

End of Year Newsletter

seitouryukarate.com

A few words from the Chief Instructor



It goes without saying that 2020 has been a challenging year for everyone, yet in spite of all the struggles we have faced, as karateka we took on everything that life had to throw at us and at the end of year we are still standing.

It would be easy to focus on the hardships; the personal and financial struggles that many of us have gone through, but there are enough of those everywhere else, so let's shine some light and focus on many of the positive things that happened at SRK in 2020.

We kickstarted the year with a visit from Shihan Jamie Duggan from Australia in January, who delivered an incredible seminar for the brown and black belts. Then in March, we held our first ever 100 Round Kumite event where almost 50 students participated in 4 hours of sparring, raising £1,200 towards the black belts annual trip to Japan for the Seiwakai International

Gasshuku Training Camp. Those funds are still in the pot waiting for the next opportunity.

After a huge learning curve for both instructors and students, our transition to primarily online learning via zoom has been rather successful. Additional online content via the SRK Dailies, club videos and challenges have kept everyone engaged and progressing. We learned how to make training tools from grappling dummies to socially distanced striking equipment, and found many creative ways to use a number of everyday items to improve our karate. So many of us came together more than ever to ensure that the atmosphere in the virtual dojo stayed strong and fun which benefitted both the students and the instructors. Your 'can do' attitudes and creativity helped me and Sensei Caroline as instructors to keep motivated and enthused for you. In addition, as part of our ongoing efforts to ensure the safety for all of our members we were awarded the Safeguarding Code in Martial Arts mark this summer.

In October our new Tai Chi class taught by Sensei Caroline opened and continues to grow, providing mindfulness and meditation sessions for teens and adults.

Online seminars and events were certainly the way to go and we attended several virtual events throughout the year including Seiwakai Seminars in Japan with Seiichi Fujiwara Hanshi and GKCglobal Seminars with Sensei Paul and Michelle Enfield. In October several members completed the 100 Kata Challenge for World Karate Day, and then in November the Seiwakai International Women's Advisory Board (SIWAB) held it's first women's only seminar with some of the associations highest ranked female instructors. Before going on hiatus, several members of the SRK Squad took part in their first online kata competition, many of whom placed upon the virtual podium and represented our club with pride.

It has been great to see so many students have still been able to progress and grow to their next levels, rest assured that everyone's self-discipline and dedication to improve has been noticed.

The SRK Foundation for Achievement in Sport helped the club with some much needed funding at the end of the year which should result in some more new and exciting things for 2021 and beyond. See our membership news update for more details.

We will be stepping into 2021 with some exciting events, so be sure to check the calendar and put those dates into your diaries. For now though, enjoy the rest and I look forward to when we'll see each other back in the dojo/virtual dojo in the New Year.

Osu!

Sensei Richard Hang Hong



Holiday Closure

Classes reopen
from **Monday**
4th January
2021



We're on
Facebook, Twitter,
Instagram and
YouTube! Just
search for us at
[@SeitouRyuKarate](https://www.instagram.com/SeitouRyuKarate)



Supplement your
training and read
some fantastic
articles written by
your instructors on
our website
seitouryukarate.com

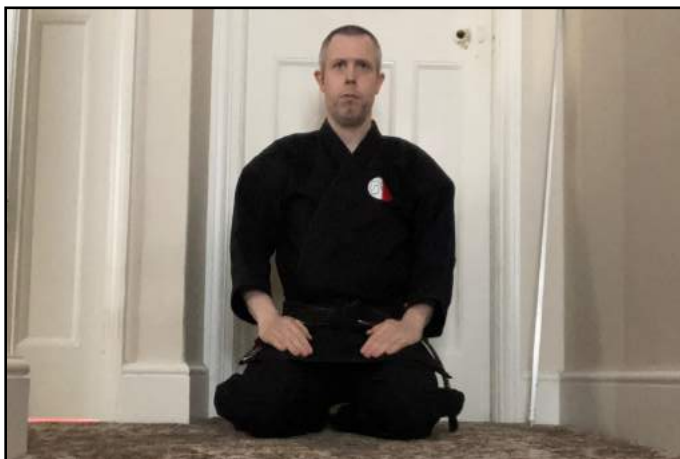
Special Mention of Thanks

With this year being full of so many challenges, transitioning from physical classes to zoom and back again on more than one occasion, I am hugely grateful for the amazing help from two of our club instructors and want to give them some recognition.

