

空手 EmptyHands News

KaraTe School

28TH JANUARY 2010

WELCOME TO OUR PERIODIC NEWSLETTER

SPECIAL POINTS OF INTEREST

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- Advance Class
- New Training Timetable
- Year of Tiger
- The Karate Kid 2010
- Master Workshop by Shihan Chris Rowen
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Editorial



Welcome back and Happy New Year to you all! We hope you enjoyed the long break and are ready for a busy year ahead.

The past year was an exciting period of growth and excellence in terms of progression. Many students are now at a critical stage within their KaraTe journey and greater focus and effort is required to progress at this level. We aim to encourage and promote excellence for the year ahead in 2010.

Haiti Earthquake Appeal:

The recent earthquake in Haiti has caused devastation and immense sadness for thousands of people that have lost family members and homes. The death toll has now topped 150,000 which is estimated to continue to rise given the scale of

destruction. EmptyHands KaraTe School has donated towards the Islamic Relief Haiti Fund. Please



join us in this cause. Donations can be made via their website:

<http://www.islamic-relief.org.uk/Haiti-Earthquake-Appeal.aspx>

This year also falls under the Chinese year of the “Tiger”; an auspicious animal for all Shotokan Karatekas. Hope you all enjoy your training this year and find that tiger spirit!

Irm Mushtaq

Advance Classes

Please note our new timetable for 2010. Given the progress made over the years, many students have reached an advance level in their training. This requires a separate class where advance aspects of the syllabus are taught independently. However, we **recommend** that the advance students attend both sessions to maintain their basics. Consequently we would like to invite following grades to the attend their respective classes:

White—Green Belts (*note: advance students can attend this class as well*)
7pm—8pm: [Beginner & Intermediate](#)
Purple to Black Belts (*note: this lesson is invite only*)
8pm—9pm: [Advance Class](#)
Adult Class
9pm—9:30pm; [Bespoke Adult Class](#)

If you have any questions or concerns regarding the above please speak to Sensei.

“To practice kata is not to memorize an order. You must find the kata that work for you, understand them, digest them and stick with them for life.

Gichin Funakoshi Hanshi



End of year achievement awards evening 10th December 2009

2009 — END OF YEAR AWARDS

Karateka of the Year Award

This year the Karateka of the Year was awarded to **Ishaaq Adam**. Considerable thought and attention is placed on this Award.

Ishaaq received this Award on the basis of excellent attendance, working hard in Class by putting extra



effort into his training and showing respect to the Dojo and Sensei. Well done Ishaaq, we wish you all the best for 2010 and hope that you continue with the progress made so far!

Best Development- Dhaniyal Hameed. Awarded for making the most noticeable progress with the syllabus and displaying a good attitude towards training.

Best Etiquette- Dasina Desai- For displaying respect to the Dojo and Karate-Do. Dasina often assists with organizing



Junior Students in Class in lines and often arrives on time and trains.

Best Spirit- Shihan Sumoondur has consistently displayed great character and initiative during lessons. His spirit has been often noted by visitors.

Students that received Q Awards in 2009:

Q1 Award: Khaleel Motara,

Q2 Award: Izah Shah

Q3 Award: Dhaniyal Hameed

KATA COMPETITION



End of Year Kata competition was conducted by the Schools Adult Students. Juniors were encouraged to participate with 2 Katas of their choice. There were 2 categories with Purple and Green belts as category 1 and Yellow and Orange for Category 2. Students were awarded marks by 3 judges, Anna, Colin and Mahwish. This Competition was very close two tie-breakers. A variety of Katas were displayed. The

winner of this Years Kata Competition was Shihan Sumoondur. Well done Shihan! 2nd and 3rd prizes were also awarded.



JŌ WORKSHOP BY AZEEM SENSEI

Azeem Sensei conducted our first Jō Workshop. This introduction to weaponry self defence was particularly enjoyable for all Students that attended. The Workshop provided an insight into weaponry work in relation to KaraTe with focus on the Jō and aspects of self defence. The purpose of the Workshop was to teach students how to defend in situations where a weapon may be used. Health & Safety aspects of weaponry were observed and illustrated.

Feedback from students has been positive and many are looking forward to the next workshop. Information will be posted on this in due course. However, we have dedicated two workshops for Jō this year including Shihan Chris Rowen's Master Class.

