



# Fighting Talk Winter 2010

December 2010

## WIKF (Wales) Summer Course

Issue 4

### Welcome:

Since the last issue things have been pretty busy with no sign of letting up as we start to prepare for the Christmas Season.

We have a few events lined up including an adult and children's Christmas party and not least our Christmas Demonstration.

I Hope you enjoy this issue so until next time,

*Mark Thomas*

This years summer course was held at Pembrey country park and I'm glad to report that the weather held out for us.

We set-off bright and early arriving at our destination in good time for a full day of fun and games.

After setting up camp we got straight into training making the most of the soft sand to practice throwing techniques.



We followed this with practicing a few traditional kneeling defences (Idori) which the children seem to enjoy, Although by this point the wind had picked up and was making things a little difficult, this made it a good point to break for lunch.

After lunch all adults and children broke into three teams in preparation of the WIKF (Wales) Games. Each team scored points for the position they came in each activity, with 10 points for first place, 8 for second and 6 for third.



Team captains for the events were Jenny 'the hat' Evans, Chris 'dislocated finger' Thomas and Dai 'gyakazuki' Stephens.

All captains got straight into the team spirit with the first game. This involved a relay race to fill a 1 litre bottle held on the team captains



head. As you can imagine most of the water ended up over them.

The kids and adults enjoyed so much we couldn't resist having one more quick game before moving onto the next event.

After this the competition continued with more team

events and a few one on one games.

After a quick check on the scores Team Jenny we're leading by two points, the title of WIKF (Wales) Games Champions was still anyone's for the takings.

The final two events involved trust and team work. In the first of these events each team member took turns to be blindfolded, spun around a few times before being guided to cut a watermelon in half with a Bokken (wooden sword).

I must say that the Dai 'gyakazuki' Stephens found his forte with his suburb six sense on the melons position. *Continued page 2....*

### Inside this issue:

Summer Course /  
Guess Who? 2

Grading News 3

Pinan Nidan 4

New website  
Su-Ha-Ri 6

Events 7

Kiai 8

So was David's expertise, he has now been re-christened as 'The Melon Man'.



for the intermediate and advance sections of the quiz.

I never realised that Renwaku waza meant fighting technique..... and that Wado Ryu translated as karate-do ;-)

Finally the scores were counted and the winner announced.

- 1st place - Team Jenny
- 2nd place - Team Chris
- 3rd place - Team Melon Man

Whilst the parents packed up, the children along with some of the bigger kids (adults) jogged down to the sea for some final fun and games.

The day was now drawing to an end with everyone having thoroughly enjoyed. It was then a quick clean up and back to the bus for the return journey home.

Everyone really enjoyed and didn't want the day to end; we had one last surprise in store, a stop off at Mac Donald's one the way home.



After this we broke into our teams again where each group was given 24 questions to answer, the quiz was broken into three sections; beginner, intermediate and advanced.

After this was the final marking and the long wait to see who were the winners of the first WIKF (Wales) Games.....

I must say that all the beginners did exceptionally well answering all questions, showing that they do actually listen in class. I am sorry to report that this was no quiet the case

The water was surprisingly warm. Especially after twenty children decided to jump on you and dunk you head first into the sea.



As you can imagine a surprise visit of a coach load of people was quite a shock and I couldn't help but feel sorry for the young girl taking our order when we asked for 20 happy meals, 10 Big Mac's.....

We hoped everyone enjoyed so until next year.

## Guess Who??

Just for fun can you name the karate-ka being shown how to do a full splits by one of our junior members?

*Clue: Don't be fooled by the hair.*

The answer can be found at the bottom of page 7.



## Grading News

The last grading was held on the 4th September and saw 40 of our students attempting various grades. I'm glad to say that all students were successful and demonstrated a good technical ability.

I would also like to thank our junior members as it was a long day and they were all very well behaved and were excellent ambassadors for their respective clubs.



## Juniors

### 9<sup>th</sup> Kyu

Ellie Pop  
Aidan McGinn  
Owen Hillman  
Dylan Blackmore  
Orla Blackmore  
Iwan Blackmore  
Leon Kerswell  
Emily Kerswell  
Luned Davies  
Mia Griffiths

### 9<sup>th</sup> Kyu

Molly Jones  
Andrew Jones  
Reuben Griffiths  
Zakary Griffiths  
Alicia Williams  
Caitlin Harris  
Cameron Davies  
Erin McGinn  
Kacey Morgan  
Jan Ansari

### 8<sup>th</sup> Kyu

Hannah Griffiths  
William Thomas  
Catlin Wathen

### 7<sup>th</sup> Kyu

Shane Powell  
Lawson Bailey  
Patrick Grey

### 6<sup>th</sup> Mon/Kyu

Abigail Orrin  
Aimee Morgan  
Ethan Davies

### 5<sup>th</sup> Mon/Kyu

Amber Davies  
Alexandra Frost  
Chaitanya Sharma  
Abigail Harris  
Jack Holmes

## Seniors

### 7<sup>th</sup> Kyu

Kirsty Pascoe  
Ian Rattenbury  
Christopher Thomas

### 6<sup>th</sup> Kyu

Christian Sheldon

### 5<sup>th</sup> Kyu

Adam Maclean



和道園  
際空手道連盟

## Pinan Nidan

The Pinan 'peaceful mind' series of kata originated from Okinawa and were originally adapted by Anko Itosu from a kata called KuShanku.

