

WJKA WORLD CHAMPIONSHIPS

REMSCHIED GERMANY continued from front page

The England Team was made up from three associations, Hasha, Seishinkai and the SEKU Squad comprising Terry Oliver, Steve Hollister, Adam Cockfield, Danny Walton, Mike Grimwood, Gabriel van Rel, Sam Weaver, Ben Hobbs, Harry Miller, Rob Cooper, Mike Smallpage, Max Leach, Elliott Smith, Sam Richards, Danny Richards, Tom Carson, Claire Johns, Michaela Lamport, Allana Hollister, Christy Nash.

As always Sensei Dewey (8th Dan) attended providing support to the England Team as SEKU's Chief Instructor along with the encouragement of Sensei Malcolm Phipps (8th Dan), Sensei Brian Smith (6th Dan) and Sensei Jeff Carson (4th Dan). Sensei Alan Lewis (5th Dan) and Sensei Chris Carr (4th Dan) attended as officials.

Kata

The major revelation of the occasion was that Sensei Terry Oliver and Sensei Steve Hollister had decided to compete. Sensei Hollister set the bar when he performed 'Unsu' in the final to take the World Championship title. Elliott Smith was later awarded Bronze for his Gojushiho-sho performance in the 16-18 category and Mike Grimwood and Adam Cockfield achieved 3rd and 4th respectively in the +19 category. The ladies were not to be outdone and Michaela Lamport, received the Bronze medal in the +19 Ladies Individual event and Christy Nash also received a Bronze medal in the 16-18 category. The Teams were on fire also. Adam Cockfield, Sam Weaver and Danny Richards took the Silver medal with Mike Grimwood, Harry Miller and Jason Hollister taking Bronze.

Kumite

SEKU established a clean sweep in the 16-18 individual category with Max Leach, Ben Hobbs and Sam Richards taking Gold, Silver and Bronze respectively so when the three teamed up they were awarded the Gold medal which made Max an other SEKU double World Champion! Danny Walton came 2nd to Anthony Pendlebury placing himself between the brothers from George Best's Hasha group.

This was a very hotly contested category with the top 3 places to England. Tom Carson, of Seishinkai, won the Gold and a very tall and excellent young Karateka also from Hasha giving the top 2 places to England.

In the Ladies Kumite another World Champ was crowned in the form of Claire Johns when she prevailed to beat her tough Dutch opponent. In addition, Christy Nash proved she is world class winning Silver in the 14-18 ladies section.

Let us not forget Sensei Terry Oliver's Gold in the Veteran Mens Kumite. See Squad News for an insight into his thoughts about entering and taking part.

In the Veteran Mens Team Kumite Steve Hollister was first man out against German opposition. Steve's right leg shot up to his opponents head for an Ippon! Next was Dave Ward (Hasha) was on the mat and it wasn't long before he too delivered a left leg shot up to his opponents head for Ippon. This was followed by a sliver placing with Mike Grimwood, Adam Cockfield and Gabriel van Rel only losing to the Hasha team in the final. Danny Walton, Sam Weaver and Mike Smallpage coming 4th in this event.

Claire Johns, Allana Hollister and Michaela Lamport came 3rd in the ladies event and Sam Weaver, Allana Hollister and Mike Grimwood also came 3rd in the mixed team event.

The team events were hard fought and both Danny Walton and Rob Cooper suffered injuries. Both men played important roles in the England Team on the day and should be commended for their efforts.

The results were quite remarkable for SEKU and the England Team as a whole. I'm sure that it was no accident the SEKU Squad consistently featured in finals on the day competing against many of the worlds best. All those hours of commitment to training by our squad members and coaches was probably a key factor.

Ken Lyons 2nd Dan

THE POTTED HISTORY OF NEWPORT SHOTOKAN KARATE CLUB

Although the exact start date of the Newport Shotokan Karate Club on the Isle of Wight has not been established we know that it must be getting close to half a century. Malc Bradley and Mick Lambert first joined the club approximately 10 years after it began and provides an insight to its long and colourful history.

In the 1960's, long before we had any thoughts of taking up karate the Newport IOW Shotokan Karate Club first opened its door above a shop in Newport High Street. In 1970 the club moved to the local youth club and was run by Mick Thompson, a 5th Kyu who went to the Portsmouth Dojo to be graded by Sensei Enoeda. In 1972 the club moved to a larger Dojo at Carisbrooke High School with Jock Porter and Chris Dowden and then later Dave March a Dan Grade who had moved to the island.

