

Karate Journal

Confidence Booster

By James Smith

We've all had it at one stage or another. Someone has a joke at your expense or is constantly putting you down. You feel bad and start to think they are right and your self esteem hits zero.

If your aged 5-16 there are hundreds of people out there, maybe at school, that are looking to have a joke at your expense or to bad mouth you to make themselves look good (maybe this is what Master Funikoshi meant by 'when you leave your house a thousand enemies await'). They only do this to appear more popular or "big" in front of their friends, it not always personal towards you.

There are many classes available to help you defend yourself against violence and bullying. However 90% of the time it's what is *said* to us that hurts the most. That's what makes Martial Arts training different to self-defence courses or boxing/kickboxing.

Karate is a martial art that has been around for a long time and with it comes philosophy not just defence. Every lesson we train in is teaching us how to be more confident with ourselves and others, you just need to know where to look in your training.

The first step towards making yourself immune to the abuse and insults that others may throw at you to make themselves feel confident, is to make sure you have a lot of confidence yourself. Every lesson has the ability to boost your confidence, so realise that its there and gain from it.

Every lesson you have the opportunity to:

- Work with others who know how you feel and want to help.
- Be able to perform at your best at something you enjoy and not be laughed at for succeeding (where being the 'boffin' is a good thing).
- Be able to shout and express yourself without being embarrassed.
- Know you can deal with an aggressive situation which means you're not intimidated by threats.
- Realise why people tease and bully which means you feel sympathy, rather than anger towards them.

By having confidence you then have the power to ignore any insults because you know they're not true but more importantly you don't care. You realise they're only doing it because they don't have enough confidence themselves.



Train hard, boost confidence; aim to become a better person. That's what karate is really about.

SUCCESSIVE SUCCESSES BUILD THE INDIVIDUAL BETTER THAN ANY ONE SPEECH CAN. BY TRAINING REGULARLY WE START TO REALISE THAT HOWEVER HARD SOMETHING FIRST WAS IT CAN BE ACHIEVED IN SMALL STEPS. WHEN WE TAKE OUR KARATE WITH US ("TURN EVERYTHING INTO KARATE, THEREIN LIES THE EXQUISITENESS") WE FIND THAT THOSE BARBS DON'T STING ANYMORE.

New Students

Welcome the following students who joined us during the past month.

Welcome them to the group and help them the best you can.

662 Ashleigh Black
663 Summer Bassnett
664 Lianne Hattersley
665 Jordan Higgins
666 Jessica Alger
667 Kieran Bradford
668 Sean Thompson
669 Charli Thompson
670 Robert Coombs
671 James Milne
672 Daniel Rock
673 Jack West

You have the **whole** of your training ahead of you, use it well, you can accomplish whatever you set your mind to!

QUOTE OF THE MONTH

"You can easily judge the character of a man by how he treats those who can do nothing for him."

- James D Miles

SENI 2006

As some of you know, each year there is a “martial arts tradeshow” held at the Birmingham NEC. It is the only event of it’s kind in this country. It features displays of all kinds of martial arts (worth the ticket price alone), plus competitions and lots of people trying to sell you equipment, uniforms, books, dvds, etc.

There are a series of seminars, each costing £25, featuring people like Russell Stutely, Rick Money maker, and Tom Muncy. There are also some FREE workshops, and we are proud to have sensei John included in the list of presenters. For the first time in print, here are the workshops:

Workshops

Saturday 6th May

- 11:00 Pete Holmes, International OCFM Coach – Waveform Punching (Survival Zone)
- 11:00 Pat O’Malley – Filipino Martial Arts (Workshop Room 1)
- 11:45 Jon Ryley, International OCFM Coach (Survival Zone)
- 12:00 John Andrews – Pressure Points in grappling (Workshop Room1)
- 13:00 Herol Bomber Graham – World M/W Boxing Champion – Skipping (Workshop Room 1)
- 13:00 Danny Guba – Filipino Martial Arts (Workshop Room 2)
- 13:30 Gavin Richardson – Functional JKD (Survival Zone)
- 14:00 Ronnie Green – Muay Thai (Workshop Room 1)
- 15:00 British Federation of Historical Swordplay (Workshop Room 1)
- 15:00 Terry Wingrove – Karate Jutsu (Workshop Room 2)
- 15:00 Rick Tew, Total Warrior (Survival Zone)
- 16:00 Eddie Stokes (Survival Zone)
- 16:00 Dave O’Donnell – MMA (Workshop Room 1)

