

# End of Year Newsletter

[www.seitouryukarate.com](http://www.seitouryukarate.com)

## A few words from the Chief Instructor

Classes are finished, Christmas is imminent and 2020 is just around the corner! Once again we have had a jam packed, action filled, exciting year of karate. But although the dojos are closed for the holidays this edition of the newsletter is full of news, reports and articles to keep your karate taste buds tingling over the festive period.

As we rest and reenergise, let's take the time to reflect and look back at what we have achieved, both as individual students and collectively as a club.

The classes have continued to grow and students have been developing steadily throughout the year, with many reaching senior kyu grades and 5 successful Dan gradings.

The SRK Squad performed well, winning 155 medals across the Spring and Winter seasons (*not 255 as I said in my speech at the Christmas party [sorry, it was a typo!]*). Congratulations to everyone on their hard work and well deserved successes. The next squad selections is at the end of January so if you'd like to be a part of our team, be sure to come along then to try out for a place.

Our own competitions were well attended, with clubs from across the UK coming to take part. The smooth running and success of the events made possible by the amazing efforts by our instructors, students, parents and family members who all volunteered their time which I am incredibly grateful for. We came 2nd in the medal rankings on both the Spring and Winter Open, narrowly missing out on the top spot by just a few points, so let's make sure we have more students competing at next year's championships and reclaim our place at the top.

Over the last 12 months students have travelled from Manchester to London and Japan to learn from top level instructors such as EKF England Kumite Coach Sensei Junior Lefevre, traditional Goju Ryu kata specialists Senseis Paul & Michelle Enfield, Seiwakai England Head Instructor Shihan Gurmit Singh and Seiwakai President Hanshi Seiichi Fujiwara to name but a few. And let's not forget the Gasshuku Summer Training Camp where around 70 students had an incredible weekend of karate, culminating with two successful grading tests including 4 new black belts.

The SRK Foundation for Achievement in Sport were incredibly busy, raising funds to benefit the students with new equipment and organising some amazing events throughout the year. Check out their end of year report for more details.

In October we participated in the Pink Karate Campaign for Breast Cancer Awareness Month, raising £550 for [Breast Cancer Now](#). And in December we held the final grading tests of the year, the pinnacle of which being Sensei Kim Mandy passing 3rd Dan after a long day of testing and completing the gruelling 20-Man Kumite.

I'm always amazed at how much we manage to fit in every year and 2019 was no different. And whilst it's been great to look back, I'm even more excited at what is yet to come.

2020 has so many exciting and action packed events planned to take your karate to the next level and I for one cannot wait to see it all. Be sure to check the calendar and put those dates into your diaries.

For now though, enjoy your well deserved rest, have a wonderful Christmas and we'll see each other back in the dojo in a couple of weeks.

*Sensei Richard Hang Hong*



### Holiday Closure

Classes are closed from  
Saturday 21st December  
and reopen from  
**Monday 6th January  
2020.**



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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](http://www.seitouryukarate.com)

**EXTRA CLASSES FOR EVERYONE IN JANUARY**

To help kick start your training for 2020, 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.

## Recognition for SRK Senior Dan Grades

Gradings in Seitou Ryu have always been challenging, and for good reason. They should be a test not only of a student's physical fitness and technical skill, but also of their mental strength, maturity and dedication to the art they study.

The ability to move up from one rank to the next gets increasing more difficult, especially for the Dan grades (black belt ranks). The tests of the student's willpower and dedication ensure that each successful member who overcomes the challenges and is promoted gives that grade more value. 1st and 2nd Dan (Shodan & Nidan) are the first steps of the black belt ranks, and in traditional terms, these are still novice grades. Once a student reaches 3rd Dan (Sandan), they are taking their first steps into becoming a senior as they are now considered to be a serious karateka.

When I successfully retested for my Japan ratified 3rd Dan, I was told, "Now you're a sensei and the Japanese will consider you as a senior too". I had been told something similar in 2007 and this reaffirmed it more so. So I wanted there to be something for others to recognise our very own SRK 3rd Dans and the seniority that they have earned. It's taken over 10 years as I have waited until we had 3 of them as a suitable starting point for this moment.

In recognition for their efforts, dedication and loyalty over the last 15+ years, our Sandans, Martin Lawrence (2016), Caroline Hang Hong (2018) and Kim Mandy (2019) have been given black gis. These will be worn in all senior grade classes, club seminars and gradings from now on unless white gis are required. Wear them with pride.

Otsukaraesamedeshita.



**SRK Seniors**

L to R: Sensei Kim Mandy (3rd Dan), Sensei Caroline Hang Hong (3rd Dan), Sensei Richard Hang Hong (4th Dan), Sensei Martin Lawrence (3rd Dan)

## Fit2Fite Closure

On Saturday 14th December we held our final Fit2Fite class and it has now closed.

