



Fighting Talk Winter 2010

February 2010

WIKF (Wales) Summer Course

Issue 2

Welcome:

Welcome back to the latest issue of 'Fighting Talk', it's been a few months since the last issue and as such we have quite a bit to catch up on.

I also have some very good news, our Chief Instructor Keith Thomas has been promoted by Sensei Suzuki to 7th Dan making him one of the most senior instructors within the WIKF.

Regards,

Mark Thomas

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I'm glad to report that our last summer course was a great success and although the weather continued to be a concern right up to the last minute but when the time came, 32 of our members turned out for the outdoor training at Merthyr Mawr.

We started the day with a friendly race around camp to warm up.



This was followed with some pair work to practice a few take down techniques and various locks.



It was then time for a spot of lunch before the long walk to the sea, but not without stopping for some fun and games along the way.

First was the race up to top of one of the larger sand dunes and then the long jump competition off the other end.



Above Daffyd Davies shows us a fine Tobigeri.....

After a half an hour stop off it was time to get on the move again, and with the sea in sight the children were getting excited and the adults getting nervous as to what was in store once we hit the beach.

Once at the beach it was straight into the water to get wet.....

Although I must say a few people took a little persuading, or should I say soaking, to get them in the mood, but once in the sea everyone had great fun.



We then got straight into some water training including practicing some more difficult throwing techniques while we had the water to soften our landings. It was then time for some aqua exercises including underwater press-ups and sit-ups.



With the day drawing to an end and a long walk back to base camp in front of us we finished off with a quick race.

The teams were picked and it was 10 spins before making the dash into the sea to collect some water and



sprint back to the start line.

The spin was disorientating enough but adding the movement of the tide we saw a number of people lose their balance and getting a soaking. (cont. page 2)

WIKF (Wales) Summer Course cont....



WIKF Members at Merthyr Mawr

It was then the long walk back to base camp, which proved to be particularly tiring for some of our smaller members.



After a tiring day everyone was back bright and early the next morning for the WIKF (Wales) interclub competition. We saw a number of great fights with competitors ages spanning 4 decades.

All in all it was an excellent weekend and I would like to thank everyone who participated.

We are already in the planning stages for next years event and will inform you of the details once finalised.

Competition News

Results Bushi Kai Open - October 2009

1st Place

Abigail Harris

2nd Place

Angharad Jones

Daffyd Davies

Abigail Harris (Kata)

3rd Place

Amber Davies

Adam Maclean

Colin Jones

Katie Evans

Jenny Evans

Janice Lacey

Last year we saw an increase in the interest to compete at local competitions and as such we have ran a number of kumite based classes in preparation. I am glad to report that in the last competition of the year, Bushi Kai Open we had our biggest haul of medals with 10 trophies coming home.

As you are aware this years WIKF National Championships were cancelled and have been rescheduled for 17th July 2010. This will be the major date in this years calendar as it will be the stage to decide whether we take a team to this years European Championships in Venice, Italy.

Guess Who??

Just for fun can you name the young karate-ka pictured to the right?

The answer can be found at the bottom of page 4.



Grading News

There have been a couple gradings since the last issue and we have seen many students progressing through the ranks...

To the right you see Amy Harris during a recent grading performing a fine round house kick.



Grading at Llangatwg Comprehensive August 2009

Juniors

9th Kyu

Tyler Williams
Lawson Bailey
Shane Powell
Hannah Griffiths
Nathan Williams

8th Kyu

Christian Sheldon
Caitlin Jones
Lloyd Thomas
Kieran Pugh
Christopher Davies
Georgia Harris
Erin Sandison

7th Kyu

Ethan Davies
Aimee Morgan
Jarrod Thomas
Abigail Orrin
Jayde Davies
Jade Greig

6th Mon/Kyu

Dafydd Davies
Abigail Harris
Chaitanya Sharma
Alexandra Frost
Amber Davies
Branden Humphreys

5th Mon/Kyu

Tameeka Germon
Harris Beck

4th Mon/Kyu

3rd Kyu

2nd Kyu

1st Kyu

Katie Evans
Daniel Harris

Seniors

8th Kyu

7th Kyu

Adam Maclean
Sally Ann Clark
Angharad Jones

6th Kyu

Stephen Jones
Colin Jones

5th Kyu

Jenny Evans

4th Kyu

3rd Kyu

2nd Kyu

1st Kyu

和道園國際空手道連盟



Sensei Suzuki

As most of you are most probably aware Sensei Suzuki was diagnosed with stomach cancer a little while ago and has undergone surgery to remove the disease. He is recovering well but as you can imagine the operation has taken its toll on him and his road to recovery will be a long difficult one.

