

EPSOM & EWELL KARATE CLUB

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NEWSLETTER SEPTEMBER 2013

Dear Students/Parents

It was very pleasing to see the class full with all the students back from holiday and exams. Congratulations to all the students who did well in their exams and I am sure that will be bright. I am particularly pleased to note that we have a larger number of female students more than ever before, therefore it is encouraging that personal safety is being taken seriously. I spent the whole summer months teaching my students pure self-defence techniques and discussing issues such as ONLINE BULLYING. This subject has been in the media quite recently and is a growing problem.

UKASKO SQUAD TRAINING

On Sunday 8th September 2013 we were privileged to have a visit by our National Coach, **Sensei Kevin Barlow 7th 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 5th 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 warded 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" I personally want to thank **Ali Biggs (Alfie's Mum)** for arranging the venue at David Lloyd, without which the session would not have taken place since our usual hall at Longmead was fully booked. Thank you to all the parents who gave up their Sunday to support the Club I bow to you!