



Fighting Talk Summer 2010

August 2010

Sensei Hiroji Fukazawa

Issue 3

Welcome:

I start this issue of 'Fighting Talk' with the sad news that Sensei Fukazawa has passed away.

His vigour and enthusiasm will be sadly missed. *You can read more about Sensei on the front page.*

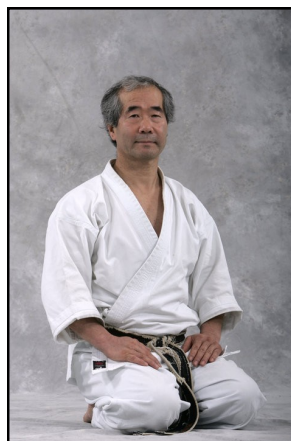
A new item to our magazine will be a regular kata supplement which will allow you to 'cut out and collect' all 15 Wado kata's.

Hope you enjoy,

Mark Thomas

Inside this issue:

May Day in the Melin.	2
Grading News /	3
Kihon Kata	4
Events 2010	5
The Cats Martial Arts Assembly	6
Mokuso	7
Dojo Maxim's and Rules	8



I have the sad new to inform you that Sensei Hiroji Fukazawa passed away on Friday the 11th of June after a long illness.

For those of you who are not familiar with Sensei Fukazawa he was one of our associations most senior instructors and took the role as Head of WIKF (France) and was special advisor to WIKF's technical committee.

He also headed the WIKF as Chief Instructor for a period of time.

Although not being able to

properly. Either way it was great fun and set the scene for a very memorable session.

One of the highlights of Sensei Fukazawa martial arts career was a set of videos he released covering the Kata of Wado Ryu and detailing some of his favourite Kata applications (Bunkai).

The first time I trained with Sensei was during a winter course in London and I remember the warm up vividly as he really went to town with some of the exercises.

It wasn't just the usual press ups and sit ups but something what I can only describe as break dancing moves! Needless to say it was only sensei who could do them

As you can imagine it wasn't too long before these videos found their way onto sites such as YouTube making it a very popular resource for students practice karate across the globe.

Sensei was a very likeable character and if you had the pleasure to train under him or alongside him I'm sure you'll never forget. I have passed all our deepest sympathies to his family.

Mark



Sensei Fukazawa and Suzuki with members of WIKF (Wales)



Sensei Fukazawa demonstrating press ups using spear hand (nukite)

May Day in the Melin

As part of the May Day celebrations this year we saw the junior members of Neath Wado Kai performed a demonstration at the Melin playing fields.

Due to the short notice the pressure was on from the start with only 2 weeks to choreograph and practice a routine for 20 children!



I'm glad to say that everyone rose to the challenge with training stepped up to 4 times a week.

It turned out to be a bigger event than some of us expected with a number of acts performing on the centre ring; including a singer, dance troop and circus act.

However I'm glad to report that nerves didn't get the better of anyone and everybody gave their all to make a successful demonstration.

The opening sequence involved everyone performing synchronised and cascaded techniques.



Aimee Morgan dropping into a full splits to avoid a Mawashi Jodan from Daniel Harris.

Above we see a fight seen between Aimee Morgan and three older students (Daniel Harris, Katie Evans, and Christian Sheldon).

This seemed a real crowd pleaser when Aimee threw Katie to the floor finishing here off with a Jodan Tsuki.

Aimee proved to the crowd that size isn't important by kicking the others butts.



We also saw a very well performed synchronised kata which was both technically good and well timed, Well done girls.

The demonstration went on with the children showing various aspects of karate from basic techniques, combination techniques and self defence application.



Synchronised Kata performed by Tameeka Germon, Abigail Harris and Alexandra Frost.

The finale was a demonstration of Tamashiwari (trial by wood) where three of the older students broke one inch pine boards with hand and feet techniques.

All in all it was a great demonstration and I'd like to thank everyone again for their hard work and commitment to the club.



William Thomas with a ferocious Kiai!

Guess Who??

Just for fun can you name the karate-ka pictured kicking Mawashigeri Jodan?

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



Grading News

Since the last issue 25 of our students have successfully passed their examinations under Sensei Keith Thomas (7th Dan).

