



Fighting Talk Spring 2009

May 2009

New Club Gets Kick Start

Issue 1

Welcome:

Welcome to the first newsletter of 2009 and already we have lots to talk about.

Because it has been some time since the last newsletter I'm going to cover some of the high points of last year in addition to some of the more recent and up and coming events.

Regards,

Mark Thomas

2008 was a busy year which saw two new clubs open, one in Aberdulais and the other at Llangatwg Comprehensive School.

To celebrate the opening of the Aberdulais dojo, members of WIKF (Wales) performed two consecutive demonstrations, one in Aberdulais community centre the other in Cilfrew. The demonstration covered a wide range of traditional Wado Ryu karate with our junior members demonstrating basic techniques, kata and some self defence routines.

One of the crowd's favourites was the demonstration by Sensei Phil

Holmes and son Jack who performed a fight routine.

Our senior members then went on to perform more advanced kata and techniques including Tamashiwari (wood breaking), Tanto Dori (knife defence) and Tachi Dori (Sword defence).

All in all it was a good two days and I would like to thank everyone involved for their time and commitment, it was good exposure for the association and a bit of fun for us all.



Jack Holmes demonstrating with his father at Cilfrew Community Centre

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*Lydia Stephens, Katie Evans, Kat Gilbertson
Demonstration
Pinan Godan*



*Junior members
demonstrating
basic techniques*



*Mark Thomas and Phil Holmes
Demonstrating Tachi Dori
(Sword Defence)*

Competition Success



Jenny and Jan at the Afan Lido
Welsh Bushi Kai Open 2008

It was a slow start to the competition season last year with us only winning the odd trophies here and there.

I'm glad to say that by October's Welsh Bushi Kai Open Tournament Jenny Evans and Jan Lacey managed to turn things around somewhat by picking up first and second places in the senior ladies category at the Afan Lido.

In particular we saw our own Harrison Beck in the under 10's category fighting his way through 6 rounds to take bronze medal.

Thanks to all who competed and for the spirit and sportsman like behaviour you exhibited.

As for 2009 and we are off to a great start, we have taken teams to two tournaments and already we have racked up 7 medals. Both events saw everyone compete at a good standard with some nail biting karate.



Harrison Beck
Scoring with
Mawashigeri Chudan



Medal Count 2009

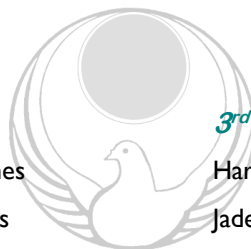
1st Place

Jan Lacey



2nd Place

Angharad Jones
Stephen Jones



3rd Place

Harrison Beck
Jade Davies
Colin Jones
Katie Evans



We have a long season ahead with a number of invitations to local and national level competitions. As such we have added a number of Kumite training courses into this years calendar were we will be working on speed, fitness and competition techniques.

In September this year we will be taking a team to our WIKF National Championships in London. We will be stepping up training in the lead up to this tournament so clear your calendars and get ready.....

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

On the grading front 2008 was a busy year with many of our students passing gradings while demonstrating a high level of karate.

In particular we saw Kat Gilbertson, Katie Evans and Daniel Harris achieving 2nd kyu (brown belt) taking them a step closer to prestigious black belt!!!!

So far in 2009 there have been two gradings and already two students have achieved 3rd Kyu (Aled Littlewood, Alec Bevan).

The list below shows those students in 2009 who have successfully passed various kyu gradings.



Grading at Aberdulais September 2008

Juniors

9th Kyu

Stephanie Jones
Jodie Gould
Abigail Orrin
Erin Sandison
Christopher Davies
Kieran Pugh
Liam Thomas
Caitlyn Thomas

8th Kyu

Chaitanya Sharma
Jade Grieg
Amber Davies
Alexandra Frost
Jarrod Thomas
Jayde Davies
Ethan Davies
Ffion Davies
Jaynie Reynolds

7th Kyu

Thomas Michael
Brandon Humphrey

6th Mon/Kyu

Tameeka Germon
Daffyd Davies
Abigail Harris
Zoe Reynolds

5th Mon/Kyu

Holly Hopkins
Jack Holmes

4th Mon/Kyu

Rhys Herbert

3rd Kyu

Aled Littlewood
Alec Bevan

2nd Kyu

Kate Evans
Daniel Harris

1st Kyu

Seniors

8th Kyu

Chris Thomas
Phil Clark
Sally Ann Clark
Angharad Jones
Jonathan Lewis
Adam Mac Clean
Rhian Jones

7th Kyu

Colin Jones
Stephen Jones

6th Kyu

5th Kyu

Andrew Thomas

4th Kyu

Anthony Jones
David Stephens

3rd Kyu

2nd Kyu

Kat Gilbertson

1st Kyu

和道園國際空手道連盟



Sensei Suzuki

In 2008 a number of our members make the trip to London and Stratford upon Avon to train with Professor Suzuki.

Both weekends were very technical covering many things including advanced kata, Idori (kneeling defence), Tanto Dori (knife defence) and Tachi Dori (Sword defence).

