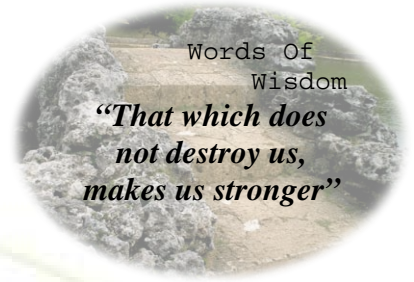


Newsletter Christmas 2010



Merikurisumasu! (Merry Christmas!)

As you all know Christmas is nearly here so the Club will be closed (please see the 'Important Dates' section in this Newsletter).

We would like to say Thank you for everyone who has joined us this year and for those of you who have been attending.

I would like to say a HUGE WELL DONE to Jeremy Burrows who had 20 fights to do against all Seniors for his 1st Kyu Grading. He did extremely well and was still standing at the end of them!

Also, I'm pleased to announce that Sempai Debbie Ayres has now become an Assistant Instructor. Congratulations to Debbie.

As you were aware from the last Newsletter, there was a Competition on 28th November. We had twelve students attend and came away with 2 Gold Medals and 3 Bronze Medals. I would like to say thank you to those who attended, it was greatly appreciated (Please see the write up about the Competition in this Newsletter).

We look forward to an exciting New Year in which we are hoping to expand the Club, improve the Syllabus and have more Inter Club Competitions and training days, which will greatly benefit you.



Alex Noone and Adam Burrows went to a Trampolining Competition. They had to perform a routine, which consisted of jumps in front of a stadium packed full of people. They both did extremely well, Alex Noone received a Gold medal and Adam Burrows received a Silver medal. Well Done!



Adam Burrows and Emily Sadler had a Cross Country race for their school. They both did really well, and Adam had to run in an older aged category, which meant he had to run twice as long. A HUGE Well Done!!

Here are some important dates...

South Croydon (Hamsey Green)

Last Monday Lesson 13/12/2010 Reopens 10/01/2011

Last Wednesday Lesson 15/12/2010 Reopens 05/01/2011

Norbury Manor

Last Lesson Monday 13/12/2010 Reopens 10/01/2011

Woodcote Primary

Last Lesson Wednesday 15/12/10 Reopens 12/01/2011

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

Ella Butler, Daniel Hughes, Jack Garner, Ambika Thapar, Anaya Thapar, Ryan Thapar, Lara Odumeru, David Odumeru and Daniel Odumeru.

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

Woodcote. (Grading Date 10/11/10).

10th Kyu - Ambika Thapar, Anaya Thapar and Ryan Thapar.

9th Kyu - Molly Atkinson, William Hoare, Hassan Hassam, Sajjad Hassam, Aaranya Aravinthan, Samirah Suleman, Ishaan Patel, Yusaf Haq, Musa Ali, Salima Abbas, Parth Visrolia, Varvara Nicolaou, Phidias Nicolaou and Jack Hosoya-Taylor.

St Antony's. (Grading Date 10/11/10).

10th Kyu - Aynur Omerov, Elliot Lewis, Daniel Hughes, Jack Garner and Ella Butler.

9th Kyu - Luke Ward.

8th Kyu - Scott Clarke.

7th Kyu - Terry Carden.

6th Kyu - Lauren Noone, Daniel Casbon and Moshin Zaighan.

4th Kyu - James Ward and Alex Noone.

1st Kyu - Jeremy Burrows.

Norbury. (Grading Dates 15/11/10).

10th Kyu - Kartik Singh, Manroop Kaur Handa, Omolara Odumeru, Ifeoluwa Daniel Odumeru and Olaoluwa David Odumeru.

9th Kyu - Aliya Smetkowska, Kirkland Burrell and Zahra Ajisjegiri.

8th Kyu - Naomi James, Oceane Aka, Klaudia Barylska, Kirkland Burrell and Zahra Ajishegiri.

7th Kyu - Armani Hall, Alekandra Werstak, Aisha Cerbah and Umair Sajid.

6th Kyu - Rafiq Sawyerr, Kieron Reid and Psalm Finnigan.

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Competition (28/11/10).

