



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

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**NEWSLETTER OCTOBER/NOVEMBER 2013**

Dear Colleagues,

Into the latter end of the year approaching fast and no one can put the brakes on, I am afraid. But the junior Deshi should have returned to the Association clubs after the, for some-summer sojourn, which can't be bad. Since our last epic tome a lot of interesting events have taken place at some of our clubs.

September saw Ippon Karate and Self Defence Club hosting a Dan Grading, the Examiner being Sensei John Anderson 6<sup>th</sup> Dan. The successful students are herewith appended along with their clubs:

**JORUKAI FREESTYLE**

Connor Matthew, Jaden Still, Luke Fisher, Elaine Robertson. All of whom achieved their First Dan. Adam Tassell and William Stewart achieved Second Dan status.

**ZEN-TE-KAI SHOTOKAN KARATE**

David Haldane was the flag bearer for his club, and was successful in his quest for Second Dan.

**IPPON KARATE AND SELF DEFENCE**

Fraser Birnie, Graeme Carcary and Kevin Walker were all successful in their Second Dan examination.

Sensei John Anderson was pleased at the high standard set by the members taking part, and declared them worthy of their new status. As a matter of interest and with no lack of respect for the others, but, I personally was very pleased to see Fraser Birnie and Kevin Walker in the list. Firstly I remember Fraser being outstanding in Kumite and Kata at an Inter Club Tourney earlier in the year. Kevin, with whom I have had plenty of discourse over the last few years, is the Web Maestro for Ippon Karate and indeed on many occasions I have beseeched you to peruse, for the excellent content.

It just remains to extend our congratulations to all, and may their successes be the spur for them in their further endeavours.

Just staying with Ippon, an item of interest caught my eye regarding Cullen McCulloch, who has just been awarded his Level One Coaching Award (Congratulations Cullen) is one of three brothers at Ippon, all siblings are Black Belts. Is that a record at one club? Please let me know.

## KOMAYAKA KARATE CLUB

Herewith a report afforded us from Sensei Garry Lewis, Chief Instructor to Komayaka Karate, regarding the visits from Mr Stanhope.

### Hanshi Roy Stanhope 9<sup>th</sup> Dan Visits Komayaka Karate Club.

It is with great honour that we once again welcomed Hanshi Roy Stanhope 9<sup>th</sup> Dan for two separate visits to our Dojo in Greenfield Oldham. This particular lesson was a bonus for our members, because the club is normally closed during this period.

#### **1<sup>st</sup> Visit Thursday 8<sup>th</sup> August 2013**

Hanshi came to take a select mixed class covering impact/pad work.



We worked in pairs, with pads, being taken through a number of punches and kicks emphasising some common features of good technique in each of them:

- Delivery of weight in the right direction at the point of impact.
- Directness of movement giving speed.
- Targeting body areas for maximum impact rather than dramatic effect.
- Rotation or tilting of the core body and using a 'whip'-like action.
- Deliberate relaxation right up to the point of impact.
- Locking certain muscle groups on impact to transmit energy without self-injury.



Everyone who attended the session thoroughly enjoyed it and can't wait for Hanshi's return.



## **2<sup>nd</sup> Visit Thursday 22<sup>nd</sup> August 2013**

Hanshi Stanhope visited Komayaka Karate again, this time a select class for senior students looking to improve their kata. Hanshi explained how he is very keen to look for the interpretation of kata, and how this is very important in Dan grading's and competition.

The lesson started with Hanshi demonstrating the basic stances of Kata and the correct way they should be performed.

Students were told how they should concentrate their practice on learning fewer kata very well rather than trying to learn a large number superficially.

The senior grades were then left to practice combinations from either Bassai Dai or Matsukaze with Hanshi correcting each student individually.

The lesson was completed with each student demonstrating Bassai Dai. The main emphasis was on the timing and rhythm, slow parts followed by quick sharp movements.



Everyone who attended thoroughly enjoyed the session, and can't wait for Hanshi's return (Hopefully). I wish to personally thank Hanshi for two wonderfully constructed sessions and his continued help and support to both myself and my club.

Garry Lewis - Chief Instructor - Komayaka Karate Club

### **EPSOM AND EDWELL KARATE CLUB**

Sensei Julius Manyoni kindly sent me his Club Newsletter, as usual and thereon is his report regarding the visit of Sensei Kevin Barlow, as detailed below.

On Sunday 8<sup>th</sup> September 2013 we were privileged to have a visit by our National Coach, **Sensei Kevin Barlow 7<sup>th</sup> Dan** from Manchester. Sensei Kevin arrived at David Lloyd before I did; such is the dedication of the man. After a brief introduction, Sensei Kevin started with a good warm up and a lesson in total obedience. We then spent time going through competition fighting techniques. The class was full and one of the parents commented how brilliant Sensei Kevin is with the kids, strict discipline but showing them compassion and understanding. A very fit man too another parent commented.