Mick first joined the club in 1974. The same year that Dave March moved back to the mainland and Sensei's Mick Dewey and Phil Elliot from the Portsmouth Dojo took over running the club. This was before SEKU and the club was then affiliated to the Karate Union of Great Britain (KUGB). The Chief Instructor of the KUGB in those days was the great Enoeda Sensei and his right hand man Sensei Tomita conducted all our gradings.

In 1976 Sensei's Mick Dewey handed the club to Steve Allen who had graded to 1st Dan and later Sensei March returned to the island and continued to run the club for a couple more years. Malc Bradley who joined the club in 1976 took on the task of instructor in 1978 when he was a 1st Kyu and in 1982 Malc and Mick (who was by then also 1st Kyu) were invited to be founder members of the South of England Karate Union (SEKU). Out of all the clubs that converted to SEKU at its inauguration, Newport remains one of the surviving founder members. The others two being Portsmouth and Eastleigh. This was the era of Enter the



The above photo was taken in 1979 and shows club members showing off their recent haul after a K.U.G.B South West Championships. Back Row 3rd from right Mick Lambert and Front Row far right Malc Bradley.

Dragon and Bruce Lee and people filled the dojo and we can remember club grading of 50 plus students. In 1996 the club moved to its present Dojo at St Georges School Newport.

Over the years the location of the dojo and name has changed from Isle of Wight Shotokan Karate Club to Carisbrooke Shotokan Karate Club and finally Newport Shotokan Karate Club. As Newport club members progress to Dan Grade some have ventured out and started clubs of their own namely Sandown Karate Club and the Fitness Factory Karate Club. In addition, some members from the Sandown KC got together to start the Ventnor Karate Club.

It's been almost 40 years since Malc and Mick first stood bare foot on the Dojo floor at Carisbrooke High School. We have seen many faces come and go and club membership has fluctuated yet they have kept it going for 35 years. Hopefully it will continue to thrive for many more years no matter who is standing at the Shomon to take the 'Ni Rei'.

**Malc Bradley 4th Dan &
Mick Lambert 3rd Dan**

BLACK & BROWN BELT COURSE

Over 90 turned up to take part in the October 2013 B&B at the Priory Sports Centre Southsea. The line up was 4 rows deep and the lesson took place in the 2 first floor gymnasiums. Fortunately there was approximately 50% brown belts so splitting the attendees into 2 groups was easily done. It was a miserable day from the point of view of the weather but we were oblivious to the rain as the sessions began at 10.30 prompt and relentlessly continued until the mid afternoon. Just a short break allows me time to consume a banana and a bottle of liquid refreshment. However, the distant call of Ronald McDonald was too hard to resist on my journey back to London and I settled for a Quarter Pounder with cheese and a chocolate milk shake.

The brown belt sessions comprised Jion, associated Bunki with Sensei Dewey and Jyu Ippon Sho with Sensei Hollister while the black belts focused Bassi Sho, associated Bunki with Sensei O'Donnell and Ju Ippon Ni with Sensei Crow. In addition to our senior instructors leading the session it was good to see Sensei Crow and Sensei Hollister playing key roles in the training and development of the high standard of karate-do within SEKU. It

is clear that these sessions are preceded by much discussion and planning by our senior instructors to ensure that we receive the best possible and consistent instruction and advice.

This is why it is essential that Black and Brown belts take advantage of these important sessions. As from January 2014 you will be required to attend a specific number of B&B Courses to be eligible to grade for a black belt. So be sure to turn up and get your licence stamped as proof that you have attended the courses. There are four courses next year: Isle of Wight (February), Plymouth (June) and Portsmouth (October) plus an additional one in May so be sure to attend as many as possible.

The Dan Grading followed and pass or fail, all of the graders displayed a spirited performance.

The successful graders who were:

Nicole Higgins, Nidan, Saltash.