Background on Jō (source – wikipedia):

A jō is an approximately 1.276 m long wooden staff, used in some Japanese martial arts. The martial art of wielding the jō is called jōjutsu or jōdō. Also, aiki-jō is a set of techniques in aikido which uses the jō to illustrate aikido's principles with a weapon. The jō staff is shorter than the bō. Today, the jō is still used by some Japanese police forces. The jō has been used by some of the greatest swordsmen such as Miyamoto Musashi. Several traditional Japanese koryū ("old schools" of martial arts) used the jō like a sword. Historically the added length of the jō was meant to give it an advantage over the sword. Its wood construction allowed a fighter to improvise a jō quickly from a tree, branch, or other pole.

"In true budo there is no enemy or opponent. True budo is to become one with the universe, not train to become powerful or to throw down some opponent. Rather we train in hopes of being of some use, however small our role may be, in the task of bringing peace to mankind around the world."

(Morihei Ueshiba)



Foam Jo used for practice Jo Do

END OF YEAR FESTIVITY

This year, a range of activities were organised for our end of year Festivity. The group was split into 2 with Juniors participating in Games & Activities and more senior Students taking part in a Kata competition.

The Junior group was split into teams which competed in the infamous chocolate game by wearing a selection of fancy dress attire and eating chocolate. This year was particularly interesting given that chocolate

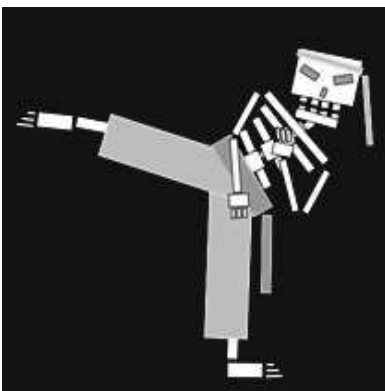


was consumed the most out of all the years that we have organised this event. Clearly Students have quite an appetite for chocolate! The students also took part in the doughnut game which was suspended from the ceiling. Teams took

turns to participate in this. It wasn't as easy as it looked! Both teams competed to gain points, the winning team and runners up received prizes which included books, games, mugs, scientific games, and plenty more. took



ANATOMY & PHYSIOLOGY FOR KARATE WORKSHOP—SATURDAY 7TH AUGUST 2010 @ 2-4PM



Every year we endeavor to include a workshop in anatomy & physiology for KaraTe. A reminder to all students that this is an essential aspect of the syllabus, particularly 4th Kyu and above.

The importance of anatomy & physiology in KaraTe was emphasized by Gichin Funakoshi Hanshi many years ago:

“Victory depends on your ability to distinguish vulnerable points from invulnerable ones.”

(Source: Gichin Funakoshi Hanshi—13th of 20 Precepts)

Master Funakoshi often refers to acupressure points and pin-pointing in relation to the body throughout his text. Clearly this was an area that was well studied by the Okinawan masters as illustrated in the ancient manuscript (Bubishi).

Body-work research in relation to KaraTe is a key initiative at EmptyHands KaraTe School. We strive to achieve excellence by promoting KaraTe in a form of healthy & creative way of living.

BUNBUKAN—SHIHAN CHRIS ROWEN—10TH JULY 10



Shihan is scheduled to join us again this year on Saturday 10th July. He will be supervising and assessing our grading structure to ensure it is in line with international standards.

Furthermore, Shihan will also conduct a Master Workshop in jō.

Shihan learnt Kobudo, (old martial ways) weap-

onry in the 80's. He travelled to Okinawa to study under legendary master; Eisuke Akimine Sensei, the head of the Ryu Kyu Kobudo Ken Kyu Kai.

Kobudo is an old traditional martial art which is declining in popularity. Shihan is dedicated to upholding all traditions of martial arts so that they can be passed on and fostered correctly.



No matter how you may excel in the art of Karate, and in your scholastic endeavors, nothing is more important than your behavior and your humanity as observed in daily life.