While doing jumps from one direction stance to another, I tore my Achilles tendon and that was the end of my training session for that day! Instead of rushing to A&E I endured pain for two hours drawing my strength from Martial Arts spirit "You can damage my body but you can't touch my soul" **Sensei Ian Andrews 5<sup>th</sup> Dan** fulfilled his role as Chief Instructor on my behalf and did a fantastic job supporting Sensei Kevin.

Sensei Kevin's long experience in Martial Arts was evident that day and all the students were attentive, even those who were very young and had NO experience of a Squad Training Course. Sensei Kevin stressed that hard training must be adhered to at all times if you are to succeed in competition and indeed success in life too. He stressed the importance of using reverse punch as the main technique in competition fighting.

At the end of the session Sensei Kevin awarded trophies to three students for Best in Training, Double current National Champion **Shannon Butler, Alfie Biggs and Sam Wyke**. **Caitlin Low** and **Joao Barbi** were also awarded trophies for best fighting during our end of term competition in July 2013. After a brief photo session we all said "Thank you Sensei"



**Julius On Sticks!**

Thank you for the report Sensei and we all wish you a speedy recovery from your injury; meanwhile avoid the high hurdles and stick to the low ones. Incidentally, I was pleased to see Shannon Butler getting a mention. Julius introduced me to her at our last 'Nationals'.

I was watching her in the Kumite section as she picked off her opponents with some brilliantly timed Backfist on her way to becoming National champion of her group. I think we could give her another title that would be eminently suitable. **MISS ICE COOL.**

### **SOME CURRENT HEALTH ISSUES**

Apparently a cup of camomile tea per day could help ward off cancer, researchers say. The tea contains a chemical, Apigenen, which takes away some of the super powers of cancer cells. Camomile Tea, celery and parsley are the most abundant sources of Apigenen, but it is also found in other vegetables that form part of the Mediterranean diet, which vegetables are not listed in the research report.

The chemical works in a way that helps proteins correct the abnormalities in RNA-molecules carrying genetic information-that are responsible for 80 per cent of cancers. Incidentally, the research was carried out by scientists at Ohio State University. John Anderson could furnish us with a lengthy list of 'cures' suggested to him from various people, some bordering on the absolute ludicrous.

Various Researchers are now casting some doubts on one of the foods of the future-Soya. 'Some research suggests that soy products, with a few exceptions such as miso and other carefully fermented soy products, are not suitable for regular consumption because of increased risks of cancer, indigestion, thyroid problems, and other disorders, in addition to being a common food allergen. Soy products, in general, contain:

Trypsin inhibitors that can cause pancreatic enlargement and eventually cancer; Hemagglutinin, which is a clot-promoting substance that causes red blood cells to clump together; Phytic acids, which reduce the absorption of many vitamins and minerals.'

It seems we can't enjoy anything that is supposed to be good for us, without the laboratory. All I can say is eat with your eyes closed and don't read scientific researches.

**BIZARRE OR WHAT?** It beggars belief, but Professor Chris Smith of the Manchester Metropolitan University has been conducting a study of why toast, when dropped, usually lands butter side down. The phenomenon was tested by sliding the toast across the edge of the table whereby it flipped over whilst dropping with due regard to the Laws of Gravity. BUT when the toast was pushed in a more rapid manner, 80 per cent of the experiment the toast landed butter/jam/marmalade face up, therefore deemed eatable-no cat or dogs hairs being affixed. By strange coincidence a similar test was carried out by Professor Robert Matthews of Birmingham University in 2006; he actually won a scientific award for conducting unusual experiments. No way am I going into the full page report from a National Daily, but it is amazing what ways these geeks find, to **Waste Tax Payers money.** Flog the lot of them I say. As a matter of interest I was always taught to eat my bread in whatever shape or form, over the table, eliminating any chance of wasting it. And believe me, and I really mean it, at home when I was a child, we had bread and jam for tea every night of the week except Sunday, when we also had butter with it. You lot don't know you're born.

### **SENSEI JOHN ANDERSON 6TH DAN**

#### **CHIEF INSTRUCTOR TO IPPON KARATE AND SELF DEFENCE**

Firstly, I recognise John as a stalwart personality in all his endeavours, and during the time I have known him, with several conversations (and not e-mails) thrown in, I always had inklings that if I had my back to the wall in a tight situation, John is very much a man I would like to be at my side.