I have passed all our thoughts and best wishes onto him via his wife and we all remain fingers crossed that he makes a full and speedy recovery.



Katie Evans with Sensei, I hope he's not laughing at her karate.



Master Suzuki with members of WIKF (Wales)
In Stratford upon Avon

Sensei Keith Thomas

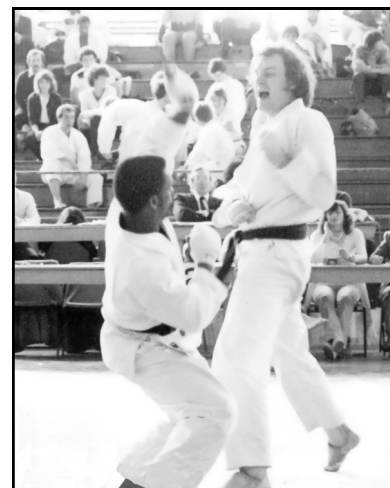
Sensei Keith Thomas was born in Neath and became interested in Karate after his brother David enrolled for lessons at the Seki Ryu Kan in Swansea. *(This was the first Wado Ryu club to open in Wales and was run out of Alan Pethlebrige's Judo club).*

Teaching at the club were two instructors, the late Sensei Toru Takamazwa and Professor Tatsuo Suzuki. Due to his keen interests in athletics he progressed through the ranks and became one of the first people in Wales to obtain a black belt in Wado Ryu.

From this point on Sensei Thomas has continuously trained in karate and has represented his Country in both kumite and kata both at National and International level.

Sensei Thomas is regarded as one of Sensei Suzuki's senior instructors and is the Chief instructor for WIKF (Wales).

He currently holds the rank of 7th Dan making him amongst only a handful of people to have this grade directly awarded to them by Sensei Suzuki.



Events 2010

Below you will find a list the key events this year, there are many other events and competitions, details of these will be provided as and when they are become available.

Grading Schedule - with Sensei Keith Thomas 7th Dan

- 6th March
- 24th April
- 19th June
- 28th August

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.

Local Courses

Kata / Pre Grading

27th February
10th April
5th June
21st August

Kumite (Fight Training)

20th March
16th May

WIKF National Championships

This years national championships will take place on the 17th July. More details will be provided once available.

WIKF European Championships

This important event will be held in Venice, Italy. Due to the size of the event the competition will be spread out over the 24th, 25th and 26th September 2010. Depending on how the we fair on the competition circuit this year will determine whether enter a team from Wales.

WIKF World Championships

It has been provisionally decided that the next World Championships will take place in Texas, USA in 2011. As details become available we'll keep you posted in following issues of 'Fighting Talk'.

Other Tournaments

UK Open Championships - Sunday, 28th February, Stourbridge
Welsh Bushi Kai - Sunday, 21st March, Port Talbot
UMA Open - Saturday, 10th July, Stoke-on-Trent
UK Open Championships - Sunday, 19th September, Stourbridge
Welsh Bushi Kai - Sunday, 3rd October, Port Talbot
UMA Open - Saturday, 9th October, Stoke-on-Trent

和道園
際際
穴手
道連盟

Spot the Difference

In the below pictures you will find 10 difference, can spot them all?

(Picture features Jenny Evans, Jan Lacey and Angharad Jones at the WIKF (Wales) interclub competition)

