

空手

EmptyHands
KaraTe School

News

1ST AUGUST 2009

WELCOME TO OUR PERIODIC NEWSLETTER

SPECIAL POINTS OF
INTEREST

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- Q Awards
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- Bunbukan
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Editorial

道

In Japanese, a Dō implies a body of knowledge and tradition with ethical and aesthetic values pertaining to a given practice. The Dō aspect of KaraTe is integral to the learning process of the art. Dō means the way or the path to excellence within a given art. This “way” is found throughout the journey of KaraTe, by studying and learning about the Budo Culture, meditating and reflecting regularly and last but not least understanding the Dojo Kun.

There has been some considerable change during the first half of this year. Some of this change was put in place to aid the syllabus and some events were unavoidable such as changes in grading dates etc. Nevertheless, our Dojo must always remain focused and follow the “way” of KaraTe regardless of what obstacles are put in place.

We have had the honor and privilege to train under Master Teacher (*Shihan Chris Rowen*). Shihan has been a valuable source of Budo influence throughout my training years. His support to the EmptyHands group is invaluable and we endeavor to have him back from time to time.

I am still in the process of finalising our complete Dojo syllabus, the content of this handbook is still in approval/research phase. Please come and speak to me if you have any questions or concerns about the handbook or anything else!

Finally, I leave you with some thoughts from Gichin Funakoshi Hanshi:

"Karate training is for a lifetime".

In Budo and Friendship.



Azeem Sensei.

Gradings

This year our grading structure has changed; Sensei John will not be joining us due to his busy schedule and other commitments. The School would like to thank him for his support and contribution to the Dojo.

Moving forward all gradings will be conducted by Azeem Sensei with supervision from Bunbukan—*Institute of Classical Budo Culture* & the Karate Society—*Fellowship for Traditional Karate*.

The following students were the first to receive endorsements:

Juniors: Shihan Sumoodur, Sabrina Alam, Dhaniyal Hameed, Khaleel Motara, Ismail Meraj, Humza Akhtar, Mohammad Hassan Haq, Izah Shah, Iqra Mushtaq, Zayn Ahmed, Hasnaat Malik, Dasina Kerai, Tanika Kerai, Uzair Ahmed, Hafiz Lucky, Fadhila Lucky

Adults: Anna Chudy, Brendan Hayes

“To search for the old is to understand the new. The old, the new, this is a matter of time. In all things man must have a clear mind. The Way: Who will pass it on straight and well?”

Workshop/Grading Jul 25th—09



Gichin Funakoshi Hanshi

2009 — Q1 & Q2 AWARD

Khaleel Motara Received Q1 Award for 2009

Khaleel has been training for over a year and has developed into a fine KaraTeka. He always works hard and remains



focussed through out class. He consistently displays a degree of etiquette expected from all students. Well done Khaleel and keep up the good work!

Sami Mushtaq Received Q2 Award for 2009.

Sami was one of the first students to join the School and has developed a positive attitude to KaraTe. He is one of the Senior grades within the Junior Class and is forthcoming in carrying out Dojo responsibilities including setting an example to his juniors.

Both Q awards were presenting by Shihan Chris Rowen.



Shihan handing out Q award to Khaleel

BUNBUKAN—BACKGROUND INFORMATION



Shihan has a wealth of experience and knowledge within Martial Arts and has been training since the 1960's; consequently, he is a "known" name within the Karate community worldwide. He often conducts seminars/workshops/gradings for Karate Teachers and over the years has endorsed an impressive network of fine instructors.

Shihan Chris Rowen (*Master Teacher – 7th Dan*), has a Karate lineage which can be traced back directly to the fifteenth century. He has the honour and privilege of being one of the few westerners to be awarded a teaching certificate directly from the late legendary Yamaguchi Gogen Hanshi (*Grand Master – 10th Dan, Goju Ryu Karate-do*). Shihan spent years studying at the hombu (*head*) Dojo in Japan where he was a living student of Yamaguchi Gogen Hanshi (*Jiki Deshi*).



"A man who has attained mastery of an art reveals it in his every action."

Grand Master —

Gogen Yamaguchi Hanshi

MASTER WORKSHOP BY SHIHAN CHRIS ROWEN

Shihan Chris Rowen (*Master Teacher – 7th Dan*), supervised our summer grading and conducted an impressive master workshop which was thor-



oughly enjoyed by all students

The master workshop covered various dimensions of basic kumite drills. The students were taught how to defend against a preconceived attack from close quarter situations.

This was an insight into kumite for all kyu grades and preparation work for what's to come in their KaraTe journey.

Shihan will be returning in November 2009 to supervise our senior grading and run a workshop in Kobudo. Further information on Shihan can be found on his website: www.bunbukan.com



Shihan demonstrating kumite drill to juniors during master workshop.

TIMETABLE: RAMADAN/AUG/SEPT/DEC FESTIVITY

August

Due to Renovation work, the Dojo will be closed on 20th and 27th August.

September

The School will reopen on 3rd September. However, as this falls during the period of Ramadan, these lessons will be open adhoc, therefore, bring along aspects of your syllabus that you need to work on. These sessions will run

from 8pm to 9:15pm for Juniors and Seniors. Please note that this timetable only applies to Thursday 3rd, 10th and 17th September. As the months of August and September will be quiet periods, please ensure to continue to work on your syllabus.