For some it was the first time to train with Sensei but they soon came to dread his watchful eye and his "no good, again....." as he repeatedly made us practice any mistakes.

Both were physically tiring weekends with 3 hours of training on the Friday, Saturday and Sunday; our feet were sore and we ached all over but nevertheless I'm glad to say everyone enjoyed.



Master Suzuki with members of WIKF (Wales)

The next opportunity to train with Sensei Suzuki is on the 31st July in Stratford upon Avon. There are a number of people from WIKF (Wales) attending, so if you are interested in attending please speak with one of your club instructors who will be able to provide further details, alternatively visit

www.wikf.com.

Sensei Suzuki's Story

Professor Tatsuo Suzuki was born in Yokohama in 1928 and became interested in Karate at the age of fourteen. He was taught by Professor Hironori Ohtsuka, the founder of the Wado-Ryu Karate. Within six years of beginning his study of Karate, Professor Suzuki was awarded his 3rd Dan. In 1951 he was awarded the then highest grade in Wado Ryu karate, 5th Dan, for his outstanding courage and ability.

In addition to his accomplishments in Karate, Professor Suzuki is a 2nd Dan in Tenshin Koryu Bo-Jitsu (stick fighting) and a 1st Dan in Judo. He has also studied Zen doctrine with the high priests, the late Genpo Yamamoto and Soyen Nakagawa.

In 1975 he received his eighth Dan, the highest grade ever given by the Federation of All-Japan Karate-Do organisations, Wado-Kai. In that year he also received the highest Japanese martial arts title of 'Hanshi' awarded to him by an uncle of the Emperor Higashikuni. Professor Suzuki is the only living person with this title in Wado-Ryu. The only other person was the late Professor Ohtsuka.

Suzuki Hanshi is now the chief director for the Wado International Karate-do Federation with fifty one member countries of which Wales is one.

和道流

Japanese Kanji for Wado Ryu

Events 2009

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.



Issue 1

Grading Schedule - with Sensei Keith Thomas 6th Dan

- 21st June
- 16th August
- 18th October
- 13th December

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

- 7th June
- 2nd August
- 4th October

Kumite (Fight Training)

- 12th July
- 20th September
- 15th November

Master Tatsuo Suzuki Summer Course

Venue: Stratford Upon Avon High School

Alcester Rd, Stratford Upon Avon, Warwickshire, CV37, 9DH

Training Schedule:

Fr. 18.00 PM - 21.00 PM

Sat. 10.00 AM - 13.00 PM

Sun. 10.00 AM - 13.00 PM

If you are interested in attending please speak with your club instructor.

WIKF National Championships

This years national championships will take place on the 13th September, the exact venue has yet to be confirmed but it will be in the London area. More details will be provided once available.

Japan Trip

Sensei Suzuki is organising a trip to Japan for WIKF members, the date has been confirmed to be 4th-17th April 2010 and the cost £2,200 on an all inclusive (excluding flight).

If anyone is interested in attending please speak with Mark Thomas (07855 524301).

Other Events / Competitions

Welsh Karate Association Open - 13th June, Afan Lido

United Styles British Open – 20th September – Dudley, Midlands

Welsh Bushi Kai Open - 4th October, Afan Lido

Welsh Karate Association Open - 10th October, Afan Lido

和道園
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WIKF (Wales) Summer Course 2009

This years summer course is will be spread out over two days. On day one we are seeing a change of venue from the last course that was held a Pembrey Country Park, and day two has been changed from a grading to our interclub Phil Holmes Memorial Shield Competition.

The event will take place on 25th – 26th July.

Day One

This years outdoor training will be hosted at Merthyr Mawr, for those of you who have been there before you will be quite aware of the awesome size of some of the dunes.

It will be a fun day and as usual food and transport will be provided. All are welcome, adults, children, and parents and as such for those interested parents we will be holding an hour's session where you can join in and try your hand at some karate!!!!!!

Please bring along sun cream and a change of clothes as it is likely we will be getting wet.

Itinerary

10am	– Pick up at Neath / Crynant
11am – 1pm	– Training
1pm – 2pm	– Lunch
2pm - 4pm	– training
4pm – 5pm	- Parent karate training
5pm	– Pick up to return home

Day Two

This event has become a regular interclub competition in memory of the late Philip Holmes who was a key member on Neath Wado Kai for many years.

The tournament will cover both Kumite and kata competitions and there will be categories for all to have go. The competition will come to a finale with a team battle for the shield.

Cost

The two day event will cost £35 with a £20 deposit required by 26th June.

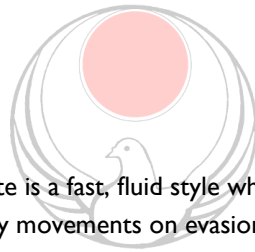
Included in the cost are;

- Food and transport for day one.
- A WIKF (Wales) summer course T-shirt and training bottoms.
- Entry fee for tournament.

If you would like to split the cost of the course by paying in instalment or paying a little extra per lesson please speak with your club instructor who will be more than happy to help.