Sunday 7th May

- 11:00 Keith Gilliland, PFS (Survival Zone)
- 11:00 Mic Clarke, WCA Instructor – Fitness linked to Martial Arts (Workshop Room 1)
- 12:00 Pat O’Malley – Filipino Martial Arts (Workshop Room 1)
- 12:00 Antony Somers, Core Combatives (Workshop Room 2)
- 13:00 Herol Bomber Graham – Martial Boxing Fitness (Workshop Room 1)
- 13:00 Jamie Clubb, Core Combatives (Workshop Room 2)
- 14:00 John Burke, Bassai Dai (Workshop Room 1)**
- 14:00 Mick Coup, Core Combatives (Workshop Room 2)
- 15:00 Rick Tew, Total Warrior (Survival Zone)
- 15:00 Terry Wingrove (Workshop Room 1)
- 15:00 Matty Evans, Core Combatives (Workshop Room 2)
- 16:00 Richard Olpin, Fighting Attitude & Fight Stoppers (Survival Zone)
- 16:00 Emma Elmes, Silver Dragons (Workshop Room 1)
- 16:00 Paul Thompson, TKD – Breaking Effectively (Workshop Room 2)

Entry to SENI costs £7.50 in advance. Let me know if you require tickets, then perhaps we can coordinate vehicles for traveling there, too.

Needless to say, we’re going up on the Sunday, but if you want to go on the Saturday you, of course, can.

Advice for SENI—take food with you as it’s expensive up there. Don’t buy “ordinary items” (gi, pads, etc, as we can get them for you). Keep your eye open for bargains. Use the show to get “hands on” with equipment that you were thinking of buying, you might change your mind.

New DVD

Just released is the new **Bassai Dai DVD** featuring 3 different views and 2 speeds of performance and practically an hour of applications. The DVD is the perfect companion to “Fortress Storming” the Bassai Dai book by John Burke sensei. It bears the strange title of “Kata & Application volume 8—Bassai Dai” because we have Kihon, the 5 Heians, and Tekki Shodan planned as DVDs to make the beginning of the series. When we polled to find out how much we should be selling this disc for some people suggested as much as £39. You will be happy to hear that we have settled on **£15** to our members. Russell Stutely will be selling it on his site for around £25.



Black Belt preparation

Those who have not submitted their first draft of their thesis yet—time is running short. Please get a draft to me at your earliest opportunity.

Make sure you have put aside money for the test, we will need all applications for Dan grades to be in by the 14th May (that’s 6 weeks away).

Bring a buddy day 2.

As it was quite a way to travel for Paignton students to Bring a Buddy to Buddy Day (although the dedicated ones did!) we have decided to take over a session at Paignton to repeat the experience for the horde over there!

Saturday 22nd April will not be a normal lesson at 10.30—it will be a Buddy Lesson! That means that instead of working to get



your techniques better, we can spend this one lesson helping new potential members to get a grip on the fundamental parts of our training

Shopping List.

Simply tick these boxes and supply payment to your instructor and they will make sure that the goods are with you at the next available lesson:

Syllabus dvds.

- White Belt, £10
- Orange belt, £10
- Red belt, £10
- Yellow belt, £10
- Green belt, £10
- Purple belt, £10
- Purple-White belt £10
- OCI Seminar 2003** 2-disc set £25
- Nijushiho/Niseshi Kata Comparison Seminar dvd. £20

NEW Kata & Application volume 8—Bassai Dai. Over an hour of application and Bassai performance tips. Dvd companion to the book Fortress Storming. £15



Fortress Storming Bassai Dai performance, bunkai, and oyo £14.95



Karate Primer. Background and principle based book that makes up half the binder. May release. Pre-orders at £9.95 On the shelf at £14.95

Syllabus. Our grading syllabus in text and pictures. Kata to black belt. The other half of the binder. May release. Pre-orders at £9.95 On the shelf at £14.95

These items can all be bought by card using the website.