Aine Maunder, Jnr Shodan, Portsmouth

Russell Garcia, Jnr Shodan, Portsmouth

Tony Pegg, Shodan, Karate Newport

James Harding, Shodan, Bromley

Laura Parry, Shodan, Locksheath SEKU Karate

Ken Lyons 2nd Dan



STEPHANIE'S STORY

After many years of relentless training and dedication to the Portsmouth Karate Club Steph Cass has had to miss regular training sessions because she is having a baby! Steph has been a member of the Portsmouth Club for 24 years hardly ever missing a training session in all that time. She has represented Portsmouth on many occasions and has been a member of the SEKU team at various events both in the UK and abroad. Here is her story in her own words.

I joined Portsmouth Honbu Dojo in 1989 at the age of 6 when my Dad's friend bought along his son who went out of the first session crying for his Mum. In those days the official age to join was 8 but due to my determination and enthusiasm I was allowed to train and was accepted into the club and I have continued training ever since. I had to await 2 years to take my first grading and saw many other children overtaking me in the line up, however my main motivation was that I was training, not the colour of my belt. I took part in many competitions in the Piwi category, winning many trophies and I participated in many demonstrations over St Mary's Church Fratton. I also remember many times of training outside on the grass.

I loved Karate from the minute I started and for me it was like a drug that I became addicted to. I felt like my life depended on it and I have always thought of Karate as being my religion. Karate has brought to me great achievements in reaching 2nd Dan and winning numerous trophies in competitions both nationally and internationally, representing SEKU and Portsmouth. I have travelled to various countries such as Slovakia, Holland and Gibraltar and in addition to winning trophies I also sustained various souvenirs such as bloody noses, bumps and bruises.

I have only ever been a member of Portsmouth Dojo and would never consider training anywhere else, despite having to make a round trip of 50 miles to train for the last four years. Karate has been a way of life that I portray in all aspects of living with great discipline and etiquette. The people I have met over the years have now become my Karate Family and have become true lifetime friends.



Steph seen here after double grading aged 6 year

I cannot imagine my life without Karate but I have now, after 6 months of being pregnant, had to take a break from training to have my first child. I may not currently be training but Karate remains in my blood and I look forward to returning to Portsmouth Dojo.

My best memory overall has to be the first day I started training as without my Dad having taken me to the Portsmouth Dojo in 1989 I may never have found such a meaningful way of life. My greatest respect and loyalty will always be with Sensei Dewey and Portsmouth Karate Club which is where my heart belongs.

Steph Cass 2nd Dan

Shotokan Karate, are you ready to give it a go?



The Shotokan Karate Club warming up with Sensei Mike Dewey prior to their physical examination.

by Liam Franco

Sensei Mike Dewey, 8th Dan, recently joined Gibraltar Shotokan Karate Club at the Gibraltar Art Centre to oversee physical examinations. The club was founded by Sensei Frankie Hatton 2nd Dan and is currently made up of six members with a couple of associate members from overseas. They are strongly encouraging men and women of all ages to practice Shotokan Karate. Through the connections of Sensei Dewey opportunities for progress are made available for everyone associated with the club.

Killing two birds with one stone Sensei Dewey's last two trips to Gibraltar have coincided with a holiday to help the Gibraltar SKC with classes and exams which can help encourage new members. With strong friendly links between both founder and examiner, Sensei Hatton turned his focus to teaching the traditional trade of Shotokan Karate with the additional help of Sensei Dewey. After taking a break from teaching Sensei Frankie moved to Gibraltar where he was approached to teach Karate and since then has not looked back. "Shotokan Karate is not a sport you take for a few weeks to lose weight, it's a lifetime

dedication," he said. When moving to London with the RAF, Frankie, now one of our local friendly personalities on the Rock, gained experience in running an organisation after starting his own Shotokan Karate club in Uxbridge - which is still functioning today.

Sensei Dewey

In the world of Shotokan Karate Sensei Mike Dewey, 8th Dan, is regarded as one of the most recognisable figures in the trade. With huge success in the seventies the journey started off with his local club in Portsmouth going on to challenge his skills in many Karate Union of Great Britain

GET WELL SOON

Brian Smith is currently recovering from a hip replacement operation and we wish him a speedy recovery.

THE BIG THREE OH!

Next year The Fitness Factory will be its 30th anniversary. So a Happy Birthday to You!

HALF CENTUARY

Portsmouth Karate Club will be celebrating its 50th anniversary next year - That must be a record.

