



**United Kingdom All Styles Karate Organisation
(Incorporating the UK Martial Arts Federation)**

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NEWSLETTER DECEMBER 2013/JANUARY 2014



Dear Colleagues,

Another year slipped quickly by and we now have to look forward to 2014. We are all that bit older, and hopefully wiser through the knowledge gained during 2013.

We are all aware that the Association National Championships were held in November at the Knutsford Leisure Centre, and a very successful event it proved to be. Below is a letter that all the Clubs received from our Chairman, Roy Stanhope, Hanshi, and it gives me great pleasure to repeat it here as it is well worth another perusal.

ASSOCIATION NATIONAL CHAMPIONSHIPS 2013

On behalf of everyone in the office, I would like to thank all the competitors, spectators, coaches & instructors for their time, effort and participation in this year's National Championships. The day was hugely successful in highlighting to me the sheer quality of Martial Arts being performed by our member clubs. I was particularly impressed by the camaraderie shown by the competitors, which made a refreshing change from the US and THEM attitude that has been prevalent in the past.

Thank you once again for a marvellous turnout and I hope you are as proud of yourselves as I am of you.

Sporting regards
Roy Stanhope 9th Dan
Chairman

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In addition to the above, there are certain names that keep cropping up in Association matters, and it was pleasing to see two in particular at the Championships. One was the Scottish lad, Fraser Birnie from the Ippon Karate Club in Blairgowrie, Scotland. The second was Miss Shannon Butler who is a student at the Epsom and Ewell Karate Club. Fraser was successful in his age range in both Kata and Kumite. Shannon won her category in the Kumite and second in the Kata. In her Kumite last year Shannon used her Back-Fist technique calmly picking her opponents off with well-timed techniques. This year her chosen weapons were Reverse Punch and Jumping Hammer Fist to the cranium. I named Shannon 'Miss Ice Cool' in a previous missive and she has succeeded in enhancing her reputation. Fraser carried on winning following his many successes over the border, and he also has been named in previous letters. I introduced myself to Fraser and as expected he is a thoroughly nice young man and a credit to his club, Ippon Karate and Self Defence.

Hanshi Roy Stanhope remarked it was a very cheerful atmosphere even though the tempo was high. Sensei Julius Manyoni Chief Instructor to Epsom and Ewell Karate remarked to me that he could name the tourney - The Friendly Games, as he was so impressed by the spirit in which the Martial Arts should be undertaken. It is also always a pleasure to renew acquaintances with fellow Instructors we see at these events and the Instructors Annual Dinners.

Flixton students, Jason, Paddy and Louis were spectators, with their Dads, and all were very impressed with the proceedings and came away determined to compete at the next tourney, which will probably be an Inter - Club event in the New Year. Back at Flixton they extolled the virtues of the event, sparking interest in our other members. Another member of the Scots contingent with whom I had discourse on a few occasions during the day was (I think) Blake Shepherd from Jorukai Karate, another polite, articulate young man. Why, I was standing by the food area and another polite young man said to me 'excuse me Sir, but would you like to use this chair? There not being any unoccupied in the immediate vicinity.

All the results of the day complete with photos are now on the Association Web NEWSLINE. I trust all our colleagues refer it to our students for them to see and possibly inspire them 'to have a go' next time. I hope that everyone who was present will be returning next time, it was such a great day.

DOES IT MATTER? I ASK MYSELF

I find the following quite amazing, another waste of tax payers money, for after all it is the general public who pay the wages of the teaching staff at our higher edifices of education - the scientists, professors et al. Linguistic experts at Manchester University (I am embarrassed to say) conducted a very important survey, interviewing 1400 people from Moray in Scotland all the way down to Cornwall, all aged from ten years up to eighty seven. The participants were shown the following items; a pair of trousers, a pair of shoes and a bread roll, and were asked what they called them in their particular neck of the woods; the main differences involved bread rolls, cobs, barm cakes, tea cakes, muffins, buns, and baps. I refuse to waste more space other than to say that the southerners preferred choices are creeping north. I say man the barricades from Watford to up North and pepper the invaders with hard, stale versions of whatever is at hand to repel the Northern tongue assassins. Incidentally, up here we call trousers, Keks or trackie bottoms, and going into a shop out of our area, we merely point and say 'Giv us one of them mate'.