Those from our club who attended and the categories in which they entered were as follows:

<i>Sempai Debbie Ayres :</i>	Individual mixed Senior Kata and 3 person Team Kata
<i>Sempai Daniel Bailey :</i>	Individual mixed Senior Kata and Senior mixed Kumite
<i>Steve Noone :</i>	Individual mixed Senior Kata and two 3 person Team Kata's
<i>Jeremy Burrows :</i>	Individual mixed Senior Kata and two 3 person Team Kata's
<i>Courtney Grover :</i>	12-15 Individual mixed Kata and 12-15 mixed Kumite
<i>Kieron Sunil :</i>	12-15 mixed Kumite
<i>Lauren Noone :</i>	3 person Team Kata
<i>Alex Noone :</i>	3 person Team Kata
<i>Reece Stride :</i>	12-15 mixed Kumite
<i>Ryan Sampson :</i>	6-8 Individual mixed Kata and 3 person Team Kata
<i>Varvara Nicolaou :</i>	12-15 Individual mixed Kata
<i>Kludia Barylska :</i>	9-12 Individual mixed Kata



On Sunday 28th November a few of us went to a Kata and Kumite competition in Essex. There were two other Clubs attending, Tokon Do and Furi-Sutairu Shotokan.

We arrived at the Dojo in Essex at 10am all nervous but ready to get started. We were freezing cold but got changed into our Gi's and went through any last minute preparations.

The Competition started at 11am, after a group photo was taken. Sensei Len Norman (of Tokon Do), Sensei Alan Sadler (of Bu Jutsu Ryu) and Sensei Dave Tredwell (of Furi-Sutairu Shotokan) all took their places behind the Judges desk.

Kata's were first, starting with the lowest age category through to the Seniors. It was a tense wait for those who were anxiously waiting for their name to be called. Eventually we all had our turn and performed two Kata's each. And were relieved when it was over. Overall we were satisfied with our performances and only had a few minor mistakes.

We had lunch and then went straight into the 2 person Team Kata's, followed by the 3 person Team Kata's. We found this a much harder task as you had to perform the same movements at the same time. Nevertheless we tried our best and it was over in no time.

Due to some students receiving the same mark in the same category, they had to perform another Kata. Sempai Daniel Bailey was called up for the Individual mixed Senior Kata and Sempai Debbie Ayres, Steve Noone and Jeremy Burrows were called for the 3 person Team Kata. Sempai Daniel Bailey decided to choose a different Kata to what he did in the first round and went for Gekisai Sho. For the 3 person Team Kata, we decided to chose the 1st Kata we had performed as we knew we could do better than we had in the 1st round. We chose Tsuki No Kata.

By about half 3, it was time for Kumite. Starting with the youngest category and finishing with the Seniors. Again, the students waited nervously for their name to be called and wondered who they would be up against. We all cheered on the students from our Club. They had some stiff competition and there were a few injuries but all in all everyone did well.

武術流空手道

Lastly, it was time to find out how everyone done. Sensei Len Norman listed the categories one by one and told us who came 3rd, 2nd and 1st. Sempai Debbie Ayres received Gold in the Individual mixed Senior Kata and Keiron Sunil received Gold for the 12-15 mixed Kumite.



Sempai Daniel Bailey received Bronze for Individual mixed Senior Kata, Courtney Grover received Bronze for 12-15 mixed Kumite and Sempai Debbie Ayres, Steve Noone and Jeremy Burrows received Bronze for 3 person Team Kata.

All in all the Club came away with 2 Gold medals and 3 Bronze medals.



We had very tough competition and everyone did extremely well. Well done to everyone who competed, you all did really well and should be very proud of yourselves.

Thank you for coming and representing the Club we were pleased to see you there.

Okinawa Diary, 20th July 2008



Today some of us decided to visit the Gyoksendo Cave, to the South of Okinawa. While there, we found out that the cave has 1,000,000 stalactites that started forming around 300,000 years ago.

We were amazed at how old this cave was and that we were walking through it. We were also shocked to find beer was being produced and sold here with a snake inside each bottle! Unfortunately no one was brave enough to try it.



Sporting lumps and bruises from the previous evenings session, we were all set to start training again. We knew what to expect tonight, so before we got into our Gi's to go through the basics, we opened all the windows, as it was still as hot as the previous night and the sweat was still pouring off us.

Next we were to get into pairs with one of us attacking, the other having to block the attacks.



This was quite painful on the bruises that had already formed on our arms. We were all eager to go through the Kata's we learnt yesterday, to see how much we remembered, I for one struggled with Tenchi. The last thing we went through was the Strengthening and Conditioning exercises. We were beginning to get to grips with the format of the classes. Tomorrow it was to change, as we were to be training outdoors at the Naminoue shrine.

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Okinawa Diary, 21st July 2008.