Possibly, that is hinging on the melodramatic, but I mean it; as you go through life you steadily become more intuitive about things in general. Anyway John has written a book about his battle against cancer, entitled '**My Personal Journey with Cancer**' John starts his story with the following introduction:

'I will start with a little bit of background on myself that I feel will be relevant to the rest of this book, I will go through my life just before diagnoses, the diagnoses and just after it, my treatment, and my life now. I will describe the highs and lows, the funny times (yes there really were funny times) and the very serious times, the unexpected reaction that I received from some people and the kindness from others. Everything I write about will be completely honest and true with nothing left out, and if it helps just one person going through their journey with cancer then it will all be very worthwhile.' The book has been accepted with open arms by McMillan Cancer for other cancer sufferers to read as a source of inspiration in their own personal battles, furthermore McMillan are also using it for staff training, one couldn't get a higher recommendation than that. I thoroughly enjoyed this thought provoking tome and I am going to re-read it as I went through it in one go initially, the second time around can be better savoured, as with all good reading matter. That is all I am saying on the subject but I will willingly send a copy to anyone who wishes to read it, it will be very worthwhile, but I warn that it is a very emotive read. (In some places be prepared to shed a tear). I trust Sensei John won't be annoyed when he sees this content - he's that sort of guy. So thanks John for all the work you have put into 'Your Life Story' and for making me a grateful recipient.

### **LOWFIELDS SHUKOKAI KARATE CLUB**

Since Sensei Mike Turczyn decided to launch his own club in Lincoln, he has gone from strength to strength with a solid format of some sound differences to the usual tedious schedules of a lot of clubs (and I make no apologies for that remark, whilst hastening to add that it does not apply to **CURRENT MEMBERS** of our Association). His latest innovative offering is a six week course in Self Defence with a difference-it will be for ladies only, with a maximum number of twenty participants. I trust Mike will let me know how it progresses, it may well be of interest to other Instructors. Don't forget, Mike, or I will be after you.

### **SCOTTISH CHAMPIONSHIPS – SCOTLAND v ENGLAND**

Report by Martin Petrie of Rokra Karate:

"I had only ever hosted one small inter club tournament in my role as Sensei of Rokra Karate, so when Shihan Kevin Barlow asked me if I would organise the UKASKO Scottish Championships for 2013, I was intimidated to say the least. After pondering on his request for a while I realised that Scotland hadn't had a national event since 2008, when I won the black belt kumite division. I also realised how much I missed the buzz of all the different styles and clubs from across Scotland competing against each other and I reluctantly said "yes".

Kevin being the pushy sort of chap also somehow managed to twist my arm into taking on the role as National Coach for the Scotland Squad. We decided to have an England v Scotland match as half time entertainment during the competition.

"You're taking on a lot" I said to myself! But despite my greatest fears, everything fell into place. The event went relatively without a hitch, with some stunning displays in kata and plenty of skill on show with the kumite events.

The Scotland V England match set the pace with some fast paced action and this only served to amp everyone up for the kumite events later on.



Scottish & England Team Members with Officials

After a close fought match England came away victorious, with the Scottish Team determined to win the next round, scheduled for the spring of next year in Knutsford. I can certainly say it was worth the months of planning and worrying, just to see how much the competitors enjoyed themselves. Hopefully this has set the ball rolling for UKASKO in Scotland again and that from now on we can see more Instructors getting doing their part in the future. I also hope that we can form stronger bonds between clubs with more cross training and competitions being hosted around the country.

I would like to take this opportunity to thank everyone who took the leap of faith and decided to compete, for most of you this was the first competition you had ever attended. I would also like to thank all the officials that helped time, score, referee and judge the events, an often overlooked part of a competition.

Scottish Championships Table as follows:

Zen Tae Kai 6 Gold - 4 Silver - 1 Bronze

Rokra KC 3 Gold - 4 Silver - 5 Bronze

Jorukai KC 3 Gold - 2 Silver - 5 Bronze

Ippon KC 0 Gold - 2 Silver - 0 Bronze

Lastly I would like to thank Shihan Barlow for having faith in me when even I wasn't sure... and of course my students at Rokra Karate that support me every week and made me so proud on the day. Here's looking forward to next year".

A more comprehensive report including some action photos will be published soon on our web site newslne.

**Kevin has asked me to tell the rest of the membership that the entry deadline for the NATIONALS has been extended by a few days to take into account the number of instructors that are sending in their entries by post.**

### CALENDAR OF EVENTS

**NOVEMBER 16th & DECEMBER 7<sup>th</sup> UKMAF COURSE** - Under the auspices of Sensei Phil Mead 8th Dan - The venue is Nottingham and further details can be gleaned by telephone: 0115 - 9702877.

Mr Stanhope is already working on our Calendar for next year, and would like to have it finished by the end of December. So please if you have any courses/events planned for next year then please send the information to me or the office for publication in January.

Caroline has asked me to inform our members that she is having a well-deserved short break and will be back in the office on Tuesday the 29<sup>th</sup> October.

POST SCRIPT: It is my intention, one day, to relate how John Anderson almost became an Honorary English Gentleman - resident, I hasten to add. I can leave John to squirm on that one!! (The old media axiom was 'publish and be damned').

That is all I have in my information book for this Newsletter; I really am desirous of more input from my fellow Instructors, the old axiom 'no news is good news' does not apply to me, get the flow going.....Please.

Gordon Anderson 4<sup>th</sup> Dan

Publicity Officer