Details of the successful candidates are listed below; well done all.



Kirsty performing yakuzuki



Juniors

9th Kyu

- William Thomas
- Caitlin Wathen
- Ryan Cottle
- Lennon Davies
- Lewis Wyatt

8th Kyu

- Patrick Grey
- Shane Powell
- Lawson Bailey

7th Kyu

- Lloyd Thomas
- Kieran Pugh

6th Mon/Kyu

- Aimee Morgan
- Ethan Davies
- Amber Davies
- Alexandra Frost
- Chaitanya Sharma

5th Mon/Kyu

- Holly Hopkins
- Tameeka Germon
- Abigail Harris
- Dafydd Davies

Seniors

8th Kyu

- Kirsty Pascoe
- Ian Rattenbury

7th Kyu

- Christian Sheldon

6th Kyu

- Adam Maclean
- Angharad Jones

5th Kyu

- Colin Jones

和道園國際空手道連盟



Kihon Kata

Kihon kata is the first kata taught to juniors, it is a good introduction to the Pinan Kata's as it is based around Pinan Nidan. It is a basic kata focusing on good posture and a strong stance. In each subsequent issue of 'Fighting Talk' we are going to see various members of our association demonstrating each kata allowing you to collect all 15 Wado Kata's. In this issue we see Neath Wado Kai's William Thomas aged 6 demonstrating.



1. Start with heels together hands to your side.

2. Step into Shizentai moving the left foot then right.

3. Perform a left lower block (gedan barai).

4. Step through punching right lunge punch (junzuki).

5. Step back with your right foot ready to block



6. Block gedan barai with you right hand.

7. Step through punching Junzuki.

8. Block gedan barai forward with your left hand.

9. Step and punch right junzuki.

10. Step and punch left junzuki.



11. On the third junzuki punch and Kiai (shout) .

12. Step anticlockwise with the left foot and block.

13. Step and punch right junzuki.

14. Step back with the right leg and block.

15. Step through and punch junzuki.



16. Perform a left gedan barai.

17. Step with the right leg and punch junzuki.

18. Step forward with the left leg and punch junzuki.

19. Punch right junzuki and kiai.

20. With your left leg turn anticlockwise and block.



21. Punch right junzuki.

22. Step with the right leg backward and block.

23. Step through and punch left junzuki.

24. On the command Yame step back to shizentai.

25. Move the left foot then right into musubi dachi.

Events 2010

You will find below a list of 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 - There is only one opportunity left this year to grade under Sensei Keith Thomas 7th Dan.

- 4th September

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 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'.

WIKF (Wales) Summer Course

The course will take place in Pembrey Country Park on the 28th August. If wish to attend the course will cost £10 including transportation, if you are interested please let your club instructor know ASAP.



What do you need to bring?

- Sun cream (hopefully the weather will be fine)
- A change of clothes as we will be getting wet.
- A packed lunch.

More information will follow closer to the event, if you have any questions please speak with you club instructor or email Mark Thomas (mark@wikf.com).

Karate Kid The Movie

Recently we received a kind invitation from the Apollo Cinema, Port Talbot for our members to watch a special preview showing of the new Karate Kid Movie featuring Jaden Smith and Jackie Chan.

32 of our juniors turned came along with a few adults who were looking for an excuse to see the new movie. Everyone thoroughly enjoyed especially because we wore our karate gi's

I'm sure you will join me in thanking the Apollo Cinema for their kind invitation.



和道園國際空手道連盟

Two hundred years ago in Japan, before the Meiji restoration, there was a kendo master named Shoken, whose home was infested by a huge rat. This is a different cat-and-rat story, and it is called "The cats' martial arts assembly."

Every night this big rat came to Shoken's house and kept him awake. He had to do his sleeping by day. He consulted a friend of his who kept cats, a sort of cat trainer. Shoken said, "Lend me your best cat."

