



Website Updated!
www.karate.gb.com

Welcome to the 3rd Newsletter.

Firstly, we would like to take the opportunity to remind you all that there is a Karate training session on at Norbury Manor School every Thursday from 6:00 until 7:00 pm. This is open for anyone to come and train at the normal price, and is open even during school holidays. It would be great to see you there!

It has been decided that the club is to have a Karate Committee. This will be where a few of us from the club will meet every few months to discuss ideas on how the club can improve and move forward. The Karate Committee are as follows: Sensei Alan Sadler, Sempai Debbie Ayres, Sempai Daniel Bailey, Steve Noone, Jeremy Burrows and Iain Rigg, so please speak to any of us if you would like anything brought up in these meetings, we will be glad for students input.

Also, I would just like to remind everyone about the Karate Website www.karate.gb.com. The Username is karate and the Password is student.

It is continually updated with various different things being added. There are different handbooks you might want to familiarize yourself with, all previous Newsletters are on the website and can be downloaded if you miss an issue, and lastly, photos from different events and training days are on the website so you might be on there!

We have had verbal agreement from all parents/guardians for their children's photos to be on the website but we will be handing out a permission slip to everyone for students and parents/guardians to sign to confirm they are still happy with photographs being used. Please make sure this is handed back to us as soon as possible.

Don't forget this Newsletter doesn't have to be just about Karate; if you have any activities or achievements outside of Karate that you would like to share with us, we can put it in the Newsletter.

Lastly, we will be organising a training day for ALL students to come along to. You will benefit a great deal by attending and it will be a chance for everyone from the different clubs to get to know each other.

If we get a good turn out, we will be organising many more of them. More details will be following.

Osu!
 Sempai Debbie.

Here are some important dates...

Gradings:

St Anthony's - 8th & 10th November
 Woodcote - 10th November
 Norbury - 15th November

Competition:

Sensei Len's Club - 28th November *(please ask your Instructor for details)*

We hope you will all join us in welcoming the following Newcomers to our Club...

St Anthony's - Terry Carden, Elliot Lewis, Luke Ward

Well Done to the following students who passed there Grading...

Norbury Manor School (Grading 19/07/10)

10th Kyu - Mathumitha Sasikaran.

9th Kyu - Tharuni Puvanasingham.

8th Kyu - Aisha Cerbah, Alekandra Werstak & Armani Hall.

7th Kyu - Rafiq Sawyerr, Isaiah Worrell-Bafi, Jayden Harrison, Kieron Reid & Psalm Finnigan.

Okinawa Diary, 18th July 2008

We were all extremely excited, kitted out in our tracksuits, waiting for the cab to take us to the airport. Altogether there were 20 of us going from several different clubs.



Surprisingly, we were met at the airport by Master Meitatsu Yagi (10th Dan) who we were to be training under.

We felt honoured that Master Yagi, who's father was taught by none other than Chōjun Miyagi (who Mr Miyagi from the film The Karate Kid was based on), took the time out to come and meet us at the airport, and couldn't wait to start training with him!

Master Yagi followed us to the Hotel so he could discuss what the plan was for tomorrow. It was decided that we were to train at 7 in the evening until 9 so we had a day to relax before sweating it out in our first training session.



Once Master Yagi left us, we decided to venture out into Naha City with just a map, to try and find some food. It proved more difficult than expected and so we didn't end up eating until 11pm!

Words Of Wisdom.
"One who smiles rather than rages is always the stronger"

武術流空手道



Okinawa Diary, 19th July 2008.

After a day of relaxing by the pool, anticipating the evening's trainings it was time to get ready. One of Master Yagi's Canadian students, Mary, met us at the Hotel to take us to where we would be training. 20 of us, led by Mary, walked for 15 minutes through the streets of Naha to get to the Dojo. We were ready and raring to go.

We were already dripping with sweat in the 32 degree heat, and when we got inside, we found it was much warmer due to the Windows having been closed! Still, we changed into Our Gi's and weren't put off. Training started with some basics. We all lined up and followed the Okinawan students while they called out commands and moved up and down in lines.



Master Yagi then paired us up, each with an Okinawan student who knew what they were doing. We went through a Strengthening exercise followed by Conditioning of the arms. These exercises were extremely difficult, not only from our arms being slippery from the sweat, but the forearms of Master Yagi's students were so big and strong it was like we were conditioning with an iron pole!

We then split up into small groups to be taught Sanchin Kata by an Okinawan student. It was interesting how the Okinawan Sanchin Kata differed from ours. We were to also learn a second Kata. One that Master Yagi's father, Meitoku Yagi developed. This Kata was called Tenchi, meaning 'Heaven and Earth'. It was originally two Kata's, Fukyu Kata Ichi and Fukyu Kata Ni. This was a very complicated Kata to get our heads around.

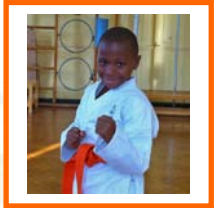


We finished the session with some basic techniques and stretches to 'cool down'. After a quick shower back at the Hotel, it was that time again to try and find a place to eat! We didn't improve our time and ended up eating at midnight!

(To be continued in the next Newsletter).

Profiler.

Name: Kieron Reid
Club Location: Norbury Manor School



1. **What's your favourite and least favourite kata?**
Pinan Sono Ichi
2. **What made you want to start karate?**
Because I like it
3. **How long have you been doing karate?**
1 Year 10 months
4. **What's your favourite and least favourite arm technique?**
Jodan Uke's my favourite
5. **What's your favourite and least favourite leg technique?**
My favourite is Mawashi Geri Gedan
6. **What's the one thing you think you need to work on?**
Tying my belt
7. **What's your favourite and least favourite stance?**
Kumite is my favourite and Shiko Dachi is my least
8. **What do you like and dislike about karate?**
I like everything about Karate
9. **What do you do in your spare time?**
Practice Karate
10. **Describe yourself in one word.**
Playful



Emily Sadler from the St Anthony's club enjoyed a fun packed weekend at an 80's Festival...

'We went to Rewind 80's music festival, and camped for the weekend. I went on a very scary ride and screamed. I enjoyed the kids' circus tent and went on the bumpy bikes. I also saw Boy George singing he wore a funny hat and wore make-up and looked a bit strange but I liked dancing to the songs'.

Emily Sadler.



Puzzle Section. (Un-jumble the Japanese words).

Blocks...

1. OERMTO KSTUI
2. AME ENDGA AIBAR
3. CUIH EUK
4. JIHI KUE
5. UNES EKU

Kicks...

1. OIBT EMA IGER
2. ZAH I GREI
3. IUSROH EGIR
4. WSAMIHA EIGR
5. OKYO EGI

If you have any suggestions for the next Newsletter or would like to feature in it please send them to debbieayres@hotmail.co.uk

武術流空手道