They have been adopted into all main styles of karate as they make an excellent introduction for beginners before moving on to more advanced kata.

Pinan Nidan is actually the second Pinan kata as its name suggests 'Ni - Two' but is normally taught first as it has less techniques and its movements are more fundamental.

Below we see Abigail Orrin demonstrating Pinan Nidan.



1. Stand with your feet together and hands on your side in Musubidachi.



2. On the command 'Yoi' move your left foot then right foot while clenching your fists.



3. Step out with your left foot into Mahanmi No Nekoashi while performing a downward hammer fist block.



4. Step forward and punch right Junzuki.



5. Step back with your right leg preparing to turn through 180° and block Gedan Barai.



6. Block Gedan Barai with your right hand.



7. Draw your right foot back and block Tetsui Otoshiuke (downward hammer fist block).



8. Step and punch left Junzuki.



9. Step anticlockwise with the left foot and block Gedan Barai.



10. Step forward with the right foot and block Jodan Uke.



11. Step forward with the left foot and block Jodan Uke.



12. Step forward again with the right foot blocking Jodan Uke and Kiai.





13. Turn to the left 225° and block Gedan Barai with your left hand.



14. Step in the same direction and punch right Junzuki.



15. Turn to the right 90° and block right Gedan Barai.



16. Step in the same direction and punch left Junzuki.



17. Turn 45° and block Gedan Barai with your left hand.



18. Step with your right foot and punch Junzuki.



19. Step and punch left Junzuki.



20. Step and punch right Junzuki and Kiai.



21. Turn left 225° on your right foot into Mashomen No Nekoashi. Place your left hand on your right.



22. Step out with your left foot into Shikoashi Dachi striking Nukite (spear hand).



23. Step through with your right foot again in Shikoashi Dachi striking right Nukite (spear hand).



24. Turn through 90° to your right into Nekoashi dachi. Right hand on top of left.



25. Step out with your right foot into Shikoashi Dachi striking Nukite (spear hand).



26. Step out with your left foot into Shikoashi Dachi striking Nukite (spear hand).



27. Step back with your left foot into Shizentai.



28. Return to Musubidachi moving the left foot then right.

As some of you may have noticed we launched a new website in October this year to make it simpler to keep you informed about what's going on. If you haven't seen it yet we would appreciate it if you take a look and let us know what you think.

You can find it at [www.wadokarate.co.uk](http://www.wadokarate.co.uk) or [wales.wikf.com](http://wales.wikf.com)

Apart from keeping you up to date with news and events you can also find a lot of resources and information about our instructors, style of karate and technical help.

You are also able to join our mailing list, to do this you can either provide your email address to your club instructor or log onto our homepage and follow the onscreen instructions.

One last thing in order to celebrate the launch of our new site we are offering a weeks free training for those of you who are alert and observant enough to spot our hidden student somewhere on the site. Again more info can be found on our homepage.



## Su Ha Ri

**Su Ha Ri** is a term the Japanese use to describe the overall progression of martial arts training, as well as the lifelong relationship between a student and his or her Sensei, instructor.

**Su** can either mean "to protect" or "to obey." The dual meaning of the term is aptly descriptive of the relationship between a martial arts student and teacher in the student's early stages, which can be likened to the relationship of a parent and child. The student should absorb all the teacher imparts, be eager to learn and willing to accept all correction and constructive criticism. Su stresses basics in an uncompromising fashion so the student has a solid foundation for future learning, and all students perform techniques in identical fashion, even though their personalities, body structure, age, and abilities all differ.

**Ha** is another term with an appropriate double meaning: "to break free" or "to frustrate." Sometime after the student reaches black belt level, he or she will begin to break free in two ways. In terms of technique, the student will break free of the fundamentals and begin to apply the principles acquired from the practice of basics in new, freer, and more imaginative ways. The student's individuality will begin to emerge in the way he or she performs techniques. At a deeper level, he or she will also break free of the rigid instruction of the teacher and begin to question and discover more through personal experience. This can be a time of frustration for the teacher, as the student's journey of discovery leads to countless questions beginning with "Why...".