The cat trainer lent him an alley cat, extremely quick and adept at rat-catching, with stout claws and far springing muscles. But when he came face to face with the rat in the room, the rat stood his ground and the cat had to turn tail and run. There was decidedly something very special about that rat. Shoken then borrowed a second cat, a ginger one, with a terrific ki and an aggressive personality. This second cat stood his ground, so it and the rat fought; but the rat got the best of it and the cat beat a hasty retreat. A third cat was procured and pitted against the rat-- this one was black and white--but it could no more overcome the rat than the other two. Shoken then borrowed yet another cat, the fourth; it was black, and old, and not stupid, but not so strong as the alley cat or the ginger cat. It walked into the room. The rat stared at it awhile, then moved forward. The black cat sat down, very collected, and remained utterly motionless. A tiny doubt flitted through the rat. He edged a little closer and a little closer; he was just a little bit afraid. Suddenly the cat caught him by the neck and killed him and dragged him away.

Then Shoken went to see his cat-training friend and said to him, "How many times have I chased that rat with my wooden sword, but instead of my hitting him he would scratch me; why was your black cat able to get the best of him?" The friend said, "What we should do is call a meeting and ask the cats themselves. You're a kendo master, so you ask the questions; I'm pretty certain they understand all about martial arts."

So there was an assembly of cats, presided over by the black cat which was the oldest of them all. The alley cat took the floor and said, "I am very strong."

The black cat asked, "Then why didn't you win?"

The alley cat answered, "Really, I am very strong; I know hundreds of different techniques for catching rats. My claws are stout and my muscles far-springing. But that rat was no ordinary rat."

The black cat said, "So your strength and your techniques aren't equal to those of the rat. Maybe you do have a lot of muscles and a lot of wasa, but skill alone was not enough. No way!"

Then the ginger cat spoke: "I am enormously strong, I am constantly exercising my ki and my breathing through zazen. I live on vegetables and rice soup and that's why I have so much energy. But I too was unable to overcome that rat. Why?"

The old black cat answered, "Your activity and energy are great indeed, but that rat was beyond your energy; you are weaker than that big rat. If you are attached to your ki, proud of it, it becomes like so much flab. Your ki is just a sudden surge, it cannot last, and all that is left is a furious cat. Your ki could be compared to water pouring from a faucet; but that of the rat is like a great geyser. That's why the rat is stronger than you. Even if you have a strong ki, in reality it is weak because you have too much confidence in yourself."

Next came the turn of the black-and-white cat, which had also been defeated. He was not so very strong, but he was intelligent. He had satori, he had finished with wasa and spent all his time practicing zazen. But he was not mushotoku (that is, without any goal or desire for profit), and so he too had to run for his life.

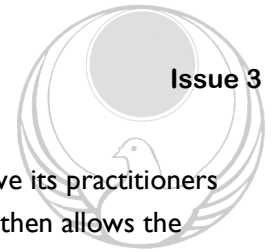
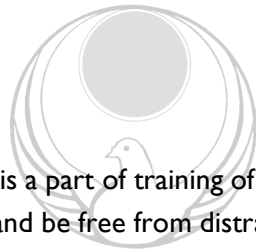
The black cat told him, "You're extremely intelligent, and strong, too. But you couldn't beat the rat because you had an object, so the rat's intuition was more effective than yours. The instant you walked into the room it understood your attitude and state of mind, and that's why you could not overcome it. You were unable to harmonize your strength, your technique, and your active consciousness; they remained separate instead of blending into one."

"Whereas I, in a single moment, used all three faculties unconsciously, naturally and automatically, and that is how I was able to kill the rat."

"But I know a cat, in a village not far from here, that is even stronger than I am. He is very, very old and his whiskers are all grey. I met him once, and there's certainly nothing strong-looking about him! He sleeps all day. He never eats meat or even fish, nothing but rice soup, although sometimes he does take a drop of sake. And he has never caught a single rat because they're all scared to death of him and scatter like leaves in the wind. They keep so far away that he has never had a chance to catch even one. One day he went into a house that was positively overrun with rats; well, every rat decamped on the instant and went to live in some other house. He could chase them away in his sleep. This old greybeard cat really is mysterious and impressive. You must become like him: beyond posture, beyond breathing, beyond consciousness."



