

# EmptyHands News

KaraTe School

1ST JULY 2007

## SPECIAL POINTS OF INTEREST

- Welcome to the new Joiners.
- Our School is now an affiliated member of ACMA.
- Next Grading will be held on Thursday 12th July.
- EmptyHands Workshops will be held once every three months.
- Q2 Award received by Mohammad Ishaq Adam.
- Student ACMA Handbook due to be published by September 07.
- EmptyHands Library Service now available to all members.
- EmptyHands Gi's and products available from late July.
- Ramadan Survey, attendance predictions.
- Policy Reminder.

## WELCOME TO OUR QUATERLY NEWSLETTER

### New Joiners

Welcome to our new students who joined our school in recent months:

**Abdullah Shakeel, Humayu Adam, Aysha Khawaja, Umar Aziz, Nazneen Aziz, Rohan Boghal, Faraz Nabeel Hussain & Zain Afzal Hussain.**

We hope you are enjoying your training at the Dojo.

### Recent Grading

We had our 1st Q1 grading which was conducted by the Poon Dojo during inter-school training, the following students received endorsements:

#### White to Red:

**Juniors: Amarah Adam, Ismael Adam, Maryam Adam, Mohammad Ishaq Adam.**

**Adults: Huma Nazir.**

### ACMA

Our dojo is now an affiliated member of the Association of Classical Martial Arts. All our gradings, licences, certifications and policies are regulated by ACMA. Association licences and certificates are now available to all students.

### Student Handbook

Our student handbooks are still under production and will be available from September 07.

New student handbook will include the complete syllabus (practical and theory) up to 1st Dan (Black Belt) level. History of Karate, principles and concepts, Dojo Kun including text book answers on each ethical code, Karate glossary and much more.

### Mock Grading

The following students have been recommended for grading on the July 12th which will be conducted by Sensei John Poon who is an authorised ACMA examiner:

#### Red to Orange:

**Juniors: Sami Mushtaq, Hamza Iftikhar, Shahwali Bashir, Amarah Adam, Ismael Adam, Maryam Adam, Mohammad Ishaq Adam.**

**Adults: Irm Mushtaq & Huma Nazir.**

#### White to Red:

**Juniors: Sara Mushtaq, Zayn Ahmed, Ibrahim Younis, Qasim Sheikh, Abdullah Shakeel & Humayu Adam.**

**Adults: Colin Hart & David Paxton.**

***“Karate is like hot water - if you do not give it heat constantly it will again become cold.”***

*Gichin Funakoshi Hanshi*



## Q2 AWARD—MOHAMMAD ISHAAQ ADAM

### What is Q Award?

Every quarter, a Student receives an award on the basis that they exemplify the more finer qualities of a KaraTeka. This Award is given after careful consideration and recommendation from staff and instructors.

### Profile

The Q2 Achievement Award was received by **Mohammad Ishaq Adam**.

Ishaq started his training 8 months ago and has trained diligently. His attendance and dedication to training has been commendable.

He is always punctual and trains quietly with great focus, his mannerism and behaviour are of a high quality KaraTeka and often noticed by our staff.

Q2 Award has been dedicated to Ishaq for the recognition of his hard work.



Student Q Award on display.

## WHAT IS A WORKSHOP?

A Workshop is a series of educational and practical sessions. Groups of students meet together over a short period of time to concentrate on a defined area of concern. The purpose of each Workshop can vary, they are predominantly based on sharing of information, problem solving and training.

Students are encouraged to bring along questions, problems relating to the subject

area. Workshops are also an opportunity for students to provide feedback, interact with instructors and the group.

Some aspects of the advance syllabus are also taught.

The structure of the workshops is as follows:

- Samurai Greeting Ceremony.
- Workshop Warm-up.
- Kihon practise relating to subject area.

- Tea Break
- Practical application to subject area.
- Ad hoc training/teaching
- Closing Ceremony

### Why?

Our School is open for one night a week and certain aspects of our syllabus requires extra supervised attention. The new Workshops will facilitate this additional training.

*"Students of any art, including Karate-do must never forget the cultivation of the mind and the body."*

*Gichin Funakoshi  
Hanshi*

## EMPTYHANDS WORKSHOPS

Our School will hold one Workshop every 3 months in order to boost various aspects of the new ACMA syllabus.

These Workshops are compulsory for all members, the attendance will be noted and used to improve overall attendance of each student. Consequently, if a particular student has been absent and fallen behind, these workshops will

allow them to catch up. Furthermore, each Workshop will have a focus area allowing students to benefit from a more elaborate explanation of each fundamental technique or principle. All Workshops will be held on Saturdays from 2pm - 5pm (standard cost Juniors: £5, Seniors: £6).

Students are encouraged to do all 3 hours, however, the first

hour will be dedicated to Juniors, second half of the Workshop will focus on various aspects of the subject area which will include applications catered for Seniors.

### 1st Workshop

We held our first Workshop on the 30th June which was enthusiastically received. This session was based on Kumite.



Azeem Sensei demonstrating during Sumi-e workshop.

## NEW SERVICES

### EmptyHands Gi's

Tailor made Gi's and belts with our school logo will be available for purchase in late July 07. We are now taking orders.

We will also be selling other KaraTe kit; outdoor KaraTe trousers in black and white, T-shirts ideal for outdoor training and much more; check out the products link from our website and download the complete catalogue.

The funds raised from our own supplies will be used to fund School expenses.

### EH Library

From July 07 our School will make its Martial Arts library available to all members.

We will have an online book list, you will be able to borrow books for 3 weeks or alternatively buy them for standard bookshop prices.