Thank you to everyone who has been a part of the class and gave their incredible support over the last 3 and a half years. We've had a great run, and who knows, hopefully, in the future, we'll be back again as this or something similar.



## A Very Special Trip to Japan in 2020



As many of you already know, we organise an annual trip for SRK black belts to travel to Japan for the Seiwakai International Training Camp and JKF Goju Kai Seminar & National Championships. The dates for 2020 have now been announced for 15th - 26th July and we are making plans to attend once again.

Next year will be a very special year for me as I will be attempting my next rank of Godan (5th Dan) and it would mean the world to me if our black belts could be there,

especially as some of them would have the option to test for their association ranks too. This would be a once in a lifetime opportunity for them to test alongside their instructor, as gradings for 1st to 5th Dan are done together, whereas for 6th Dan and above are tested in a separate group on a different day, meaning that this chance for us to test together will likely never happen again. I was fortunate enough to be able to test in Japan alongside my original instructor in 2011 where I tested for 3rd Dan and he for 5th Dan and that experience has become a treasured memory for me.

Black belt level (Dan) gradings are few and far between, with the length of time between grades becoming longer with each passing grade, opportunities like this are rare, and whilst this trip is in part about me, I feel that it's even more about the black belts who could get this one time experience that they will surely cherish for many years to come.

The trip to Japan is not cheap (around £2-£2.5k per person for direct flights, hotels, food, JR rail pass and training fees), so in order to help as many of our black belts as possible to get there, I have set up 2 fundraising events to help cover some of the costs.

On the **1st March 2020** we will be hosting a “**100 Round Kumite**” event and on **26th April 2020** a “**12 hour Katathon**”. These will be open to all students to participate in and collectively help with the fundraising. The events themselves will be a new and exciting experience for all who attend. Full details will be announced in the new year.

Any additional assistance for Japan would be hugely appreciated so if there are any members who are able to help with potential sponsorship, please contact me to discuss.



Please help our black belts to get to Japan for this once in a lifetime opportunity!

## New Class Times

Effective from 1st January 2020

<b>Monday</b> South Ockendon	
6.45pm - 7.45pm	Children 5-12 years (Beginner/Intermediate)
8pm - 9.30pm	Teens and Adults (Beginner/Intermediate)
<b>Tuesday</b> Wickford	
6pm - 7pm	Children 5-12 years (Beginner/Intermediate)
7.15pm - 8.45pm	Teens and Adults (Beginner/Intermediate)
<b>Wednesday</b> West Thurrock	
5.45pm - 6.45pm	Children 5-12 years (Beginners)
7pm - 8pm	Children 5-12 years (Intermediate)
<b>Thursday</b> Wickford	
6pm - 7pm	Children 5-12 years (Beginner/Intermediate)
7.15pm - 8.45pm	Children, Teens & Adults Brown & Black Belts
<b>Friday</b> South Ockendon	
5.45pm - 6.45pm	Children 5-12 years (Beginners)
7pm - 8pm	Children 5-12 years (Intermediate)
8pm - 9.30pm	Teens and Adults (Beginner/Intermediate)
<b>Saturday</b> Grays	
10am - 11am	Children/Adults (Beginners)
11.30am - 12.30pm	Children/Adults (Intermediate)

## Price Changes

There are no price changes for training and test fees for 2020. Only licence renewals have changed. These come into effect as of 1st January 2020.

<b>Training Fees</b>		
	<b>Juniors</b>	<b>Teens/ Adults</b>
Bronze (1 class pw)	£25	£30
Silver (2 classes pw)	£40	£50
Gold (Unlimited classes)	£55	£65
Extra classes	£5	£8
<b>Private Lessons</b>		
Single student (1 to 1 lesson)		£35
2 students (Dual session)		£50
<b>Annual Licence Renewal</b>		
Juniors (up to 17yrs) £20		Adults (18yrs+) £25
<b>Association Membership</b> <i>(required from 3rd kyu &amp; above only)</i>		
Seiwakai ¥2,000		JKF Goju Kai ¥5,000
<b>SRK Grading Test Fees</b>		
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

# 2020 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 [Facebook Members Group](#) or contact Sensei Richard to subscribe to the online calendar (iCloud account required).

