



Midsomer Norton Shotokan Karate Club

Affiliated to the Karate Union of Great Britain

www.midsomernortonkarate.org.uk

June 2008

Karate Club Newsletter

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New Club Membership Card

A new Club Membership Card is now available. The card will give a 10% discount on Karate products from Norton Sport and Camping, including Belts, Karate-Gi, Gum shields and other training equipment. To collect your card, just bring your KUGB licence to training, and your card will be available at the next training session. Some are already available to collect.



Don't forget to make sure that your Grading Licence is up to date. Ask Dave for a membership form if you need to renew your licence, and leave plenty of time for postage.

Grading Due at end of July

The next Grading is due to take place at the end of July or early August. The exact date will be published in June. This is only weeks away now, so those wishing to take the grading this time need to be attending twice a week, and need to work on their Kata and combinations. Check the website for the grading instructions, and speak to Frank for details of the Grading requirements.

Club Competition – 30 June

There will be a Club Competition on Monday 30 June at Marksbury Dojo. The event was originally planned for 9 June, but due to lots of members being away that day, the competition has been re-organised for 30 June.

The competition is open to all Club members, and will consist of Kata (Kihon Kata + one other), and Kumite (Sanbon & Ippon).

Entry is free, and there will be prizes for First, Second and Third places. Speak to Dave for an entry form, and for more details about the competition requirements.

Japanese Counting

In karate, lots of the terminology is in Japanese. One thing that is rarely done in Japanese, is to count, try adding a little difference to your training routine by counting from one to ten in Japanese!










Beginners Guide to Shotokan Karate

Students who are ready to start training seriously, and to progress quickly through gradings need a reference book so they can train at home, as well as at the Dojo. John Van-Weenen's Beginners Guide to Shotokan Karate is just what you need! There are many books for beginners in Karate, but I have found lots to be ego-trips for the author, showing how high they can kick, and how brilliant they are. This book has clear photographs, shows techniques, kata and Kumite in good detail, and helps the student with the Japanese terms too. Some of the information is specific to TASK (Traditional Association of Shotokan Karate) rather than KUGB, but it is pretty close. Have a look on the website's bookshop – the book costs around £12-14, but is a great investment for a serious student.

- 1 – Ichi
- 2 – Ni
- 3 – San
- 4 – Shi
- 5 – Go
- 6 – Roku
- 7 – Shichi
- 8 – Hachi
- 9 – Kyu
- 10 – Ju

Club Etiquette

Shotokan Karate is a very traditional style of Karate, and there are Etiquette rules that should be observed when training. Etiquette is about respect for others, and politeness, and even if there are only a few members training, it is good practice to follow these rules at all times:

-  Bow when entering and leaving the Dojo. If you are late, kneel in seiza position until the instructor tells you to join in. When he does, quickly go to your place in the class – running behind the students already training.
-  Respect the instructors and other students – line up quickly when the class starts, bow to the Instructor, and concentrate on what he is saying. When the instructor tells you something, reply "Oss sensei".
-  Be on time for training, and when you arrive, pay your subs, and then immediately start warming up, stretching and practicing.
-  Be appropriately dressed. Make sure that your karate-gi is clean, and that your feet are clean with nails clipped. Don't wear any jewellery on your hands, around your neck or any earrings. Not only can this be dangerous to other students, it can cause severe injury to you too.
-  The Dojo is for training in, so don't smoke, eat or chew when training.
-  Make sure that mobile phones are turned off, or better still don't bring one.
-  There is normally an area set aside for parents of young children to watch training, or to wait to collect their children. Spectators should sit and watch quietly, should not have a chat while waiting (why not pop outside to do this). Also remember to turn mobile phones to silent while in the Dojo.
-  Do not use abusive language - this will not be tolerated within the Dojo.
-  Train hard. When instructed to perform a technique, combination or kata, or even to perform physical exercises, students should at least attempt to do it, even if it is difficult, or not something that they like. If you have an injury that means that you can't perform certain physical tasks, let the instructor know at the start of the lesson.

How to Bow

Put your hands by your sides, palms inward on your thighs, and bow from the waist. When entering and leaving the Dojo, or when responding to Sensei, also say "Oss". The tradition and history of bowing is long and complex. Have a look at 24 Fighting Chickens website to read more:

www.24fightingchickens.com

Grading Requirements

Orange Belt – 9th Kyu



Kihon Kata

Kihon (Basics)

- Jodan oi-tsuki
- Chudan oi-tsuki
- Jodan age-uke
- Chudan soto-uke
- Chudan uchi-uke
- Jodan mae-geri
- Chudan mae-geri

Kumite (Sparring)

Sanbon or Gohon Kumite

Red Belt – 8th



Heian Shodan

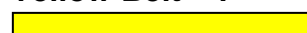
Kihon (Basics)

- Jodan oi-tsuki
- Chudan oi-tsuki
- Jodan age-uke
- Chudan soto-uke
- Chudan uchi-uke
- Jodan mae-geri
- Chudan mae-geri
- Chudan shuto-uke
- Yoko-geri keage
- Yoko-geri kekomi

Kumite (Sparring)

Sanbon or Gohon Kumite

Yellow Belt – 7th



Heian Nidan

Kihon (Basics)

- Sanbon tsuki
- Age-uke, gyaku-tsuki
- Soto-uke, gyaku-tsuki
- Uchi-uke, gyaku-tsuki
- Jodan mae-geri
- Chudan mae-geri
- Chudan shuto-uke
- Yoko-geri keage
- Yoko-geri kekomi

Kumite (Sparring)

Sanbon or Gohon Kumite

Green Belt – 6th Kyu



Heian Sandan

Kihon (Basics)

- Sanbon tsuki
- Age-uke, gyaku-tsuki, gedan barai
- Soto-uke, empi-uchi,
- Uchi-uke, gyaku-tsuki
- Mae-ren-geri (kick changing legs)
- Shoto-uke, nukite
- Yoko-geri keage
- Yoko-geri kekomi

Kumite (Sparring)

Sanbon or Gohon Kumite