(Gichin Funakoshi Hanshi)

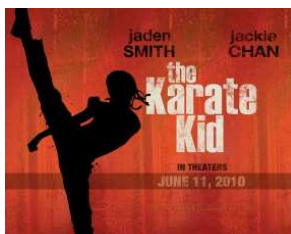


The Karate Kid

The remake of The Karate Kid is due this year in June. This is one of many classic martial movie. We highly recommend this to all students. There is much fun and food for thought but essentially the philosophy of martial arts culture is well illustrated:

<http://www.karatekid-themovie.com/>

<http://www.telegraph.co.uk/news/newstoppers/celebritynews/6699903/The-Karate-Kid-remake-first-pictures-of-Will-Smiths-son-Jaden-in->



Gradings

The following students received endorsements in our December 09 grading conducted by Azeem Sensei:

Juniors: Hamza Iftikhar, Maryan Adam, Amarah Adam, Ishaq Adam, Ismail Adam, Hizar Ceylan, Dhaniyal Hameed, Khaleel Motara, Ismail Meraj, Humza Akhtar, Mohammad Hassan Haq, Izah Shah, Dasina Kerai, Tanika Kerai, Uzair Ahmed, Hafiz Lucky, Fadhila Lucky

Adults: Deborah Lloyd, Ian Mark Weinfass, Colin Hart, Irm Mushtaq, Mahwish Iftikhar.

Well done to all those students who have reached milestones within their training last year!



JKA ENGLAND

Last year Azeem Sensei attended the JKAE residential Instructors course.

The course was held by Ohta Sensei who invited leading Instructors from the Karate Headquarters in Japan (JKA).

The course provided a great insight into how kihon is practised in Japan. Special emphasis was given to stance and rooting. The guest instructors also illustrated their ideas and philosophies.

The Japan Karate Association is one of leading authoritative organisations in the world. It was formed in 1955, towards the end of Funakoshi Hanshi's life.

Karate Society

The Society is a non-profit making organisation dedicated to the Classical Culture of Karate-Dô.

The Society is a fellowship for Dedicated Traditional Karate Practitioners. This forum is unique whereby, for the first time a group has been setup that facilitates the needs of a Traditional Karate Dojo rather than Sport Karate.

EmptyHands Karate School is an accredited member of the Karate Society.

Our new accredited licences will be available this year & they will supersede old



IAN'S COLUMN—KARATE TRAINING

A friend of mine on my journalism course told me that he was writing an article about a 70-year-old Karate black belt for his local newspaper, which got me thinking about a number of questions, including: I wonder how long I will train for? Will I ever get near to such a grade?



A lot of people unfamiliar with Karate believe it to be more for children than for adults. This image probably has something to do with the popularity of the film The Karate Kid. The belief is, though, untrue. Learning Karate is as useful for adults as it is for children, if not more so.

I began training two and a half years ago at the age of 20, joining Empty Hands a year and a half ago. I have since seen many ways in which it has helped me.

Aside from the obvious benefit of learning self defence, Karate also instils discipline and confidence in the KarateKa. Fitness levels are also improved, both in terms of conventional stamina and while learning the Dojo-Kun concept of spirit.

The benefits also show themselves in truly unexpected ways too. On the morning of my first journalism exam recently, I started to feel pretty nervous. As this was a shorthand exam which required a steady hand and clear concentration, being too nervous could have spelt disaster.

During what was a very long delay before the exam started, I found myself closing my eyes and taking deep breaths slowly in whilst expanding my stomach and then slowly out. I was calming myself using the breathing techniques I had learnt in the Dojo. Before every training session and (more importantly) before every grading during the mockso, since I had started training I had practiced this breathing. Now I was applying it at this important time.

I became more confident, like when I

raise my spirit in the Dojo, and I was able to do well in the exam as a result.

I believe that these benefits are due to our learning the Karate-Do, or 'the way' of Karate. This emphasises that there is a whole body of knowledge of Karate which combines with its traditions and customs to make it into a full way of acting and applying oneself rather than simply a self defence system.

So how long will I train for? Hopefully for a very long time to come, as I discover other benefits and other ways to apply Karate-Do to my life and to apply myself to Karate-Do.

As Sensei quoted in the last issue of the Dojo newsletter, the wisdom of Gichin Funakoshi Hanshi: "Karate training is for a lifetime".

Ian Mark Weinfass (Dec 2009)

Interested in writing a column for our next newsletter? Speak to Irm for further details.