BIG JUMP - BIG BUMP

Clay Maclean of the Machi Dojo dislocated his ankle on his first solo parachute jump from 3,200 feet and will be out of action for maybe as long as 6 months. Clay said the jump was awesome but he was a little over confident on the landing. Hopefully the 6 months will pass quickly and it will not be too long before he is back in the line up. "Get well soon Clay".

IN MEMORY

The Annual presentation at Newport KC of the Tony Hunns and Dave Meyrick Trophies went to Mathew Ambrosini (Junior) and Tony Pegg (Adult). Tony and Dave's families attended the final grading of the year to do the presentations.



'Shotokan Karate is not a sport you take for a few weeks to lose weight, it's a lifetime dedication'

(KUGB) National and Regional championships - where he eventually became a member of the KUGB National Team. For five years he travelled with the team to Tokyo including the World Championships at the Budokan in which GB came third.

A modest man, Mike said, "I wasn't a superstar. A group of about two dozen formed an 'A' and 'B' team where you would progress through the 'B' squad into the 'A'."

In 1982 Semael Dewey was appointed Chairman/Chief Instructor to the South of England Karate Union SEKU (since renamed the Shotokan of England Karate Union) a position he still holds since creating the club with his brother-in-law. Prior to that Mike was with another national association.

His main club at the moment is Portsmouth Karate Club but constantly oversees the progression of Karate across Southern England.

Along with training at the renowned Japan Karate Association (JKA) headquarters in Tokyo, Mike has also embarked on training in France, Spain, Portugal, Holland, Sweden, Denmark, Belgium and Russia. Mike and Frankie will be taking two, possibly three students from the Gibraltar Shotokan Karate Club to the Portsmouth Invitation Open Championship in November and then on to the CQ Nationals in March next year for the beginners "to dip their toes in the water".

For information on joining the Gibraltar Shotokan Karate Club contact Frankie Hanton on: frankie@flmedia.co.uk

SPECIAL KARATE GASSHUKU 2014

Dates: Saturday - Monday 3rd, 4th & 5th May 2014
at Bridport Leisure Centre
Brewery Fields, Bridport, Dorset DT6 5LN

All proceeds from this course go to 'Damos Health Angel Fund'
For more information contact Hannah Hollister 01752 849093 H, 07969 244042 M
email: hannahlouhollister@hotmail.co.uk

Accommodation: Freshwater Beach Holiday Park
Burton Badstock, Bridport, Dorset DT6 4PT
Telephone.....01308 897317
Email.....info@freshwaterbeach.co.uk
Website.....www.freshwaterbeach.co.uk

THE MIGHTY KIM

Kim Lagos trains with the Machi Dojo at RAF Northolt where she is based as a trombonist in the Royal Air Force Band. Her busy work schedule often means that she is often in the wrong place at the wrong time when it comes to SEKU events and therefore has only represented her club in competition on a few occasions. However, she trains regularly in the SEKU Dojo perfecting her skills in both Kata and Kumite. Being a member of our armed forces she's given special leave from her regular duties in order to represent the RAF in inter-services competitions. Kim is a gutsy individual always ready to step out of her comfort zone and test her skills. Occasionally, her passion to compete has taken her into uncharted territory using karate to take on a variety of martial arts styles.

In May this year Kim took part in the RAF Martial Arts Association Championships at RAF Cranwell, Lincoln. The event was preceded by two days of rigorous training in which RAF Squad members received advice with regard to fine tuning their technique before the tournament on Saturday. Sessions included cross-training with the other martial arts disciplines within the Association i.e. MMA, Brazilian Jiu Jitsu, Kickboxing and Taekwondo. On competition day she took part in Karate, Taekwondo and Open Martial Arts events. Kim did extremely well in the Karate disciplines of Kata and Kumite events bringing home Silver

in Kata, performing Empi and Silver also in the Women's Kumite. However, 'Open Forms' is an event where Karate Kata and Taekwondo Patterns compete in front of a panel of 5 judges (2 Karate, 2 Taekwondo and one other discipline for neutrality). Kim performed the Shotokan Kata Jion and took bronze. Later that day she also fought the Taekwondo Ladies with their long range kicks. Apparently, in her final fight she came up against a formidable fighter who roughed her up a bit but she gave as good as she got. Finally, in addition to one or two bruises, she was left with the bronze and the determination to do better next time.