This is a non profit making

venture, we ask all members to make a small donation every time they use the service. All donations will be used to purchase additional books.

This service will allow students to read quality martial arts material which have been short listed by our staff.

Further information about this can be obtained from the Library link on our website:

[www.emptyhands.co.uk/EmptyHandsLibrary.pdf](http://www.emptyhands.co.uk/EmptyHandsLibrary.pdf)



Huma helping the juniors during workshop.

## HAINAULT FOREST TRAINING—12TH AUGUST 07

On Sunday 12th August we will be holding a day of training at Hainault Forest. All Students should make their way to Hainault Forest Tea Hut by 11:00am where a register will be taken and all students will be assigned a team leader.

Several activities are planned for the day including, Meditation in the forest, Power building and Kata Training, Kumite on uneven surfaces and much

more.

We will break for lunch at 12:30pm. We request all Students to make a collective contribution to the Lunch by bringing a dish to share with other students. Please confirm the Food item you will bring with the School Manager and report any allergies you may have.

We will also be holding a Rounders tournament, finishing off at 3:00pm back at the

Tea Hut. Hope you all have a fun day!

We advise that all students wear appropriate outdoor footwear such as trainers, tracksuit bottoms and T-shirts. Alternatively you can also wear the School uniform.

If the weather is unsuitable for outdoor training on the day then our staff will be in touch.

More information will be provided nearer to the time.

***“Failure is the key to success; each mistake teaches us something.”***

*Morihei Ueshiba  
(Founder of Aikido)*

## UPCOMING COURSES

### Self Defence

This taster course is ideal for beginners with no martial arts experience as it involves basic self defence principles, drills i.e. what to do during real life situations, basic blocks and counter attacking.

### Acupressure

This course involves an intro-

duction to the body, meridians and basic principles to Shiatsu/Acupressure and insight into the application of pressure points.

### Meditation

At the EmptyHands School we teach a method of meditation which has been developed for many years. Although the foundations of meditation

techniques are rooted in Japanese Zazen and Mokuso, the methodology is adapted from various disciplines allowing an open and diverse approach to mindful breathing.

### Course Dates

- Aug 07 & Nov 07.

*\*(These courses are based on a minimum enrolment of 5 people, maximum enrolment is 10 people. Further info on web).*



Bilal demonstrating pad work to junior students



EMPTYHANDS KARATE  
SCHOOL

**School Address:**

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The Drive  
Ilford  
Essex IG1 3PE

**Contact details:**

fax: 0871 433 8792  
mobile: 07931 300 470 (*School Manager*)  
[www.emptyhands.co.uk](http://www.emptyhands.co.uk)  
[info@emptyhands.co.uk](mailto:info@emptyhands.co.uk) (*School Staff*)

**Time-Table—Open Drop-In  
Lessons every Thursday:**

Practise Session 6:40pm - 7:00pm  
Junior Class 7:00pm - 8:00pm  
Adult Class 8:00pm - 9:30pm  
Workshops (Sat) 2:00pm - 5:00pm

**Workshops:**

These are held once every 3 months on a Saturday between 2pm to 5pm. Workshops dates can be found on our yearly planner:

[www.emptyhands.co.uk/  
YearlyPlanner07.pdf](http://www.emptyhands.co.uk/YearlyPlanner07.pdf)

**Events:**

We hold various annual events, please refer to yearly planner.

**Private Tuition:**

Private tuitions are organised in groups of 2-4 on Saturdays 2-5pm.

**Shiatsu**

We offer shiatsu treatments from our private clinic, ask staff for details.

EmptyHands is a Karate school, dedicated to preserving and enhancing the Classical Culture of Martial Arts. Karate is not merely a sport or a way to keep fit; it's a way of life, a journey which encourages perseverance, patience, inner strength and harmony with one self. We place a special emphasis on self discipline and etiquette. Our aim is to foster the tradition of Karate by allowing the art to find new ground. Embracing the new ways and continuing to learn from the old;

EmptyHands - *Traditionally  
Modern*

TRADITIONALLY MODERN

IMPORTANT NOTICE FOR PARENTS/STUDENTS

**Reminder of Dojo Policies**

The following policies have been extracted from our induction handbook, as a reminder. we request that all parents/students abide by these policies as they are **regulatory requirements:**

1. All students must accept responsibility of their personal belongings whilst training.
2. All students are required to familiarise themselves with the health & safety/risk assessment policies (refer to induction manual, appendix).
3. Parents/Guardians MUST come into the School (Church Hall) to drop off their children. All children must always be accompanied by adults. Junior

Students will NOT be allowed to leave the School unless they are accompanied by adults.

4. Punctuality and attendance on lessons must be observed by all students and parents, unless there are exceptional circumstances; please inform the school staff in advance.
5. If students are late for class, they should sit in seiza (sitting on your heels) and ask for permission to enter the class. Permission must also be obtained to leave the classroom for any reason.
6. For the benefit of uniformity; the national language i.e. English must spoken within the Dojo by all students/parents/guardians and staff.

**Ramadan Survey**

Ramadan is the holy month of fasting for Muslims.

This survey is to determine predicted dojo attendance during Ramadan. From July there will a form on the register desk, please indicate whether you will be attending classes during this period: (13th Sept—12th Oct).

We will announce dojo timetable for this period once this survey is complete. Naturally the school requires a certain number of attendees in order to accommodate expenses.

Our Staff would like to thank you for you continuing support and cooperation over the past year!



Welcome to our new member of staff; **Amina Iftikhar** who has returned to training after a one year break. She is our new **Induction Coordinator** who will be looking after all new joiners.