December

December will also be a short month due to public holidays. Reminder that the school will be closed on the 24th and 31st

December 2009. We will return from our holidays on the 7th January 2010.

End of Year Festivity

This year our awards and festivity session will be held on the 17th December 09. Amongst other activities, the main activity will be an internal Kata competition.

We will ask our senior adults to take part as judges. Therefore, please put your names forward!



Azeem Sensei demonstrating during Anatomy & Physiology workshop.

ANATOMY & PHYSIOLOGY FOR KARATE WORKSHOP— SATURDAY 15TH AUGUST 2009@2-4PM



Illustration by Aisha Ifilkhar
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Our 2009 Anatomy & Physiology Workshop for Karate has been scheduled for Saturday 15th August from 2pm to 4pm.

The importance of A&P in Karate is a fairly modern phenomenon as Karate bodywork was originally studied from a Chinese Medicine point of view. There is a secret manuscript put together by the Okinawan masters. This book (Bubishi) describes in detail the various dimensions of the body in relation to Martial Arts.

The masters research points in this direction, whereby a Karateka must learn and comprehend body mechanics in order to appreciate Kata and Kihon in its entirety. We will explore the western perspective during this session with some reference to Chinese Medicine.

“Karate-Do strives internally to train the mind to develop a clear conscience, enabling one to face the world honestly, while externally developing strength to the point where one may overcome even ferocious wild animals. Mind and technique become one in true karate.”

(Grand Master Gichin Funakoshi)

ASSOCIATION/HANDBOOK/GRADING REQUIREMENTS

Karate Society—

Fellowship for Tradition Karate

Our School has joined a new association known as the Karate Society. We are also now directly affiliated to Bunbukan. Our ACMA material will still be valid under this new structure.

Handbook

Our School has been collaborating with various authorities in order to authenticate and validate our teaching syllabus. This is to ensure our syllabus is recognised nationally as a classical guide to Karate Do.

The new handbook will include research & development carried out by the School.

Grading Guide

Grading requirements documentation has been published. This document has been put together to illustrate expectations and the hierarchical training development.

Speak to Sensei regarding further questions or if you are interested in the Instructor Training Programme/CPD.



Azeem Sensei instructing juniors during Shihan's Master Workshop.

EMPTYHANDS KARATE SCHOOL

School Address:

St Andrews Church Hall
The Drive
Ilford
Essex IG1 3PE

Contact details:

fax: 0871 433 8792
mobile: 07931 300 470 (*School Manager*)
www.emptyhands.co.uk
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 months on a Saturday between 2pm to 5pm. Workshops dates can be found on our yearly planner:

[www.emptyhands.co.uk/
YearlyPlanner09.pdf](http://www.emptyhands.co.uk/YearlyPlanner09.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.



Our instructors attended the open course held by

Kancho Hirokazu Kanazawa 10th Dan in May 09.

Kancho (leader) is a living legend in the Shotokan Karate World. He was one of few students taught by Gichin Funakoshi Hanshi. The School's Shotokan lineage links us to Kancho Kanazawa.

The course was refreshing and enlightening as always. Great emphasis was given to Kihon in every aspect of training. His message was loud and clear: Basics, Basics, Basics! Pictures can be found via the following link:

www.skkiwatford.co.uk

TRADITIONALLY MODERN

IRM'S COLUMN—JUNIOR DEVELOPMENT

I have been involved in the EmptyHands project from the beginning (2006). It has been delightful to see so many students over the past three and half years from various backgrounds & communities, join our School.

Students & Parents/Guardian arrive with various motivations from Self Defence, Self-Confidence, Mobility to Parents looking to improve levels of concentration in their young.

As many students join, without previous experience of Karate, they soon become accustomed to the traditional aspects of Karate, in particular fostering the Principles of Etiquette. First and foremost, bowing, which is a traditional form of greeting in Japan, similar to how we say hello to one another in the UK. It is taught to all new joiners and teaches the principles of respect for one another, the Sensei and the Dojo.

As Students excel in their training by working hard on

their syllabus, it is refreshing to see them develop a sense of self-confidence, as displayed in workshops, Class and feedback from Parents. Improvements in Self Confidence has also been reported to have been observed in Students Academic Schools and Homes. Feedback is always helpful and encouraging and is welcomed by the School.

What has been noticeable is that Students who lack the desire to train in Karate, do not appear to excel in their training as much as Students who practise and train regularly and who demonstrate the up most respect for the Art. Clearly, such Students possess a distinct advantage as they continue to develop into adulthood and beyond. Consequently are able to fully nurture from the teachings within the School.

Parental encouragement and support in their child's progress also plays an important role and is very much encouraged by the School. We always

endeavour to build a partnership with our parents so that we can collectively foster the students development.

The Quarterly Gradings and Awards which are held at the School provides a platform for all Students to strive for more and enables Students to feel a sense of achievement which is fruitful to see.

Improvements are also profound in bodily posture, movement and co-ordination (Stance). Students have enjoyed attending the Workshops which supplement the Weekly Class. A range of Activities have been organized -Japanese Brush painting, Anatomy & Physiology, Master Workshop classes Kumite and End of Year Festivity Party with Fun games and Prizes.

Thank you to all for your hard-work and support over the past few years!

Faithfully

Irm Mushtaq (*School Manager*)



Irm preparing the School desk and Shomin before class.