We got to the grounds of the Naminoue Shrine in the blazing sun where Master Yagi met us and explained that it was here he trained everyday for a year while his own personal Dojo was being built.



There were Shrines around the Courtyard where Okinawan's would come and pray. We all put a few coins in each of the collections hoping for some luck.

We were honoured to train in front of the Karate Shrine.

Master Yagi then surprised us by presenting each of us with a personally made sheet of his own Calligraphy.

We couldn't wait to train in this fantastic setting, so we all took our shoes and socks off ready to go.

The format was the same as it was the previous two nights, starting off with some basics and then the dreaded Strengthening and Conditioning. This wasn't getting easier with time as the bruises were getting bigger.

Sanchin Kata was the next on the list. This time some of us were to be tested in our stances. Sensei Alan was lucky enough to be tested by Master Yagi himself. "I was praying to be tested by Master Yagi. Then Master Yagi stood behind me and hit down on my shoulders. I felt shock waves run through my whole body, all the way to my feet. It was amazing and such an honour to be tested by Master Yagi, who has been tested this same way by Masters before him!"

We moved onto Tenchi after that, which was a case of copying the Okinawan students as we still couldn't remember the moves. Master Yagi told us what we were doing wrong and how to improve our Kata.

Lastly we got in a big circle and went through some basics on the spot. This was a great start to the morning.

After this Master Yagi took us to a Temple where we were honoured to be allowed into a small holy garden around the back. It was a tranquil place with beautiful scenery.

Master Yagi then took us to an unbelievably beautiful Chinese Garden. This was like a secret garden we wouldn't have realized existed, with waterfalls, lakes and temples hidden away in this wonderful place



We didn't think this day could get any better, but Master Yagi surprised us yet again by taking all 20 of us to his apartment!

His wife even made us all drinks after our exhausting morning. We then went to the fourth floor to where his private Dojo was. What an honour to be taken into this great Masters home and Dojo. He was a genuinely nice, humble man.



(To be continued in the next Newsletter).

Profiler.

Name: Alex Noone
Belt: 4th Kyu
Club Location: St Antony's



- 1. What's your favourite and least favourite kata?**
Favourite - Pinan Sono Yon Least Favourite - Pinan Sono San
- 2. What made you want to start karate?**
My Dad but now it is fitness and self defence
- 3. How long have you been doing karate?**
Since 14/07 2008
- 4. What's your favourite and least favourite arm technique?**
Favourite - Tettsui Komi Kame Least Favourite - Uchi Uke
- 5. What's your favourite and least favourite leg technique?**
Favourite - Tobi Mae Geri Least Favourite - Mae Geri Jordan
- 6. What's the one thing you think you need to work on?**
Power
- 7. What's your favourite and least favourite stance?**
Favourite - Kumite Least Favourite - Zenkutsu Dachi
- 8. What do you like and dislike about karate?**
I like learning new skills and dislike grading
- 9. What do you do in your spare time?**
Football, Trampolining and PS3
- 10. Describe yourself in one word.**
Thoughtfull



Puzzle Section.

Word Search

(find the Japanese Christmas words)

1. Merikurisumasu (Merry Christmas)
2. Akemashite omedeto (Happy New Year)
3. Santakukoru (Santa Claus)
4. Sutokkingu (Stocking)
5. Mikakedaoshi no (Tinsel)
6. Yuki (Snow)
7. Teiji (Presents)
8. Hiiragi (Holly)
9. Kurakkā (Crackers)
10. Rōsutodinā (Roast Dinner)

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E	N	K	R	P	I	K	S	W	G	A	P	K	L	T	O	M	L
R	M	E	F	Ō	N	J	I	A	D	H	I	I	R	A	G	I	K
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U	R	A	E	D	Ā	S	T	S	V	M	A	S	H	A	F	V	H
R	A	F	M	I	N	R	B	O	Y	A	G	K	F	S	T	C	M
I	K	M	A	K	J	T	C	Y	D	T	F	I	U	D	R	Ō	A
S	K	A	Ō	O	A	I	Y	L	H	I	D	H	V	K	E	P	S
U	Ā	S	T	R	S	Y	U	J	Ō	F	N	W	C	Y	O	F	K
M	B	U	I	U	D	H	K	N	M	V	S	Ā	D	T	W	R	D
A	K	E	M	A	S	H	I	T	E	O	M	E	D	E	T	O	U
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If you have any suggestions for the next Newsletter please send them to debbieayres@hotmail.co.uk

武術流空手道