In July of this year she represented the RAF in the Annual Inter Services Karate Tournament in Kata. This is an annual competition where the RAF Karate Squad take on the might of the Navy and Army. Needless to say, she did her club and the RAF proud, taking the Gold Medal. She performed Jiin in the first round and Nujushiho in the second round.

In October she competed for the Combined Services Karate Squad at the Wado UK Open Karate Championships 2013 in Hull. She won Silver in the Female Team Kumite and Bronze for Individual Female Kata. Kim had been working in Wales the night before, only had 5 hours sleep and had to travel up to Hull for the event.

Ken Lyons 2nd Dan

The Importance of Reiho in the Dojo

To an outsider looking in, all the bowing and saying "Ossu", etc, all the time by our karateka may seem peculiar. But what is the real point in all of the etiquette (Reiho) in the Dojo??

There are a number of very important reasons for Reiho. Reiho is one of the most important aspects of our karate that shows our dedication to the art, no matter what level of technical expertise we are at. We can be at a low kyu grade, but if we show good reiho and a good level of chakuso (the way we are presenting ourselves in our gi), our instructors will see our level of interest and dedication.



Typical scene in the traditional Jpanses Dojo which demonstrates the importance of etiquette

Secondly, Reiho is a sign of respect. Not just for the instructors present, but to our fellow karateka, and to all the Sensei that have influenced everyone before them. The show of respect to other karateka is to acknowledge the opportunity that they are giving you to practice with them. If they are your senior, you are acknowledging that they are giving you an opportunity to learn from them. If you are equal, then it is an opportunity to compare. And if they are your junior, you are showing respect that you want them to try their best, but they are not in fear of being taken advantage of.

One final point of Reiho is to pass on a major part of the historical aspect of karate. From everything that we do, from taking off footwear as we enter the Dojo, to bowing, to Seiza, Mokuso, etc, is all passed down from over a century of Karate. How wrong would it be if was our generation that allowed it to diminish?!

It is our traditional karate that sets us apart from a vast majority of new "Home-Grown" Martial Arts. The views of these types of Martial Arts are purely subjective, but I feel that if we lose our feeling of Reiho as a very important aspect of our karate, then we are changing to a sport that doesn't set us apart from other sports.

My last thought of a Martial Art that has slipped down the wrong path of Reiho is Taekwondo. When I watched the Olympic Finals, the winner proceeded to throw her headguard into the air and failed to graciously acknowledge her opponent, with no sign of etiquette that used to be so important to their art. This example shows it doesn't matter how technically competent you are, if you display poor respect, it still puts a bad light on your art and yourself.

Sean Ovans 2nd Dan

2014 DIARY DATES

JANUARY

Sunday 5th - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

Sunday 19th - Instructor Class, Portsmouth

Sunday 26th - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

FEBRUARY

Saturday 1st - SKIF international. Mantova, Italy. Select squad. (Provisional)

Sunday 9th - B&B Course, Newport, Isle of Wight

Sunday 23rd - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

MARCH

Saturday 8th - The Legend Annual Championships, Bracknell Leisure Centre, Bracknell RG12 9SE

Saturday 22th - SEKU Championships, Mountbatten Centre, Alexandra Park, Portsmouth PO2 9QA

APRIL

Sunday 13th - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

MAY

Sat 3rd - Mon 5th - Bridport Gasshuku, Bridport Leisure Centre, Brewery Fields, Bridport, Dorset DT6 5LN

Sunday 18th - B&B Course - Training Only, No Gradings - Venue to be agreed

JUNE

Sunday 1st - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

Sunday 15th - Instructor Class, Portsmouth

JULY

Sunday 13th - B&B Course, Newport, Plymouth

SEPTEMBER

Sunday 7th - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

Sunday 14th - Instructor Class, Portsmouth

Sunday 28th - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

OCTOBER

Sunday 12th - AGM & B&B Course, Portsmouth

NOVEMBER

Saturday 15th - Portsmouth Open Karate Tournament, Mountbatten Centre, Alexandra Park, Portsmouth

DECEMBER

Sunday 14th - Squad Training Session, Judo Club, Sawmills Lane, Weymouth Avenue, Dorchester DT1 2RZ

