



Bushido Newsletter

Southern Region



Quarterly News Letter Issue 2 February 2012

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Any ideas? Any
comments?

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Words of the Month

One – Ichi

Two - Ni

Three - San

Four - Shi

Five - Go

Six – Roku

Seven - Shichi

Eight - Hachi

Nine - Ku

Ten - Jyu

Twenty – Ni jyu

Thirty – San jyu

Forty – Yon jyu

Fifty – Go jyu

Sixty – Roku jyu

Seventy – Nana jyu

Eighty – Hachi jyu

Ninety – Ku jyu

One Hundred - Hyaku

Heian Shodan

Heian Shodan – “Peaceful Mind Number One”
This is the first of the kata taught in the the Heian series, which consists of five kata. This kata introduces the student for the first time to several new hand techniques such as jodan-age-uke (upper level rising block), jodan-tetsui-zuki (upper level hammer fist strike), shuto-uke (knife hand block) and shuto-zuki (knife hand strike) as well as the concept of tai-sabaki (body shifting).

This kata contains 21 movements and should take the student approximately 45 seconds to complete.

Dojo protocol

Please take a moment to review these basic guidelines. We truly feel that adherence to these traditional 'common courtesies' will greatly enhance yours and everyone else's enjoyment of our Black Belt Academy. Let's work together to create an atmosphere that is safe, friendly and fun.

Quietly prepare for your class, remove shoes and coats, place them in your Gi bag and wait outside the Dojo. Be careful not to disturb the class that may be in progress as you warm up.

Keep your uniform and equipment clean.

Practise good hygiene.

Remove all jewellery

Learn to tie your belt properly, your belt is a sign of your progress and should be treated with the upmost respect.

Introduce yourself to your fellow students whom you do not know and make them feel welcome.

If you bring a guest, introduce them to your instructors.

Small children must be supervised and not allowed to run around.

No chewing gum or snacks allowed whilst training as this could be hazardous to your own health

Enter each class with the spirit and energy for learning.

Remember “He who is afraid to do too much... always does to little” Work hard and encourage your other class mates to work hard as well.

As a member of Bushido Karate Academy, we're counting on your enthusiasm and contribution each and every day, train at least twice a week and make up missed classes.

Never miss a grading examination. Never forget your goal of Black Belt Excellence.

Dates for your diary

GRADING DATES

Brown Belt Mocks

Harpenden Leisure Centre
UPPER DANCE STUDIO

Mocks March 11th 12:00 – 3:00pm

Mocks May 27th 12:00 – 3:00pm

Mocks September 2nd 12:00 – 3:00pm

Mocks December 2nd 12:00 – 3:00pm

MAIN GRADINGS

Harpenden Leisure Centre

March 25th

Tiny Tigers 12:30 – 1:30pm

Coloured Belts 1:45 – 3:00pm

Brown Belts 12:30 – 3:00pm

June 10th

Tiny Tigers 12:30 – 1:30pm

Coloured Belts 1:45 – 3:00pm

Brown Belts 12:30 – 3:00pm

September 9th

Tiny Tigers 12:30 – 1:30pm

Coloured Belts 1:45 – 3:00pm

Brown Belts 12:30 – 3:00pm

December 9th

Tiny Tigers 12:30 – 1:30pm

Coloured Belts 1:45 – 3:00pm

Brown Belts 12:30 – 3:00pm

Please arrive 15 minutes early with your licence and a clean ironed Gi.

Please make sure your licence is up to date, if you still need to renew your licence please see your instructor

Don't forget to have a look and join our Facebook pages.

[MBKD \(Minakami Karate Bushido Dojo\) UK](#)

[Abbots Langley Karate](#)

[Mbkd Shotokan Karate](#)

Reminder to all students that you all need to hand in licence books for 2012 renewal. If you have not had a renewal form please speak to your instructor.

All Students must have valid and up to date licence to be able to attend gradings.

All brown belts need to attend the mocks (if they have not got enough stamps they will be unmarked but still expected to attend in practice for the next one and to keep level of fitness up)

There will be NO lessons on Grading Days and Good Friday and Easter Sunday.

Our Watford club with Sensei Glatzhofer has moved to
Tanners Wood Hall
School Mead
Abbots Langley
WD5 0LA
All Grades 11:00 – 12:00

The main club website www.mbkd.net is being re-vamped we hope this will be more user friendly and will be updated regularly. You can also visit and join our facebook pages

[MBKD \(Minakami Karate Bushido Dojo\) UK](#)
[Abbots Langley Karate](#)

We are constantly being asked about prices for Gi's and equipment, here are a few prices. Please speak to your instructor for anything that is not listed. Gi = £25. Head guard £25. Mitts £15. Groin Guard £6.50.

Chakugan

The term means to set your eyes. To focus your attention on your opponent or the correct direction when practising your Kata. It enables you to focus correctly and prepare the alignment of your body to be able to strike or defend an attack and react correctly. When practising Kata for example it will allow you to "set your eyes" in preparation for your move. When used in Kumite it allows you to prepare for your opponents attack not taking your focus from your attacker and therefore being able to assess your defence or counter.

Useful words and directions

- **mae** /my/ or /may/ - Front
- **yoko** /yoe-koe/ - Side
- **mawashi** /mah-wah-she/ - Around, eg round-house
- **ushiro** /oo-she-roe/ - Back

- **jodan** /joe-dahn/ - Upper level, collar and up (e.g. face, head, throat)
- **chudan** /choo-dahn/ - Middle level, belt up to collar (e.g. stomach)
- **gedan** /gay-dahn/ - Lower level, "below the belt" (e.g. abdomen, groin, legs)

Sensei Dave Hassall is no longer running a class at Birchwood, Brian would like to thank him for all his hard work and commitment through the years and although this has closed Dave is a Senior member of our club and will be very much involved in the new weapons syllabus and Gradings. Thank you Dave you have been a great help and are very much appreciated and respected.

Southern Club Locations

TUESDAY

Tanners Hall
School Mead
Abbots Langley
WD5 0LA
4:00pm - 4:45pm

Thomas Coram School
Swingate Lane
Berkhamstead
HP4 2RP
7:00pm – 8:00pm

WEDNESDAY (kumite) ALL GRADES

Roundwood Park School
Roundwood Park
Harpenden
AL5 3AE
7:00pm – 8:00pm

THURSDAY

Roundwood Park School
Roundwood Park
Harpenden
AL5 3AE
Tiny Tigers 5:30pm – 6:15pm
Coloured belts 6:30pm – 7:30pm
Brown & Black Belts 7:30pm – 8:30pm

FRIDAY

Breakspeare School
Gallows Hill Lane
Abbots Langley
WD5 0BU
Tiny Tigers 4:30pm – 5:15pm
Coloured Belts 5:30pm – 6:30pm
Brown & Black Belts 6:30 – 7:30

Pixmore Junior School
Rushby Mead
Letchworth Garden City
SG6 1RS
Coloured belts 6.00pm - 7.00pm
Brown & Black Belts 7.00pm - 8.00pm

SUNDAY

Gadebridge Community Centre
Rossgate
Gadebridge
Hemel Hempstead
HP1 3LG
All Grades 11:00am – 12:00noon
Tiny Tigers 12:15pm – 1:00pm

Tanners Wood Hall
School Mead
Abbots Langley
WD5 0LA
All Grades 11:00am – 12:00noon

Harpenden Leisure Centre
Leyton Road
Harpenden
AL5 2 HU
Brown & Black Belts 12:30pm – 1:30pm
Coloured Belts 1:30pm – 2:30pm
Tiny Tigers 1:45pm – 2:30pm