



Bushido Newsletter



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Contact

Brian Owen
07737 034354

Email: [Danni Rudland
newsletter@mbkd.net](mailto:Danni.Rudland@mbkd.net)



Dinner & Dance

Don't forget to keep your diary empty for our annual dinner and dance due to take place at the end of November. Full details to follow.

Year of the Tiger – 2010



Tiny Tigers has gone from strength to strength and grown rapidly within all areas of our club. It proves how karate can be a focus within your life even from an early age and starting your journey along that road has many advantages. Coordination, balance, flexibility and concentration are to name just a few. Karate can teach and give us life skills we carry with us.

We have some higher grade Tigers now some of them even able to demonstrate Heian Nidan in full at 5 years old!

Tai - Sabaki

Tai-Sabaki means whole body movement, the way you move your body usually in evading an attack and ending up in an advantageous position. It is related to Ashi-sabaki (foot movement) and Te-sabaki (hand movement).

An example of Tai-sabaki is 'moving off the line' of attack.

There are as many ways to move as there are points on a compass, you can move forward, backward or either side depending on the attack before delivering a counter attack.

We learn distancing and the space or time created by Tai-sabaki in order to effectively use our technique. Then we put ourselves in a more advantageous position than our opponents making their technique ineffective and using the space created by moving our body to overcome them.

Tai-sabaki should be practiced in all kumite and especially in Jyu kumite.

It can also form a link between self defence techniques in Kata and real life applications.

The Dojo Kun

“Hitotsu! Jinkaku Kansei ni Tsutomuru Koto!”

One! To strive for the perfection of character!

“Hitotsu! Makoto No Michi O Mamoru Koto!”

One! To defend the paths of truth!

“Hitotsu! Doryoku No Seishin O Yashinau Koto!”

One! To foster the spirit of effort!

“Hitotsu! Reigi O Omonzuru Koto!”

One! To honour the principles of etiquette!
(*Respect others*)

“Hitotsu! Kekki No Yu O Imashimuru Koto!”

One! To guard against impetuous courage!
(*Develop self control*)

Note some of you have not been practising the dojo kun so here it is again in full.

Grading

Grading is well underway and you may have noticed some changes all previous Kata are required including the one you are currently learning, also Kumite has been reintroduced.

Good luck to all those due to grade in May at the Dan grading.

For grading dates check the calendar on our website.

Please remember to bring your licence with you if you arrive early it may be a good idea to warm up.

KARATE
 £20 FOR 4 WEEKS
FREE KARATE SUIT WITH CLUB MEMBERSHIP
Tiny Tigers
 Children Between 4-7 Years
 Shotokan Classes 7 years - Adult
 07737 034354 www.mbkd.net

Quote

“Although a tree may grow a thousand feet tall its leaves still come back to its roots for nourishment”

Chinese proverb

Joke of the Month

How many karatekas does it take to change a light bulb?

Infinite number they all come empty handed.

Website
WWW.MBKD.NET

Have you been on this website? Do you know that we have a student express. The five Heian Kata are on our site so if you need a reminder of any moves log on and check them out get your Kata sharp and strong, learn the moves then learn how to apply them correctly. There is also a member's forum if you want to bring a topic up to debate or want opinions of others it may be interesting to see what people in other areas are up to and how they are training.

Student Corner

If you would like to nominate a fellow student and maybe even provide a picture then write to us at the newsletter newsletter@mbkd.net or talk to your Sensei and tell us about them and why they are special to you.

You can nominate someone for any reason hard training, helping others, overcoming adversities, we have some truly special people within our clubs it would be nice to hear about them. Maybe you want to nominate your Sensei for their dedication and help, either way someone who you wish others to know about.

Back to Basics

The foundation stages, the basics the element where we begin. Yoi, punches, kicks and stances individually may be small but build into the most important base to learn from. They create muscle tone and memory preparing your body for the movement and formation of Kata, the strength and speed for Kumite. Basics are the roots of Karate.

From 10th Kyu we learn how to punch how to step and we engage on a journey where we improve and start to engage our hips drive power from the floor use our ribcage in fact using our whole body to create power and deliver a technique with explosion.

Of course it's not all about power it's also just as important not to tense to allow movement through your body to allow flow and fluidity allow yourself to deliver without holding back, finding a balance between power and technique bringing all the elements together that you've learnt.

So next time you are practising your Choku Zuki remember its more than a basic punch it is the very element of what we learn so learn to love those immortal words 5 up and 5 back oh yes and 5 up and 5 back again this time with Kiai!

Bring a Friend or Relative for free!!

The summers on its way before we know it the school term will be finished and summer will be upon us. For the first week of the school holidays we are opening the Dojo's up to bringing someone for free. If you have a friend, brother, sister, mother father or even grandparent that wants to have a go at a lesson bring them along. Each area will receive a flyer with more details of the dates and lessons that will be open for anyone to join in.

Bo (staff)

The Bo meaning staff is normally 6ft in length and can be made of various materials for training including bamboo, rattan even foam or oak. Traditionally it would have been a stick or branch from a tree use to carry across the shoulders to transport water in buckets or food it later evolved as an instrument to defend against attack, block or strike even whip.

Nowadays it can have tapered ends which amongst other things allow even balance. We tend to use a circular Bo but in the past they could have multiple edges square or hexagonal which have a more destructive effect when used.

The Bo gives an upper body workout conditioning and toning we practise this within our club starting with the first Bo Kata, Choun no kon. Younger students use a Jo which is shorter in length more appropriate for their height but can be just as effective to strike with.

Kime

What does Kime mean? It can mean focus, power, bringing together everything at once mind, body and soul to deliver an action, in fact there is no exact translation.

However Kime is something that has more than one exact meaning it encompasses the meaning of bringing oneself together as a whole, brain and body, utilising your being to focus on a strike or block to concentrate to move to be able to lock out your technique at the correct moment to hold your position and deliver with timing.

In terms of teaching when you hear your Sensei shout more Kime it could mean many things, more focus needed, better technique, concentration, more soul, but mainly to come together.

Kime to us needs to mean our best, to bring ourselves together with our karate to utilise our physical abilities with our inner self to try and deliver our technique smoothly with focus no tension but drive and commit to truly believe in our ability and to let it go so we can harmonise with our actions.

You cannot bake a cake without flour it will not rise or forget sugar it would not be sweet, one ingredient does not make a cake all elements are needed, this is Kime.

If anyone has any ideas or suggestions of what they would like to see in the next issue of Bushido Express please get in touch through the newsletter email address.