You have a whole manual worth of info FREE on our members website attached to the public website

www.karateacademy.co.uk (username *keiko-member*, password *shotokan*). The **members' only** forum also allows you to ask questions even when you are not in a lesson. Join up now and use it to it's fullest potential.

TECHNICAL INFO

Stances

Part Two

Horse Stance.

The "horse-riding stance is 2 shoulder-widths wide, but the heels are located on the same line.

The centre of your weight must be central, exactly between the knees.

The outside edges of the feet should be parallel. The knees must face in the same direction as the feet, with the sole of the foot having the weight equally spread.

Hip position in kiba dachi is natural. When we turn the torso there will invariably be some movement of the hips. This should not preclude keeping to the rule of safety in the knees and feet, though.

The spine should be kept vertical in all kiba dachi, with the coccyx tucked underneath.

Please remember that as Stance is the last of the power factors to be finished in application, it is how it is delivered rather than how pretty it looks that counts.

Common Errors.

Feet at strange angles.

Knees facing different directions to the toes. You can tell by how the feet are arranged—too much pressure on the inside edge of the foot means the knees are aimed in, so the little toe rises, fractionally. Too much pressure on the outside edge of the foot means the knees are pushed too far apart, so the big toe rises fractionally.

Stance too short. Stance not deep enough.

There is no need to bounce upwards as you step, but rather keep the same height by moving through the hips and through the knees.

Arched spine or "flat" spine-pelvis alignment. As bad as each other.

Moving.

Quite different to stepping in front stance and back stance; stepping in kiba dachi is usually a sideways move. Stepping across the front of the ankle will subtly twist the hips to face in the direction of travel. Stepping across the back of the ankle (stepping behind) will align the hips away from the direction of travel.

A third method of stepping is to turn (spin). This either involves stepping through across the front or the back of the ankle while dynamically driving the hips further forward to produce a "new" front foot. Sideways stepping maintains the same "front foot" with every step. Stepping through will change which foot is in front.

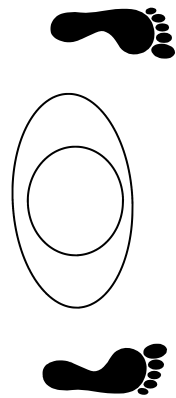
Whichever way we step, the feet must pass close together, be placed rather than dropped, and movement must be dynamic and under control from the hips. Movement is a "whole body" experience rather than just something that you do with your legs.

Application.

Remember that horse-riding stance is for stability in dropping an opponent downwards. Virtually all applications that involve kiba dachi will have a "downward energy" connected to them.

Principles.

Give a little to get a little. Cover the centre, The waveform. Heavy Hand. Angle, Direction, and Intensity. Us of balance points. Pulse and rooting. Colour theory.



EIKOKU KARATE-DO KEIKOKAI TRAINING TIMETABLE

NEWTON ABBOT CLASSES Black Belt Academy, South Devon House, Newton Abbot

	JUNIORS 5-10 years	TEENS 11-15 years	ADULTS 16+ years	OPEN Mixed ages
MONDAY				
TUESDAY	5-6pm	6-7.15pm	7-8.30pm	12-1pm
WEDNESDAY	5.30-7pm	5.30-7pm		12-1pm 7-8.30pm Demo/Competition
THURSDAY	5-6pm	6-7.15pm	7-8.30pm	12-1pm
FRIDAY	5-6pm	6-7.15pm	7-8.30pm	
SATURDAY				10.30am-12noon
SUNDAY				5-6.30pm 10th Kyu-4th Kyu 6.30-8pm 3rd Kyu+

TORQUAY CLASSES

Cuthbert Mayne School
Trumlands Road
Torquay

Tuesday 5pm-6.30pm Under 16's
6.30pm-8pm Adults
Thursday 5pm-6.30pm Under 16's
6.30pm-8pm Adults

PAIGNTON CLASSES

United Reformed Church Hall
Dartmouth Road
Paignton

Tuesday 5.30pm-6.30pm Juniors
6.30pm-8.30pm 11+ years
Friday 5.30pm-6.30pm Juniors
6.30pm-8.30pm 11+ years
Saturday 10.30am-12.00noon Open

