



Inside this issue:

End of Summer Club Grading, 2013	1
Successful Brown & Black Belt Course	2
Black Belt Grading Success!	3
WKU Winter Invitational Competition 2013	3
Performing Kata— Some useful tips!	4
How to do a front kick (<i>Mae-Geri</i>)	4
Dates For Your Diary	5
Karate Equipment	5
Contact Us	5

Hi all! Hope you all enjoyed the beautiful weather this summer. It's certainly getting colder now so make sure you bring a coat to wrap up after training! Apologies that this issue is slightly overdue - I can assure you the news it brings is worth the wait! Thank you once again for your commitment to training and for your continued support to the club. Keep up the hard work!

2013 End of Summer Grading

On 7th September students from **Weston Karate Club** took part in the end of Summer Grading.

The grading took place after a 1 ½ hour training course which gave students a final opportunity to tidy up on the areas which would be put under scrutiny during their grading.

Even though the students are graded in groups, usually between 2 to 4 at a time, they are always graded on their individual performance.

Part of the Grading is pair work (KUMITE). Junior students are set a routine which they do with a partner. This encourages students to work together and help each other as well as to learn control. For senior students the same principle is observed, however, the students must ensure that their opponent works to their maximum ability by putting them under pressure. Students are rewarded

for their effort and attitude as well as understanding of the techniques they are using.

On the day of the grading, one student was singled out by the instructors not only for his effort & attitude but also his persistence. Reece Downey (seen Centre) who has been with the club for 5 years has now achieved his brown belt. Reece is a well liked young man and a very popular member of the club. His ambition is to achieve his Black Belt and become an instructor at the club. Chief Instructor Kevin Roberts said that its students like Reece that makes the club the friendly and welcoming place it is. You never know Reece may be an instructor in a few years. So watch this space

Article by Chief Instructor Kevin Roberts (4th Dan)



松濤館空手道

Successful Brown & Black Belt Course

In September, Weston Karate Club ran the second Brown & Black belt course of 2013. These courses take regular training to a more advanced level with only Brown & Black Belts attending.

The course content can vary but routinely focuses developing an advanced understanding of how Karate can be applied to opponents and the skills required to progress to higher levels. These unique sessions are held every 6 months, lasting for 2 intense hours.

Training at any level needs great care and respect for your opponent, but more so as the techniques become more complex and ultimately dangerous, as accidents

are potentially only a fraction of a second away.

Chief instructor Kevin Roberts 4th Dan who started training in 1974 some nearly 40 years ago runs these courses which enables the club's fellow instructors and Black Belts to line up and train together.

Sensei Kevin was pleasantly surprised to see the majority of the club's advanced members attended the course.

It is essential to have attended at least two courses for those wishing to take their Black Belt grading. I would encourage all the club's brown and black belts to attend these courses as they form an important part of your karate development.



**BROWN & BLACK COURSE
SEPTEMBER 2013**

松濤館空手道

Black Belt Grading Success!

It is only very occasionally that the club's instructors feel a student has reached the required standard to attempt a black belt grading. This September, however, 3 advanced students Jack, Jacob and Joel had applied to grade. Following a challenging brown and black belt course, the grading lasted a further hour. Despite having over 15 years training experience between them the grading tested their individual knowledge under intense physical and mental examination conditions. Sounds tough? It is!

The Black belt grading pass rate is very low due to the very high standard, determination and perseverance required to reach this level and for two students this was their second attempt.

After the grading, the three applicants, Jack, Joel and Jacob left the Dojo (room) while each student's merits were discussed. Chief instruc-

tor Kevin Roberts (4th Dan), along with fellow club instructor Michelle (2nd Dan) decided that all three students had shown excellent effort, attitude and technique and were now ready to progress to 1st Dan Black Belt.

Consequently, all 3 were awarded the grade of Black belt. An excellent achievement!

Black belt is believed by most to be the end of a long journey but this is simply not true.

Before Black belt, you learn how to control your body and mind. Having learned the basics, beyond Black Belt you are ready to learn how to control your opponent. Thus Black belt is actually the beginning, the journey continues.

Jack, Joel and Jacob have all made great progress so far it is hoped that they will continue their study and practice for further development.

Meet Weston Karate Club's New Generation of Black Belts!



Jack



Joel



Jacob

WKU Winter Invitational Competition 2013

Given the club's success in previous tournaments, we are keen to participate in another competitive event.

The competition is very tough and so you should ensure you can put in the additional training necessary to reach the required standard before entering.

If you are up for the challenge, you can enter up to three categories, these are; individual

kata, team kata and kumite.

Despite the ample competition, the club has come away from this event in the past with a number of medals from a variety of events and it is hoped the same level of success can be achieved in the upcoming tournament.

The tournament is an excellent opportunity to see the standard of other clubs and also see

different styles of karate. Even if you don't want to enter into any of the events, feel free to watch and show your support to the club!

The tournament will be held at Hutton Moor Leisure Centre on Sunday 24th November 2013.

If you'd like to take part, please speak to Kevin or Michelle for more details on how to join the squad.

Performing Kata - Some useful tips

Kata is a popular event in tournaments and with so many of you interested in entering the upcoming WKU invitational Competition, I've included this article so that you can improve the way you perform kata and find out what will score highly on the day.

1. Realistic Demonstration

It is important that you understand the meaning of the techniques you are performing. Kata isn't like a dance. Try and learn some of the bunkai (application) for your chosen kata. If you understand what your kata is doing it will make your performance more believable.