6th January	Classes Reopen
25th January	Squad Selections
29th February	Black Belt Class
1st March	100 Round Kumite Fundraiser for Japan
7th - 8th March	Seiwakai East London Seminar with Shihan Gurmit Singh
15th March	Kata Workshop & Grading
28th March	Black Belt Class
29th March	Open Seminar with Master Kam
25th April	Black Belt Class
26th April	Katathon Fundraiser for Japan
3rd May	SRK Spring Open Championships
9th - 10th May	Seiwakai Belgium Seminar with Hanshi Fujiwara
23rd May	Black Belt Class
31st May	Iain Abernethy Bunkai Seminar
20th June	Novice Grading (8th & 7th kyu)
26th - 28th June	Gasshuku Summer Training Camp
15th - 27th July	Seiwakai Training Camp & JKF Goju Kai Seminar in Japan
5th September	Novice Grading (8th & 7th kyu)
6th September	Kata Workshop Intermediate Grading (6th - 4th kyu) Squad Selections
26th September	Black Belt Class
4th October	SRK Winter Open Championships
18th - 20th October	Seiwakai European Seminar (London)
31st October	Black Belt Class
28th November	Black Belt Class
12th - 13th December	Kata Workshop & Grading
19th December	SRK Christmas Party & Awards
20th December	All Classes Close

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

# Winter Grading Results

Sunday 8th December 2019  
Cowdray Hall, Grays.

## 8th Kyu

Aiden Tuluoglu	Amin Hassan
Denas Michnevicius	Dominic Gavrila
Endrit Dukaj	Enes Tuluoglu
Esiri Ako	Freddie Brand
Gabriel Petica	Hunter Seaton
Ibrahim Hassan	Kristupas Lileikis
Le-arnie Hagland-Thomas	Maisie White
Matei Manolescu	Onome Ako
Orestas Ratkevicius	Samuel Gardner
Godwin Tayapa	Sarbjit Samra
Steven Bortone	

## 7th Kyu

Benjamin Reyes	Bernardo Dias
Bradley Tolley	Henry Bonington
Jayden Heaton	Max Barlow
Sean Fage	Sonia Samra

## 6th Kyu

Lucas Williams	Michal Zawadzki
Paige Sullivan	Alice Patella-Bukowski
Connor Hogan	Henley Kenyon
Ibrahim Bah	Jake Young
Jaroslav Shmanov	Nathan Leavitt
Oliwia Rutkowska	Frances Gould

## 5th Kyu

Brooke Sullivan	Eduard Curca
Eduard Leontiev	Elena Bortone
Isabella Bortone	James Mancini
Oliver Dunkin	Raees Huldhur
Taylor Parratt	

## 4th Kyu

Callum Barry	Selena Chiorean
Sofia Barrachina	

## 3rd Kyu (Brown Belt)

Aemon Adiz

## 2nd Kyu (Brown Belt + 1 Tag)

Bill Gill

## 1st Kyu (Brown Belt + 2 Tags)

Alfie Sheridan

Charlie O'Kane

Lahman Khan

## Sandan (3rd Dan)

**Kim Mandy**

Congratulations to all of the students on their grading success.



# SRK Christmas Party & Awards Night 2019

On Saturday 14th December 135 members of the SRK family turned up for our final event of the year 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 are up onto our [Facebook page](#), so go be sure to have a look.

Excellent Attendance	
Amelia Hang Hong	Arron Read
Brooke Sullivan	Callum Barry
Caroline Hang Hong	Chloe Gill
Harrison Catchpole	Kylie Mandy
Martin Lawrence	Raees Huldhur
Perfect Attendance	
Bill Gill (Wickford & South Ockendon)	
100 Club Award	
Nikki McBane 106	Caroline Hang Hong 110
Emma Ludkins 111	Harrison Catchpole 120
Kylie Mandy 122	Angelique Pokormyako 129
Martin Lawrence 133	Megan Homer 179
Bill Gill 197	
200 Club Award	
Arron Read 203	Chloe Gill 205

Karate Family Of The Year
The Hadzic Family
Outstanding Supporter Award
SRK Foundation Committee
Parent Of The Year
Natalie Catchpole

Newbie Of The Year	
Godwin Tayapa	
Most Improved Student (Junior/Senior)	
Riley Smith-Giles	Frances Gould
Competitor Of The Year (B Squad/A Squad)	
Connor Hogan	Megan Homer
Black Belt Of The Year	
Sensei Kim Mandy	
Instructor Of The Year	
Sensei Martin Lawrence	
Student Of The Year (Junior/Senior)	
Chloe Gill	Bill Gill



# SRK Foundation For Achievement In Sport

## End of Year Report

The Foundation would like to thank everyone for their support throughout 2019. We ran a raffle at the 2 SRK Competitions, had fun at Easter with "Guess the number of eggs competition", and ran a quiz night which was a great hit with so many attending!

We finished the year by organising the Christmas Party & Awards Night which was our biggest and best to date!!!

We were very proud to be able to pay for new equipment for both the South Ockendon and Wickford dojos this year with the money raised. We also surprised all of the younger students with an Easter egg!

The Foundation accounts are below and the Committee will be meeting in January to discuss 2020 events and fundraising. If you have any questions or would like to join the committee, please contact Natalie Catchpole or Cheryl Read via Facebook Messenger or through the [Foundation Facebook page](#), email us at [SRKFAS@mail.com](mailto:SRKFAS@mail.com), or find one of us at class and have a chat.