The level of support from **Sensei Martin Lawrence** and **Sempai Bill Gill** has been nothing short of outstanding. Never slowing down in their training regime, nor missing any classes and always offering their help throughout the year. They have both been a staple part of the club and instrumental in the successful reopening of some of the South Ockendon and Wickford dojos after the lockdowns, helping to ensure that the classes could be run safely and that all of the students could get back into regular training inside the dojo.

So on behalf of all of the SRK students, Sensei Caroline and myself, thank you for everything.

Otsukaresamedeshita



SRK joins GKCglobal



We are pleased to announce that earlier this year SRK became associate members of GKCglobal, an international goju based organisation led by Sensei Paul & Michelle Enfield, with its headquarters located in Carlsbad, California.

GKCglobal's mission statement is to inspire learning with integrity through education and research; to embrace tradition but not be limited by it. This fits well within our ethos of traditional values, modern methods. GKCglobal was created for people who like to ask questions and are seeking functional karate, wish to make sense of karate kata, and appreciate tradition but are not limited by it, all of which are at the core of SRK.

Our association to GKCglobal expands our horizons and provides us with even more access for functional and progressive karate development through seminars and further education resources. This does not change our connections with Seiwakai and JKF Goju Kai, we continue to remain members of both groups.

Access to benefits through GKCglobal will be provided to members over the coming months.

English Karate Federation Membership Application

In addition to joining GKCglobal earlier this year, we have also expanded our access for sport karate development by applying for membership to the English Karate Federation (EKF) which in turn will provide us direct membership to the World Karate Federation (WKF).

We would like to thank the SRK Foundation for Achievement in Sport for providing the £499 funding to apply for membership as without their assistance, our application would have been considerably delayed.

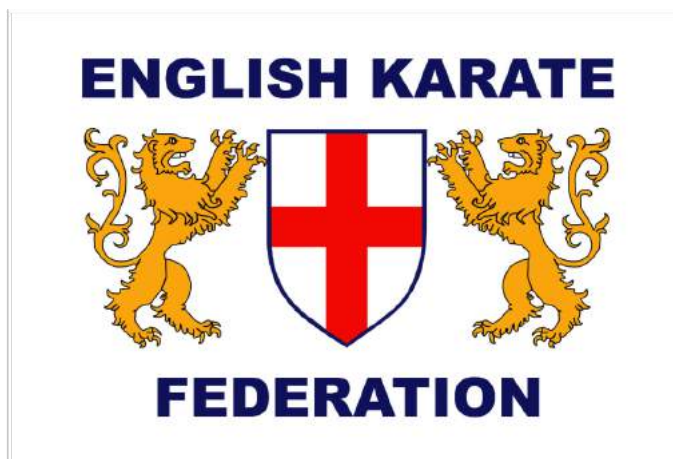
Benefits of membership to the EKF include but are not limited to:

- *Membership and recognition of WKF*
- *Prestigious Junior and Senior National Championships*
- *Entry to many International run competitions i.e Dutch, Paris, Venice Open etc,*
- *Access to coaching programmes*
- *Access to National Squad programmes*
- *Access to National and International Referee and officials qualification programmes*
- *Membership courses for grassroots karateka*
- *Recognition of grades and abilities*

We expect to hear a positive confirmation of our application and approval of membership early in the new year. Once we are notified then we will let all members know immediately.

Once our membership application has been approved we will be required to register all current members with new licences. If your membership is due to be renewed between January and March, you simply renew as normal via the club website.

For all other members, there will be a nominal fee of £5 to transfer your licence to the EKF. This can be done via the club website anytime between January and February. Your new EKF licence will be valid for 12 months and renewed annually from this date forwards.



Class Times

Effective from 1st January 2021

(Times may change when classes are run online)

| Monday - South Ockendon | |
|----------------------------------|---|
| 5.45pm - 6.45pm | Children 5-12 years (Beginners) |
| 7pm - 8pm | Children 5-12 years (Intermediate+) |
| 8.15pm - 9.30pm | Teens and Adults (Beginner/Intermediate)+ |
| Tuesday - Wickford | |
| 6pm - 7pm | Children 5-12 years (Beginner/Intermediate+) |
| 7.15pm - 8.45pm | Teens and Adults (Beginner/Intermediate+) |
| Wednesday - West Thurrock | |
| 5.45pm - 6.45pm | Children 5-12 years (Beginners) |
| 7pm - 8pm | All Ages (Intermediate+) |
| Thursday - Wickford | |
| 6pm - 7pm | Children 5-12 years (Beginner/Intermediate) |
| 7.15pm - 8.45pm | All Ages Brown & Black Belts |
| Friday - South Ockendon | |
| 5.45pm - 6.45pm | Children 5-12 years (Beginners) |
| 7pm - 8pm | Children 5-12 years (Intermediate+) |
| 8.15pm - 9.30pm | Teens and Adults (Beginner/Intermediate+) |
| Saturday - Grays | |
| 10am - 11am | Tai Chi Teens and Adults |