THANK YOU ONCE AGAIN, SENSEI MANYONI

The ever reliable Sensei Julius Manyoni has again sent me his Club Monthly Newsletter. Julius makes an award for Student of the Year, based on contributions to the club, including best attendance and best behaviour. The award for this year found the recipient to be one of the slightly older members (emphasis on the word slightly). The winner this time around is Ka Wai Au. Ka amongst other achievements won the Senior Men's Kata and Kumite sections at our recent Nationals. Congratulations Ka and we hope you have further successes. Actually I was watching Ka during the kumite and he appeared to be extremely calm and relaxed at all times; something that may have rubbed off onto the younger Shannon Butler, they are both successful Tourney winners and club colleagues.



EPSOM & EWELL KARATE CLUB

Julius is again hosting the traditional Epsom and Ewell Xmas Party which is free of charge to all students, family and friends. I wished I lived a little closer; I enjoy a free nosh up. The evening will feature a Karate Tourney as part of the 'entertainment'. I hope we can get a report in time for this Newsletter.

On a personal note, I was very sad to hear of the passing of Julius's Dad. Mr Manyoni was born and raised in South Africa; studied at Oxford, gaining a degree in Anthropology. Latterly he was Professor of Sociology and Anthropology at the Carleton University of Ottawa, Ontario, Canada, where he made a huge contribution to the University's status.

Since Julius mentioned his Dad to me, many years ago, I did some research on the gentleman and was amazed to learn of his achievements in his subject and his published literary talents. He was a man I feel I missed out by not knowing him in person, but privileged to at least know of him. Julius always referred to him as 'DAD' and I told Julius what I was also told many years ago by one of my children. Anyone can be a father, but it is someone special who is called Dad.

PUZZLING?

Over the course of my membership of the Association something never ceases to amaze me. Fifth Dan is an award bestowed by Mr Stanhope and not a grading recognition. I have noted that several recipients of the award then do what is termed the proverbial 'runner' seeking pastures new. I presume that they know on joining a different body they would have to wait a long time for such an honour; therefore waiting for Mr Stanhope to award it safe in the knowledge that they can produce it anywhere and be accepted as it has been rubber stamped by such an illustrious personage as our Chairman. It's just a thought that galls me personally and a pity these honours cannot be detracted.

CALENDAR

Phil Mead 8th Dan will be holding a MMA/Combat Seminar, venue Nottingham on Saturday 21st of January & 18th February 2014. For further details regarding the content of the course etc. contact Phil on tel. **0115-9702877**.

PAIN KILLERS

Perusing the web to see what the latest health fads/cures/preventatives are, I came across a feature on pain killers. There are so many that most of us haven't even heard of, covering most causes of pain, possibly because most pain killers are bought over the counter at your local pharmacy or for the most basic treatments even at the local newsagents etc. Codeine was mentioned as a good medicine for, amongst other ailments, toothache and headache. But particular mention was that it is unwise to take codeine for more than three days at a time because it did have various side effects including bringing on HEADACHES. What a strange paradox. I read a piece in a national daily recently by a well-known columnist who was travelling through rural Ireland and he had terrible earache. He was staying in a small hamlet and his host called in what the journalist called the local shaman. He was told to heat an onion and place it over the offending ear: and lo and behold it was almost an instant cure. He stated that research (our good old friend) shows that a large percentage of modern drugs are derived from plants and herbs that are part of the natural flora of the country. My Dad had a cure for a bad chest, when I was a child and I still use it, thus. Slice a Spanish onion into thin slices, place acid drops atop the layer and cover with more onion. Cover the dish used and overnight the combination dissolves into sweet syrup. A couple of tablespoons are taken every few hours and it does work to some degree; try it and you could be pleasantly surprised. I will talk about another favourite of mine at a later date - Comfrey, the old country name being 'knit bone'

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May I offer our thanks to Caroline Barlow, whom most of us have met at the various functions, for the extremely efficient manner that all our returns are dealt with, nothing is too much trouble for her as she takes everything into her smooth stride, thank you Caroline.

Finally (almost) please make a resolution to let me know what is happening in your clubs; your students will be pleased to see their club in the news. Plus on behalf of me, Caroline and Mr Stanhope, we wish everyone a Merry Christmas and a Happy, Healthy and Prosperous 2014.

On that note I can only hope that everyone has a good rest over the festive season, imbibing in moderation of course, and the New Year will treat us all as we would wish.

Gordon Anderson 4th Dan
Publicity Officer