Date	Description	Debit	Credit	Balance
01/01/19	Opening bank balance			£ 995.70
06/01/19	SRK Squad reward trip	£ 364.00		£ 631.70
01/04/19	Easter egg for kids	£ 87.75		£ 543.95
03/04/19	Easter egg fundraiser	£ 12.00		£ 531.95
09/04/19	Easter egg fundraiser		£ 47.50	£ 579.45
10/04/19	Crash mat for Wickford dojo	£ 300.00		£ 279.45
19/05/19	SRK Competition		£ 170.00	£ 449.45
19/05/19	SRK Competition prize for raffle	£ 50.00		£ 399.45
21/08/19	Quiz night printing	£ 41.55		£ 357.90
05/10/19	Quiz Night hall hire and raffle prizes	£ 130.35		£ 227.55
05/10/19	Quiz night door and raffle money		£ 553.50	£ 781.05
23/10/19	Equipment for South Ockendon dojo	£ 191.69		£ 589.36
24/11/19	SRK Competition		£ 114.00	£ 703.36

Date	Description	Debit	Credit	Balance
24/11/19	SRK Competition raffle prize	£ 25.00		£ 678.36
	Hall hire 2020	£ 100.00		£ 578.36
01/12/19	SRK Christmas Party			
	Tickets		£1,105.00	£1,105.00
	Raffle Tickets		£ 234.00	£1,339.00
	Hall Hire	£ 170.00		£1,169.00
	Photo Booth	£ 200.00		£ 969.00
	Flyers/Tickets	£ 68.00		£ 901.00
	Disco	£ 150.00		£ 751.00
	Food /Trays/ Bowls	£ 300.00		£ 451.00
	Sweets	£ 27.00		£ 424.00
	Table Decs	£ 35.00		£ 389.00
	Plates	£ 7.00		£ 382.00
	Raffle prizes	£ 60.00		£ 322.00
	Chocolates kids	£ 75.00		£ 247.00
	Awards	£ 230.00		£ 17.00

Merry Christmas and a Happy 2020!

## SRK FOUNDATION COMMITTEE

**Chairperson:** Natalie Catchpole

**Vice Chairperson:** Kim Mandy

**Treasurer:** Cheryl Read

**Secretary:** Sarah Homer

**Committee Member:** Claire Gillman

**Committee Member:** Simon Duke

**Committee Member:** Caroline Hang Hong



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



# Would you like to become an instructor?

With our classes continuing to grow our need for regular instructors to teach and assist is also increasing. Whilst we have a solid team of senior black belt instructors like Sensei Kim, Sensei Martin and Sensei Caroline who have been assisted by number of brown and black belt students for some time, we are looking to establish an official group of instructors to develop further and in return be rewarded with the same benefits as the senior instructors. If this sounds of interest to you then read on.

## Role and expectations

The Instructor/Assistant Instructor would be assisting in at least one allocated class per week and be required to attend this class each and every week as standard. They would help with setting up the dojo before class as necessary (i.e. mats, chairs, etc), giving an induction and assisting new students as they start training. Instructors would teach small to medium sized groups of beginners and/or intermediate grades with relevant training exercises according to the SRK syllabus either solo or as part of a team of other instructors where they would assist each other for the duration of the class.

Instructor training will be provided via monthly meetings for adult instructors, and in-class training for junior instructors.

After a period where the instructor has demonstrated a suitable level of capability they may be required from time to time to cover lessons in the case of the main instructor's absence. This would be a combination effort with other instructors, not on their own.

Instructors are expected to attend club gradings to support students from their dojo and all club events unless it cannot be avoided.

## Requirements

### Minimum Age:

18 years (Instructor)

14 years (Assistant Instructor)

### Minimum Grade:

3rd kyu (Instructor)

4th kyu (Assistant Instructor)

### Minimum membership level:

Silver (regularly training twice a week)

**Enhanced DBS check** required by all instructors aged 18yrs+. Renewed every 2 years minimum.

**First aid** (martial arts relevant) certified training. Renewed every 3 years minimum

### Skills Required:

- Good communicator with sound knowledge of SRK novice and intermediate syllabus.
- Energetic and enthusiastic personality
- Well presented and easily approachable
- Responsible, punctual and reliable

## Benefits

After passing the first probationary period (3-4 months) where the instructor will have been reviewed and proven capable, they will receive the following benefits.

- 50% reduction in monthly training fees
- 50% reduction for kata workshop & social events

The instructor will be continue to be reviewed during a secondary probationary period (*3-4 months after first period, 6-8 months total*), and provided they continue their role to a satisfactory standard they will receive the following benefits.

- Free Gold unlimited training
- Free entry to all kata workshops and social events
- Additional discounts on other club events

All interested students should contact Sensei Richard once classes have reopened in January.