Also if you are unable to attend both days the spilt in cost is as follows; Day 1 - £30, Day 2 - £5

History of Wado Ryu Karate-Do



The Wado Ryu (*Way of Peace*) school of karate (*empty hand*), was founded by the late grand master Hironori Ohtsuka (1892-1982), the highest karate authority in Japan, who for many years studied the finer points of jujitsu and combined them with Okinawan karate.

Ohtsuka Sensei was already an accomplished master of Shindo Yoshin Ryu jujitsu when Master Gichin Funakoshi introduced karate in Tokyo, Japan. Master Ohtsuka became interested in karate in 1922. By 1928, he was assistant instructor to Funakoshi Sensei. In 1931 master Ohtsuka founded the Wado Ryu style of karate. In 1972, Ohtsuka Sensei was awarded the title Shodai Karate-do meijin Judan (the greatest title possible) from the Imperial Japanese family; this means first generation karate master of the 10th Dan; he was the first Japanese (not Okinawan) to make a style of karate in the form of Japanese budo, thus making it a true Japanese martial art. Master Ohtsuka also received the Shiju Hooshu medal for his outstanding contributions to sport from the government of Japan. He was the only man in the history of karate to be so honoured.

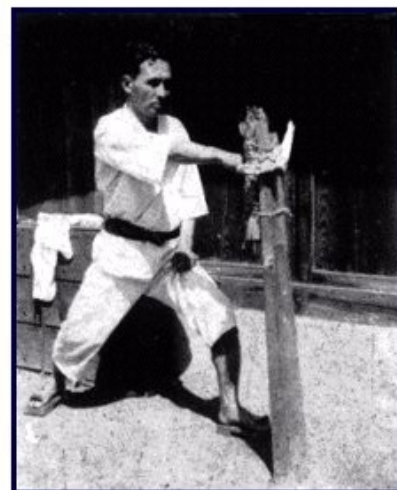
Wado Ryu karate is a fast, fluid style which emphasizes body movements on evasion. Evasion is stressed rather than meeting brute force head on. It's highly characteristic *nagashizuki* exemplifies the style's sophistication. The techniques are light and quick. The practitioner defends by using deflecting movements, and either accompanies it with a simultaneous counterattack or follows it up with an immediate counter strike. Twisting of the hip is emphasized to generate power for the quick snappy techniques. Ohtsuka sensei taught that one's physical movement is a manifestation of one's spirit.

The Wado Ryu system contains:

Kata	Pinan Shodan, Pinan Nidan, Pinan Sandan, Pinan Yodan, Pinan Godan, Kushanku, Naihanchi, Seishan, Chinto, Bassai, Jitte, Wanshu, Rohai, Niseshi, Jion
Kumite	12 Sanbon Kumite, 8 Ohyo Kumite, 10 Kihon Kumite, Jiyu Kumite
Misc.	10 Tanto Dori, 5 Tachi Dori, 5 Idori



Master Ohtsuka and Suzuki



A young Hironori Ohtsuka using a makiwara



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:

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:

Mon / Wed 6.30pm till 7.30pm

Stretching Guidelines and Principles

Flexibility is one of the key components of a balanced fitness program. Without flexibility training (stretching), you are missing an important part of overall health. Flexibility prevents injury, increases your range of motion, promotes relaxation, improves performance and posture, reduces stress and keeps your body feeling loose and agile. Although there is still some controversy over which flexibility exercises are the best and how often one should stretch, the basic accepted guidelines are discussed below.

Use Static Stretching

Static stretching involves a slow, gradual and controlled elongation created by daily activities and exercise.

Warm Up Before Stretching

A warm muscle is much more easily stretched than a cold muscle. Never stretch a cold muscle, always warm-up first to get blood circulating throughout the body and into the muscles. A warm-up should be a slow, rhythmic exercise of larger muscle groups done before an activity. This provides the body with a period of adjustment between rest and activity of the muscle through the full range of motion and held for 15-30 seconds in the furthest comfortable position (without pain). This is the first and most important stretching principle.

For achieving the best results it is recommended that one should stretch

daily, it is said that stretching 5 minutes a day, will have better results than a one off session of 35 minutes a week. Frequent stretching will help you avoid muscular imbalances, knots, tightness, and muscle soreness.

The warm-up should last about 5-10 minutes and should be done at low intensity. Once you have warmed up the major muscle groups, you can now stretch.

Stretch Before and After Exercise

It is recommended that you stretch both before and after exercise, each for different reasons. *Stretching before an activity* (after the warm-up) improves dynamic flexibility and reduces the chance of injury. *Stretching after exercise* ensures muscle relaxation, facilitating normal resting length, circulation to

joint and tissue structures, and removal of unwanted waste products, thus reducing muscle soreness and stiffness. Body temperature is highest right after the cardiovascular exercise program and/or after strength training. In order to achieve maximum results in range of motion, it is highly recommended that you do static stretching at this point in your workout, just after your cardiovascular program and during or after your strength-training program.