Christmas Championships, Paulsgrove Karate Club, Portsmouth

Note: All Squad Training Dates are Provisional and are yet to be confirmed



Viviers (UK) Ltd

Fish and Shellfish Merchants



Tel: 023 9275 3621/9275 6934

www.viviers-uk.com

Head Office & Accounts

Camber Docks,

Gunwharf Road

Portsmouth PO1 2JX

Fax: 023 9287 4444

email: viviersuk@btconnect.com

PROUDLY SPONSORS



Billingsgate Market

Shop No. 26

Trafalgar Way

London E14 5ST

Tel/Fax: 0207 538 1123

Mobile: 07885 369852

Mobile: 07710 560295

N.J.S

BRICKWORK LTD. SCAFFOLDING LTD.

SPONSORS OF SEKU

MAKOTO

Martial Arts Equipment Supplies

Contact Maureen Dewey on 02392 387605
maureen.dewey@ntlworld.com

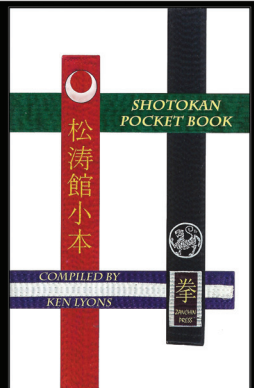
*for Karate Gis - Lightweight, Silver, Europa,
SEKU Tracksuits, SEKU Ties, Japanese Silk Black Belts,
Protective Equipment, Books and Videos etc.*

SHOTOKAN POCKET BOOK

Comprehensive companion for Karateka of all levels
with Japanese phrases, terms and techniques
used in Dojos and in competitions.



Available from Amazon.com or Special Discount Prices
from Ken Lyons - £10 Each and £40 for Orders of 5 Books
Tel: 07885 115432 - kenlyons1@sky.com



SEKU KARATE CLUB WEBSITES

Chichester Shotokan Karate Club
Terry Oliver (5th Dan) - www.chichestershotokankc.com

Crofton Karate Club
Alan Lewis (5th Dan) - www.croftonshotokan.co.uk

Eastleigh & Winchester Karate Club
Nigel Hosking (3rd Dan) - www.karatelessonseastleigh.co.uk

Fitness Factory Karate Club
Mark Elliott (5th Dan) - www.isleofwightkarate.co.uk

Locks Heath Karate Club
Nicky Daniels (4th Dan) - www.lockshealthskc.com

Lovedean Karate Club
Brian Smith (6th Dan) - www.lovedeankc.co.uk

Mid-West Shotokan Karate Club
Dave Guy (2nd Dan) - www.midwestshotokan.co.uk

Neville Lovett Karate Club
Jim Sutherland (3rd Dan) - www.nevillelovettkarate.talktalk.net

Newport Karate Club
Malc Bradley (4th Dan) & Mick Lambert (3rd Dan) - www.newportiofkarate.co.uk

Petersfield Shotokan Karate Club
Matt Powell (4th Dan) http://web.me.com/mattyp78/Petersfield_Karate_Club/Home.html

Plymouth Karate-Do
Paul Uren (5th Dan) - www.plymouthkaratedo.co.uk

Portsmouth Karate Club
Mick Dewey (8th Dan) - www.portsmouthkarateclub.co.uk

Portsmouth University Karate Club
Phil Bryant (3rd Dan) - Portsmouth University website

Portchester Karate Club
Mervyn O'Donnell (7th Dan) - www.portchesterkarate.co.uk

Saltash Karate Club
Steve Hollister (5th Dan) - www.saltashkarateclub.com

SouthDowns Karate Club
Matt Smith & Dave Galloway (4th Dan) - www.southdownskarateclub.co.uk

There are also 30 registered clubs advertised of the SEKU Website



"IN MODERN KARATE .. SEKU
VETERANS STILL RECEIVE
THEIR KATA SCORES IN
SEMAPHORE !!"



We hope you have enjoyed the November 2013 issue of SEKU UPDATE which once again contains contributions from our senior karateka. However, you do not have to be a Sensei to have a point of view or a story to tell. We are always interested in what you have to say what ever grade you are.

*Put pen to paper or finger to keyboard
and write a short piece and send it to
me at kenlyons1@sky*