many of our club's senior grades, as well as a direct link to Japan and the Seiwakai Association whom we have been members of since around 2009. Shihan Lipinski was the only non-Japanese to have been awarded the rank of 8th Dan in Japan Karatedo Federation Goju Kai.

Since his passing his loss has been felt throughout the karate world, and Seiwakai member clubs have held a number of memorial seminars in his honour. including a very moving ceremony in Japan in July lead by Seiwakai President, Seiichi Fujiwara Hanshi.

We will continue to honour Shihan Lipinski by training studiously and always be striving for perfection in our karate.

EXTRA CLASSES FOR EVERYONE IN JANUARY

To help kick start your training for 2019, we are giving all members unlimited classes at any dojo throughout January. This means that students can potentially get up to 24 hours of classes depending on their grade so take advantage of it in the New Year.

If you missed any lessons during December these unfortunately will not roll over into January but instead you have the aforementioned free classes to use instead. The normal missed lesson rollover policy will be reinstated from 1st February.

Kick Start Your Fitness Goals in 2019

Burn up to 750 calories in just 1 hour!

If you're looking to burn off some of those Christmas calories in the New Year or something to do as part of your new or existing fitness routine, come and try our Fit2Fite class.

Fit2Fite embraces the fundamentals of fitness as well as building strength, stamina and suppleness. It's suitable for all fitness levels and all are welcome whether you're a karate student or not,

Classes are £5 or pre-pay £20 per month starting from Saturday 12th January so come along then. Check the [Fit2Fite Facebook Page](#)



2019 Event Calendar

Please note that whilst the majority of the time the dates are final, on the rare occasion they are subject to change so please check the club website, [Facebook Members Group](#) or contact Sensei Richard to subscribe to the online calendar (iCloud account required).

7th January	All Classes Reopen
27th January	Squad Selections
23rd February	Black Belt Class
30th March	Black Belt Class
7th April	Kata Workshop & Grading
27th April	Black Belt Class
19th May	SRK Spring Open Championships
25th May	Black Belt Class
22nd June	Novice Grading (8th & 7th kyu)
28th - 30th June	Gasshuku Summer Camp
13th - 25th July	SRK Black Belts Trip to Japan for Seiwakai Training Camp
1st September	Kata Workshop & Grading
7th September	Squad Selections
28th September	Black Belt Class
18th - 20th October	Seiwakai European Seminar (London)
26th October	Black Belt Class
24th November	SRK Winter Open Championships
7th - 8th December	Kata Workshop & Grading
21st December	SRK Christmas Party & Awards
22nd December	All Classes Close

Dates for the weekly squad training sessions dates as well as any additional events will be announced in the New Year or as they come up.

Price Changes

Due to a high number of rising costs throughout the year we have had to revise the club fees accordingly. Monthly training fees will come into effect from 1st February 2019, all other fees will change from 1st January 2019.

Training Fees		
	Juniors	Teens/Adults
Bronze	£25	£30
Silver	£40	£50
Gold	£55	£65
Plus+ membership upgrade	+£20	+£20
Extra classes	£5	£8
Private Lessons		
Single student (1 to 1 lesson)		£30
2 students (Dual session)		£45
Annual Licence Renewal		
Juniors (up to 17yrs)	£15	Adults 18yrs+ £20
Grading Fees		
8th - 7th kyu		£20
6th - 4th kyu		£25
3rd - 1st kyu		£30
Shodan/1st Dan		£50
Nidan/2nd Dan		£65
Sandan/3rd Dan		£80
Yondan/4th Dan		£100

Winter Grading Results

Sunday 9th December 2018
Basildon Sporting Village.

8th Kyu (Yellow Belt)

Clint Webb	Alice Patella-Bukowski
Brennan Stearn	David Simatis
Isabelle Duke	Oliver Tyler
Zara Sayel	

7th Kyu (Orange Belt)

Frances Gould	Lois Olawo
Aldin Hadzic	Alexandru Capidefier
Caitlin Webb	Caleb Smithson
Elliott Payne	Faizan Rahman
Harry Mitchell	Harry Payne
Jacob Mwale	Jaiden Valmont
Lucas Williams	Michal Zawadski
Prisha Sharma	Raees Huldhur
Riley Smith-Giles	Riley Wall
Sammi Hadzic	

6th Kyu (Green Belt)

Antoni Kaldunski	Callum Barry
Czeslaw Kwasny	Franciszek Kaldunski
Eduard Curca	Elena Bortone
Selena Chiorean	Sofia Barrachina
Taylor Parratt	

5th Kyu (Blue Belt)

Aemon Adiz	Gil Andrez Martins
Lukas Rankele	Phoebe Hang Hong

4th Kyu (Purple Belt)

William Gill	Angelique Pokormyako
Bia Andrez Martins	David Kwasny
Harry Williamson	Jake Williamson
Zac Stone	

3rd Kyu (Brown Belt)

Hannah Jones	Jacob Sapala
Lahman Khan	

Mock Shodan Test

Arron Read	Emma Ludkins
Megan Homer	Nikki McBane



Congratulations to all of the students on their grading success. Feedback reports will be emailed to 6th kyus and above in the New Year.