Price Changes

Despite increases in club running costs due to Covid, to support our students we have decided not to increase training fees. Only testing fees and licence renewals have changed. These come into effect as of 1st January 2021.

We will review all fees in the summer.

| Training Fees | | |
|--|------------------------|---------------------|
| | Juniors | Teens/Adults |
| Bronze (1 class pw) | £25 | £30 |
| Silver (2 classes pw) | £40 | £50 |
| Gold (Unlimited classes) | £55 | £65 |
| Extra classes | £5 | £8 |
| Private Lessons | | |
| | Sensei Richard | Sensei Caroline |
| Single student (1 to 1 lesson) | £35 | £25 |
| 2 students (Dual session) | £50 | £40 |
| Annual Licence Renewal | | |
| Juniors (up to 17yrs) £25 | Adults (18yrs+) £30 | |
| Association Membership <i>(required from 3rd kyu & above only)</i> | | |
| Seiwakai ¥2,000 | JKF Goju Kai ¥5,000 | |
| SRK Grading Test Fees | | |
| 8th - 7th kyu | £20 | |
| 6th - 4th kyu | £25 | |
| 3rd - 1st kyu | £30 | |
| Shodan/1st Dan | £50 | |
| Nidan/2nd Dan | £75 | |
| Sandan/3rd Dan | £100 | |
| Yondan/4th Dan | £150 | |

Top Training Students for 2020

Well done to all of the following students on their outstanding attendance for the year!

| | Student's Name | No. of training sessions in 2020 |
|----|-----------------------|---|
| 1 | Chloe Gill | 216 |
| 2 | Bill Gill | 211 |
| 3 | Caroline Hang Hong | 186 |
| 4 | Martin Lawrence | 165 |
| 5 | Angelique Pokormyako | 141 |
| 6 | Endrit Dukaj | 128 |
| 6 | Raees Huldhur | 118 |
| 7 | Kevin Barta | 99 |
| 8 | Harry Williamson | 97 |
| 9 | Harrison Catchpole | 96 |
| 10 | Amelia Hang Hong | 95 |
| 11 | Charlie Sheridan | 95 |
| 12 | Phoebe Hang Hong | 95 |
| 13 | Sophia Fulger | 95 |
| 14 | Jake Williamson | 94 |
| 15 | Godwin Tayapa | 93 |
| 16 | Arushi Santhanu | 91 |
| 17 | Elizabeth Cowie | 91 |
| 18 | Emma-Mae Cowie | 91 |
| 19 | Denas Michnevicius | 90 |

2021 Event Calendar

Due to the disruptions caused by covid, all 2021 event dates are provisional. We will do our best to keep to these dates but please be prepared for notifications of changes at short notice.

As events are subject to change please check the [Facebook Members Group](#) or contact Sensei Richard to subscribe to the online calendar (iCloud account required)

| | |
|----------------------|--|
| 4th January | All Classes Reopen (tier restrictions pending) |
| 23rd January | Rescheduled Grading Preparation Seminar from 12th December 2020 |
| 24th January | Rescheduled Grading Tests from 13th December 2020 |
| 15th March | Kata Applications Workshop Spring Grading Tests 8th - 4th kyu |
| 31st May | Iain Abernethy Bunkai Seminar |
| 20th June | Summer Novice Grading (8th & 7th kyu) |
| 26th - 28th June | Summer Gasshuku Training Camp & Grading Tests (6th kyu+) |
| 6th September | Kata Applications Workshop Autumn Grading Tests 8th - 4th kyu |
| December | Winter Novice Grading (8th & 7th kyu) |
| 12th - 13th December | Winter Gasshuku Training Camp & Grading Tests (6th kyu+) |
| 19th December | SRK Christmas Party & Awards (TBC) |
| 20th December | All Classes Close |

Dates for any additional events will be announced as they come up.