2. Sharp Explosive Moves

Do the fast moves fast and the slow moves slow. This will make the fast moves look even faster and will improve your kata timing - another way to make a kata look more realistic. Having said that, if you rush the kata it will ruin the rhythm and can result in techniques being incomplete.

3. Breathing

When you do kata make sure you breathe at the end of each technique as this will bring your kata to life...literally! Your breathing should reflect the speed of the technique so if it's a slow move then exhale slowly whereas if it's a fast move then make your breathing short and sharp.

4. Focus

Sometimes it's difficult to keep focussed during a kata especially when there is lots happening all around you. I've found

that imagining opponents in front of you can help keep your attention on the kata. If your eyes begin to wonder eg. You look at the judges or the audience or the instructor then it means you have lost your focus. Your eyes are the biggest giveaway. To make the kata more convincing think about where you should be looking before you do each move. When there is a change in direction turn your head sharply (this looks especially impressive when the rest of your body is still).

5. Stance and Posture

Having a good stance is an important part of making your kata look good. Some people believe that simply wearing a good quality, heavyweight tournament gi will make their posture look better but a judge won't be fooled and will notice straight away if your posture or stance is poor. Every now and again it may help to practice your kata at a slow pace ensuring every stance is correct and your posture is the best it can be. If you always practice your katas like this when you go through them slowly then it will be automatic when you eventually go speed and power.

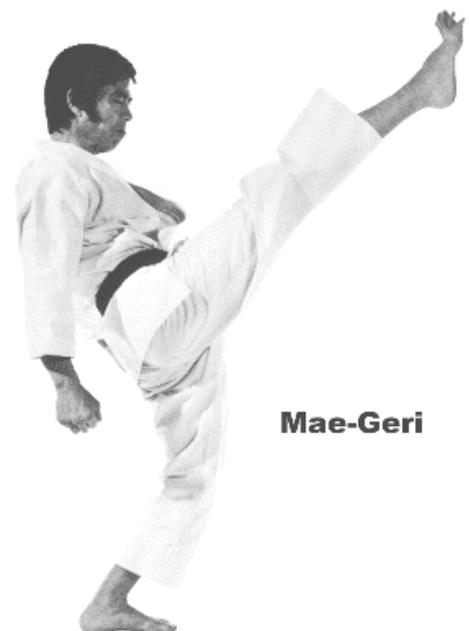
5. Kata Difficulty

Another misconception is that picking an advanced kata will get you more points in a competition. While selecting a difficult kata may give you the potential to score highly it also increases the chance you might make a mistake. If you choose a kata that is too difficult, you may find yourself losing points rather than gaining them. It is better to do an easier kata at a high standard with very few mistakes than a difficult kata with lots of mistakes.

How to do a Front Kick (Mae-Geri)

Mae-geri is a front snap kick. When doing the kick try to lift the knee of the leg you are going to kick with as high as you possibly can in preparation. A common mistake is to go on your tip toes to make the kick higher. Instead try to keep your supporting foot on the ground to ensure your body doesn't rise up as well. This can be done by aiming to drop your body weight by bending your knee. You might also find this helps with balance.

1. Start in front stance (zenkutsu-dachi) with your arms out to the side.
2. Raise the knee
3. Kick. Keep your toes back so that you strike with the ball of your foot.
4. Snap your leg back before stepping forwards.



Mae-Geri

Dates For Your Diary

W.K.U Winter Invitational Competition 2013

Hutton Moor

Sunday 24th November 2013

Club Grading

Hutton Moor

December 2013

*Please see Kevin and Michelle for
more details.*

Karate Equipment

We have decided to hold more items in stock. A list of available items and prices are listed below.

Karate Gis (up to size 140cm).....	£14.00
Karate Gis (from size 150cm).....	£18.00
Cotton Fist Pads All Sizes.....	£7.00
Cotton Shin Pads All Sizes.....	£12.00
Tournament Fist Pads All Sizes.....	£12.00
Tournament Shin pads All Sizes.....	£25.00
Gum Shield All Sizes.....	£2.00
Male Groin Protection All Sizes.....	£7.50
Female Chest Guard (including inserts).....	£30.00
Karate Equipment Bags.....	£11.00
Karate Belts All Sizes.....	£4.50
Karate Key Ring.....	£3.00

Most items are available within 7 days of order.

Orders are only accepted with payment. Please see Michelle for more details.

Cheques made payable to K.ROBERTS

About your Club

At Weston Karate Club pride ourselves in being able to offer everybody the opportunity to learn karate under safe conditions. We study Shotokan Karate. Kevin Roberts (4th Dan) started training in 1974. He established the club in 1985 and is supported by two other instructors Shaun (2nd Dan) and Michelle (2nd Dan).

Prices

Prices will remain the same. This being £5.00 per session or £24 per calendar month.

Gradings

To progress up the belting system, gradings are held every 3 months (£15.00 per grading).

It is important to ensure your licence is up to date. It needs to be renewed annually at a cost of £15.

Please Note:

It is essential that mitts and gum shields are brought to all sessions or students will not be allowed to participate in kumite. Please ensure all items are clearly labelled.

Newsletter by Katie Williams (1st Dan)

Contact Us

For further information please contact Kevin or Michelle on 01934 624 713 or on:

westonkarateclub@hotmail.co.uk

To learn more about the club visit our website:

www.westonkarateclub.co.uk



Pictured left to right: Shaun Walsh (2nd Dan), Kevin Roberts (4th Dan), Michelle Roberts (2nd Dan)