TOTNES CLASSES

Pavilions Leisure Centre
Borough Road
Totnes

Wednesday 6pm-8pm Open
Saturday 10am-12noon Open

PAIGNTON CLASSES

Paignton Community College
Waterleat Road
Paignton

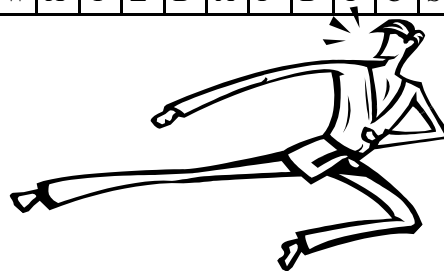
Thursday 6pm-8pm Open

*Open Classes are for all ages
and grades*



In Loco: Steve's Jokes

Did you hear about the magic tractor that drove down a road and turned into a field...?



WORD SEARCH

F	A	K	A	T	A	A	B	C	E	T	I	M	U	K
I	B	D	E	F	K	R	E	S	P	E	C	T	G	S
T	L	H	I	J	I	M	K	L	F	M	N	O	P	T
N	O	P	U	N	C	H	Q	I	R	S	T	U	V	A
E	C	W	D	X	K	Y	S	E	L	C	S	U	M	N
S	K	Z	A	A	B	C	D	E	F	G	H	I	J	C
S	K	L	N	M	N	H	A	N	D	O	B	P	K	E
Q	E	F	F	O	R	T	R	S	T	U	A	V	I	W
X	Y	T	L	E	G	Z	K	A	F	B	S	C	H	D
O	Y	O	L	E	F	G	I	H	O	I	I	J	O	K
L	M	N	O	E	P	Q	A	R	O	S	C	T	N	U
V	W	X	Y	Z	B	A	I	B	T	C	S	D	E	F

FIND THE WORDS

RESPECT
LEG
ARM
FITNESS
KUMITE
KATA
KICK
HAND
PUNCH
MUSCLE
DAN
OYO
KIHON
BLOCK
BASICS
FIST
STANCE
BELT
KIAI
FOOT
EFFORT

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Grading

At the grading examination on Sunday 26th February 2006, chief examiner Sensei John Burke was assisted by Sensei Dave Floyd, Sensei James Smith, and Sensei Steve Bulley,

The total list of successful candidates is:

Andy Wray	1st kyu	Richard Craig	2nd kyu
Genevieve Craig	2nd kyu	Dayle Cunningham	2nd kyu
Barney Steed	2nd kyu	Jared Wray	3rd kyu
Alice James	3rd kyu	Jasper James	3rd kyu
Alexander Potham	3rd kyu	Lucy James	3rd kyu
Danielle Floyd	4th kyu	Rachel Mussett	4th kyu
Samuel Potham	4th kyu	Stephanie Ellis	5th kyu
Elaine Ho	5th kyu	Paul Wilson	5th kyu
Jordan Bassnett	5th kyu	Joe Boyd	5th kyu
Nicola Gaines	6th kyu	Paige Hammond	7th kyu
Timmy Boyd	7th kyu	Jessica Beare	7th kyu
Alex Wakefield	7th kyu	Ben Wakefield	7th kyu
Leon Rozelaar	7th kyu	Jamie Millea	8th kyu
Freya Wolsey	8th kyu	Daniel Carrick	8th kyu
Martin Carrick	8th kyu	Sascha Millea	8th kyu
Samantha Bailey	8th kyu	Logan Campbell	9th kyu
Rohan Campbell	9th kyu	Clare Potter	9th kyu
Jessica George	9th kyu	Finn Moxon	9th kyu
Alex Suarez	9th kyu	Jack Jarvis	9th kyu
Kirsty Scott	9th kyu	Sam Perkins	9th kyu
Aaron Austen	9th kyu	Gareth Wilson	9th kyu
Hannah Gower	9th kyu		

Any students who has not graded in the last three months should be attempting to grade at the end of April. You need to work hard to make this happen.

Training twice per week will clock up 26 lessons in three months. You should enjoy regular progress (and grades) if you do three months and 39—52 hours of training. Check with your instructor as to what you need to work on to achieve your goals.

Private Lessons

As the diary is nearly full for April we have started to look at May for 1-2-1 lessons. May is phenomenally busy already, and features a trip to SENI taking up one weekend and the Black belt grading taking up another. In between we owe it to those who are taking their Black Belts to make sure that they are ready by giving them the 1-2-1 time.