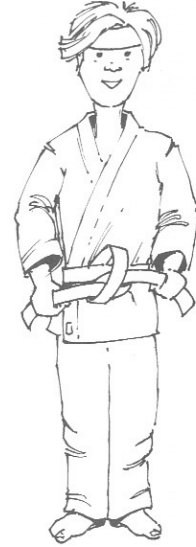
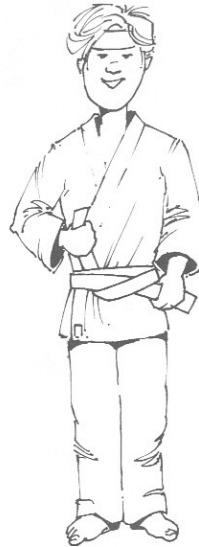
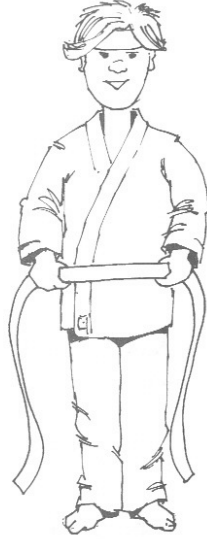
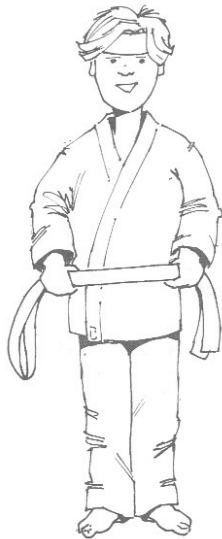


How to tie you Obi (belt)



Although relatively straight forward once practiced a few times the tradition of tying your obi (belt) correctly quite often proves difficult for many. It is both good practice and shows respect to your instructor to ensure your obi is knotted in the correct manner.

Below is a step by step guide for those of you who are a little unsure;



Step 1

First we start by folding your obi in half, (this find the centre of you belt)

Step 2

Place the centre of the obi against the middle of your stomach.



Step 3

Feed the obi around your back crossing it over to give extra support to lower back. Then bring both ends round to your front.

Step 4

Cross the right hand end over the left end and tuck it under all the others. (you should end up with the right end pointing up and the left end pointing down).

Step 5

Adjust the tightness of your obi so that it is comfortable, now finish the knot by passing the end on top over and through the one on the bottom to form a knot.

Both ends should be of equal length, if not you should start again.

Finally tighten firmly to ensure it doesn't unravel during training.



和道園
際空
手道
連

**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:

Tue / Thurs—6.00pm till 9.00pm

Llangatwg Comp. School:

Mon / Wed—7.30pm till 9.00pm

Aberdulias Community Centre:

Mon / Fri: 6.00pm till 7.30pm

Crynant Community Centre:

Wed 6.30pm till 7.30pm

Karate and the Japanese Language

As we practice a traditional form of Wado Ryu the majority of our commands are spoken in Japanese. This can be confusing at first but with some simple tips on pronunciation it will feel far less daunting.

Pronunciation (Short Vowels)

A as in father

E as in get

I and in sweet

O as in open

U as in food

Long Vowels

Long vowels are often indicated by macrons; and should be pronounced the same as short vowels but the sound is double the length.

The length of the **o** in soto (the outside) is similar to the **o** in oil.

The length of the **o** in dōjō (place of the way) is similar to the **o** in torch.

Vowel Combinations

ei as in day

ai as in alive

ou as in floa

au as in out

chi pronounced as chee

ite pronounced as eetay

gya pronounced as geea

tsu pronounced as dzoo

Common words found in Wado

SEIZA - Sit traditionally, in the zazen, or kneeling position.

REI - Bow

TACHI REI - Standing Bow.

SENSEI NI REI - Bow to the instructor.

OTAGAI NI REI - Bow to your fellow classmates.

KIRITTSU - Stand Quickly.

CHUDAN - (Middle) Mid- area of the body from the waist to the shoulders.

GEDAN - Lower area of the body from the hips down.

JODAN - (High) Upper area of the body from the neck up.

MUSUBI DACHI - Attention stance (heels together toes apart).

HEISOKU DACHI - Narrow stance (heels and toes together).

NEKO ASHI DACHI - Cat-leg stance.

ATEMI - Strike.

TSUKI - Fist strike, punch.

JUNZUKI - Stepping front-hand punch.

GYAKUZUKI - Reverse punch.

URAKEN - Back-fist.

SHUTO - Knife-edge of the hand.

TETSUI - Hammer-fist.

HAITO - Ridge-hand.

EMPI - Elbow

MAE GERI - Front snap kick.

MAEWASHI GERI - Roundhouse kick.

SOKUTO GERI - Kick with edge of foot.

USHIRO GERI - Back kick (striking surface: heel of the foot).

HIZA - Knee.