**Ri** is the stage at which the student, now a high ranking black belt, separates from the instructor, having absorbed all that he or she can learn from them. This is not to say that the student and teacher are no longer associated. Actually, quite the opposite should be true; they should now have a stronger bond than ever before, much as a grandparent does with their son or daughter who is now also a parent. Although the student is now fully independent, he treasures the wisdom and patient counsel of the teacher and there is a richness to their relationship that comes through their shared experiences. But the student is now learning and progressing more through self-discovery than by instruction and can give outlet to his or her own creative impulses. The student's techniques will bear the imprint of his or her own personality and character. Ri, too, has a dual meaning, the second part of which is "to set free" As much as the student now seeks independence from the teacher, the instructor likewise must set the student free.

Ultimately, Su Ha Ri should result in the student surpassing the master, both in knowledge and skill. This is the source of improvement for the art as a whole. If the student never surpasses his master, then the art will stagnate, at best. If the student never achieves the master's ability, the art will deteriorate. But, if the student can assimilate all that the master can impart and then progress to even higher levels of advancement, the art will continually improve and flourish.

# Events 2010



Issue 4

You will find below a list of the key events as this year draws to an end, there are many other events and competitions, details of these will be provided as and when they are become available.

**Grading Schedule** - There are no grading before Christmas, our first grading of 2011 under Sensei Keith Thomas 7th Dan. will be held on;

- 9th February 2011 (to be confirmed)
- 7th May 2011

Please remember that you must have trained for a minimum of 3 months between gradings and have attended 25 lessons before being eligible to grade.

## WIKF (Wales) Christmas Parties

### Junior Xmas Party - 11th December (7.30pm till 9.00pm)

For this year we have decided to hold our juniors Christmas party at PLAYZONE Swansea. We have hired the whole place for ourselves and arranged food and drink, so everyone should have an excellent time. As you can imagine this is proving to be very expensive with a junior section of up to 60 members, so please could you take the time to have a look at the below details reference our Christmas demo of which all money raised will be used to fund this event for our children.

Also, in order for us not to waste any time (as we are limited to an hour and half) please be prompt on arriving (7.30pm).

### Adults Xmas Party

I hope you are all able to make the effort to attend this years get together. Its been a long year and it would be nice to see both our senior students and Parents of our juniors to attend this night out (more info to follow).

### WIKF (Wales) Demonstration

In order to raise money to allow us to fund this years children's party we will be putting on a Christmas Demonstration.

The demonstration will consist of overview of our style of karate whilst showing what our students have learnt over the last months, year. All money raised will be put toward our children's Christmas party.

**Venue:** Briton Ferry Community Centre

**Date:** 4th December

**Time:** 4.00pm Start

**Price:** £3.50 Adults, £2.00 Children.



和道園  
際空  
手道  
連盟

**Wado International  
Karate-Do Federation  
(Wales)**

For more information please  
contact Mark Thomas  
Phone: 07855 524301  
E-mail: mark@wikf.com  
or visit:  
www.wadokarate.co.uk  
or www.wikf.com

### Dojo List:

#### **St Catherine's Church Hall:**

##### Children

Tue / Thurs—6.00pm till 7.30pm

##### Adult

Tue / Thurs—7.30pm till 9.00pm

#### **Aberdulais Community Centre:**

##### Children

Mon / Fri: 6.00pm till 7.30pm

##### Adults

Mon 7.30pm till 9.00pm

#### **Crynant Community Centre:**

Wed 6.30pm till 7.30pm

## Kiai (Shout)

This is one part of the martial arts which has been highlighted by Hollywood, I'm sure everyone can recognise the distinct Kiai of the late Bruce Lee. Although of its popularity in the film industry it is often misunderstood and neglected in the dojo.

The following extract is from Sensei Suzuki's book 'Karate-Do'.

Kiai is the art of developing fighting spirit, almost of self-hypnosis, by extreme mental concentration. In order to perform one's attacking or blocking techniques properly, it is necessary to develop perfect concentration of spirit and strength. Only if you concentrate your whole strength in your abdomen and maintain perfect balance, will you achieve the art of aggression and knocking your opponent down with one blow.

### **Kind of Kiai**

#### (a) *Kiai without Yelling*

When warding off the opponent's kiai, you must also put your strength in the abdomen in order to keep up your courage. When the opportunity to attack comes, you must use your kiai in attacking - i.e. put your strength in your abdomen, concentrate your whole effort on the punch or kick.

#### (b) *Kiai with Yelling*

This is the same as the kiai described above, but the difference is that you yell at the same time. In yelling you

must yell from the whole of your body, not only from your mouth.

The sounds made in 'Kiai with yelling' are *ei, oh, ya, oya* and so on. *Ei* is the easiest to yell. The object of yelling is to weaken the opponent's attack or to put him off his guard, and so one must yell properly in each given situation.

It is important to practice yelling with out restraint and at the top of you voices, preferably in a deserted place! It is said there was once a student of karate who improved his yelling after hearing a lion roaring in the zoo!