SRK Christmas Party & Awards Night 2018

On Saturday 15th December 110 members of the SRK family turned up for our final event of the year before we closed the dojo doors for the Christmas holidays and what a great night we all had!

A big thank you to the SRK Foundation Committee on the amazing job they did with planning and organising everything, making it a brilliant night for everyone. And of course, congratulations to this years award winners below. The showcase video can be viewed on our [Facebook](#) and [YouTube](#) pages now so be sure to check it out and relive the memories.

Photos from the night will also be going up onto our [Facebook page](#) soon, probably by the time you've read this so go be sure to have a look.

Excellent Attendance	
Chloe Gill	Arron Read
Megan Homer	Martin Lawrence
Bill Gill	Kylie Mandy
Callum Barry	Zac Stone
Alfie Sheridan	Caroline Hang Hong
Jake Williamson	Phoebe Hang Hong
100 Club Award	
Chloe Gill 178	Arron Read 174
Megan Homer 144	Martin Lawrence 130
Bill Gill 129	Emma Ludkins 127
Kylie Mandy 118	Hannah Jones 112
Katalin Margittai 107	Samuel Parker 101

Karate Family Of The Year	
The Gill Family	
V.I.P (Very Involved Parent) Award	
Cheryl Read	Natalie Catchpole
Parent Of The Year	
Sarah Homer	

Newbie Of The Year	
Sofia Barrachina	
Most Improved Student (Junior/Senior)	
Oliver Dunkin	Emma Ludkins
Kata Athlete Of The Year (Junior/Senior)	
Ellie Cox	Megan Homer
Fighter Of The Year (Junior/Senior)	
Chloe Gill	Callum Barry
Competitor Of The Year (B Squad/A Squad)	
Hannah Jones	Kylie Mandy
Black Belt Of The Year	
Caroline Hang Hong	
Instructor Of The Year	
Sensei Kim Mandy	
Student Of The Year (Junior/Senior)	
Angelique Pokormyako	Arron Read



SRK Foundation For Achievement In Sport

End of Year Report

A lot has happened this year with trying new things and raising money for SRK. We are pleased to report that most has gone well. We have taken a lot of time and effort and can only achieve this with the support of the members of Seitou Ryu Karate.

Date	Description	Debit	Credit	Total
01/01/18	Opening Balance			£803.00
17/02/18	International Competition Fees	£117.50		£685.50
15/04/18	Raffle Tickets at SRK Spring Open		£250.00	£935.50
15/04/18	Raffle Prizes	£80.00		£855.50
20/05/18	Abseil fundraiser		£305.00	£1160.50
07/07/18	Squad Reward Trip	£180.00		£980.50
06/07/18	Mats for West Thurrock Dojo	£325.00		£655.50
06/10/18	Seminar Fees	£35.00		£620.50
25/11/18	Raffle Tickets at SRK Winter Open		£147.00	£767.50
15/12/18	Christmas Party Tickets		£1093.00	£1860.50
15/12/18	Christmas Party Costs	£865.00		£995.50
16/12/18	Closing Balance			£995.50

We have a lot planned for next year so please look out on the [Foundation Facebook page](#) and club calendar and continue to support as much as you can.

On speaking with the senseis, there is some new equipment needed so this will be discussed and purchased at the start of next year.

We are also looking for a sponsor for the squad to help with fees and equipment so that we can get an even bigger team next year so if you are

interested in sponsoring the squad or know any businesses that might be interested please let us know.

Meetings are held once a month. If anyone would like to join in or has any questions and ideas please feel free to contact us on

SRK Foundation Facebook page

Email: SRKFAS@mail.com

Or find one of us and have a chat.

Merry Christmas and a Happy 2019!

SRK FOUNDATION COMMITTEE

Chairperson: Natalie Catchpole

Vice Chairperson: Kim Mandy

Treasurer: Cheryl Read

Secretary: Sarah Homer

Committee Member: Claire Gillman

Committee Member: Caroline Hang Hong



Foundation Committee members: Kim Mandy, Cheryl Read, Sarah Homer, Natalie Catchpole, Claire Gillman,