As such, we won't be booking any other 1-2-1s in May. In June we should resume the schedule. An alternative might be for me to take a specific grade for a lesson on a Saturday afternoon. Let me know what you think on the forum.

Remember:

The best compliment that you can pay your school and your instructor is to recommend them to a friend.

Diary Dates

Grading Examination

This grading should feature all of you who haven't graded in the past three months or more. If you will be eligible then make sure you get enough training and advice to ensure your success!

Saturday 29th April 2006

Lesson & Grading 3pm—finish

All students who are attempting a belt promotion are expected to attend the lesson prior to the examination.

SPECIAL DATES

Saturday 6th & Sunday 7th May—SENI06. Martial Arts Tradeshow at Birmingham NEC. Tickets are only available in advance £7.50 adults, £4 children. Sensei **John Burke** is teaching a **FREE** workshop on Bassai Dai applications at this event.

Sunday 21st May - Renshi Blades seminar and Dan Grading. Newton Abbot dojo. 10-12noon 10th kyu—4th kyu. 12 noon-2pm 3rd kyu and above and yudansha

Saturday 10th and Sunday 11th July—OCI Northern Area Seminar. Renshi **Anthony Blades**, Sensei **Stuart Howe**, Sensei **Neil Ellison**, Sensei **John Burke**. Two days of training in sunny Teeside. Make a break of it.

August Summer School.

Sunday 8th October—7th Annual OCI Traditional Arts Seminar. **Anthony Blades** renschi, **Neil Ellison** sensei, **John Burke** sensei and guest instructor **Russell Stutely**. 10am—4pm + Dan grading. Seminar £25 per person.

Arriving

A note about proper conduct. Please remember that being seen in your gi could be taken as *bragging*, and that is not something we would wish to do. When arriving for training, small children who may already be in uniform **MUST** be accompanied by parents/responsible adults. If not accompanied, please use changing rooms when you arrive rather than turning up in gi.

Changing rooms are for students and their parents **only**. Students' siblings must not be allowed in without parents. Our students would *never* touch the belongings of another person without permission, but little brothers or sisters might be too young to understand. Anyone wearing their gi represents this club, and as such their behaviour must follow suit. This includes simple things like proper disposal of empty water cups if they are removed from the dojo.

April 2006

MON	TUES	WEDS	THURS	FRI	SAT	SUN
MAY 1 CLOSED Bank Holiday Monday					1 <i>Happy Birthday</i> Matthew Potter	2 Kyu Grading Examination following lesson 1pm—Finish Newton Abbot
3 <i>Happy Birthday</i> Ruth Cooper-Haime	4 <i>Happy Birthday</i> Kyle Hawkins Daniel Rock	5 <i>Happy Birthday</i> India Gavin Jamie Hodgkins	6	7 <i>Happy Birthday</i> Vicci Hooper	8	9
10	11	12 <i>Happy Birthday</i> Marc Ireland	13 <i>Happy Birthday</i> Filipe Da Silva Glen Johnson Jamie Millea	14 CLOSED Good Friday	15 <i>Happy Birthday</i> Jack Degnan	16 Happy Easter Closed No lessons
17 CLOSED Bank Holiday Monday	18	19 <i>Happy Birthday</i> Martin Carrickm	20 <i>Happy Birthday</i> Kevin Harvey	21 <i>Happy Birthday</i> Clare Potter	22 Bring a Buddy Day 10.30-noon Paignton <i>Happy Birthday</i> Sean Thompson	23
24	25	26 <i>Happy Birthday</i> Robin Ricketts	27	28	29 Kyu Grading Examination following lesson 3pm—Finish Newton Abbot	30

Please use this calendar page to chart your monthly training schedule

April Timetable Exceptions

Sunday 2nd
Friday 14th
Sunday 16th
Monday 17th
Saturday 22nd
Saturday 29th
Monday 1st May

Grading—no normal lessons. No laido
Good Friday—no normal lessons
Easter Sunday—no normal lessons
Easter Monday—no normal lessons
Paignton lesson is a Buddy Lesson!
Grading lesson 3-4.30pm + Normal morning lesson.
Bank Holiday—no normal lessons

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