Mokuso



'Mokuso' (pronounced *mok'so*) is a part of training of the mind called 'Mushin'. Its goal is to give its practitioners the ability to clear their minds and be free from distractions, such as fear, anger and ego. This then allows the martial artist to be able react instinctively to the situation without having to make a conscious effort.

To summarise the purpose of Mokuso and Mushin as put by Sensei Suzuki it is to attempt to return to the mental state of a new-born-child that is without a sense of fear, not conscious of distress, pain, cold etc. A baby cannot anticipate these things and therefore has no fear and does not hesitate before moving. An adult knows fear and is afraid. When attacked they feel tense and are often useless against the assailant because movement is restricted.

If one sees a beautiful flower, normally the mind concentrates on it, but with an empty mind (Mokuso) the mind is aware of everything else as well as the flower.

So when one fights an enemy, attacking and defending, if only concentrating on blocking techniques, the mind is restricted to that movement, but if the mind is empty (and blocking practised enough) the body is able to do the next movement automatically and movements will always be natural.

If the body is tense it is wasting energy and restricting speed, it is essential to move without being conscious of it. That feeling is called **Mushin**.

How to practice Mokuso

Sit in seiza position (kneeling).

Back straight, chin pulled in, eyes half closed.

Look at a spot in the floor 2 metres in front of you.

In the beginning it is difficult to empty your mind so the first step is to practice **Susosu-Kan**, that is control of the mind.

To do this count from 1 to 10 slowly, repeatedly.

Breathe in through your nose as you count 1 and out through your mouth as you count 2 etc. Do not concentrate on anything but counting.

If you can do this for 30 minutes then you can control your mind.

The next step is to empty your mind. If you have to think about emptying your mind, it is not empty, there should be no effort involved.

When you can do that you will find a great difference in your free fighting.



Suzuki Sensei practicing Mokuso before the start of a training session.

Although the ultimate goal of mokuso is to allow us to have clear thoughts in situations of stress or conflict it also serves a very good way to prepare for a hard training session or returned to a relaxed state after training.

When practiced in a class environment mokuso is normally performed for 2 to 3 minutes, at first sitting in seiza for this period of time can be difficult but keep at it. However, sitting cross legged is accepted but you should only resort to this if you have an injury or an issue that prevents you sitting in Seiza (kneeling).



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:

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

Dojo Maxim's and Rules

An important part of Karate are their dojo kun (maxim's) and rules. These are in place to ensure the discipline, safety and development of all students.

Dojo Maxims

These Maxims are motto's, the spirit of which serious students of Karate should follow if they wish to gain the maximum from their training.

Traditionally Dojo Maxims are chanted at the beginning of a lesson or seminar repeating after the Sensei.

Reisetsu O Mamori

(Stick to the rules)

In the dojo good etiquette must be observed by the following rules.

Shingi O Omanji

(A student must have loyalty to his instructor)

This is the most important thing in Martial Arts. It is not possible for someone to change his style in Japanese Martial Arts - people who do so cannot learn the correct etiquette and spirit of Martial Arts.

Jojitsu Ni Oberezu

(Teachers and students are not all one)

Outside the Dojo you can be friendly with your Sensei but do not take advantage of this friendship

Shinkenmi Ni Tesseyo

(Be serious in your efforts)

No flippancy, chattering, smoking, gum chewing, eating or drinking in the Dojo. Concentrate solely on Karate and train hard in everything you do. The dojo is not a social gathering hall and visitors as well as students shall respect the rules and Maxims.

Dojo Rules

In addition to these maxim there are a number of important rules a student should abide to.

- On entering and exiting the dojo face the middle and bow. This is to indicate your respect for the training area (dojo).

- Lateness: If you arrive late enter the Dojo, kneel in seiza position and wait for the Instructor to give you permission to join the class.
- In the interest of safety finger/toe nails must be short.
- No alcohol, chewing gum or food to be consumed in the Dojo.
- No jewellery, watches or earrings to be worn in the interest of safety.
- Your instructors should be referred to as 'Sensei' and assistant Instructors as 'Sempai'.
- No foul or inappropriate language in the Dojo.
- Students behaviour is a reflection on the club/school at all times.
- Correct (suit) and obi (belt) is to be worn in the Dojo.
- 100% effort and dedication must be given at all times.

