



# Bushido Newsletter

## Southern Region



### Quarterly News Letter October 2011

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Any ideas? Any comments?

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### Words of the Month

Kicking Techniques  
(Keri-waza)

Mea Geri -  
Front Kick

Mawashi Geri -  
Roundhouse kick

Kikomi -  
Side Thrust Kick

Ushiro Geri -  
Back Kick

Ushiro Mawashi Geri -  
Reverse Roundhouse  
Kick



Gichin Funakoshi  
1868-1957

### Dojo Kun

The Karateka oath or "Dojo Kun" as its known or dojo rules was created by Kanga Sakukawa an 18<sup>th</sup> century karate enthusiast but has also been accredited to Master Gichin Funakoshi. The "Dojo Kun" can sometimes be found hanging outside or in the front of the Dojo. They remind students of all levels and rank the basic principles of karate in and outside the dojo and to live a life that reflects the meaning behind karate and its practice. There are five guiding principles or rules, each rule starts with the word Hitotsu meaning one or first and that each principle is at the same level of importance as the others and not one should come first, that they are all important in the physical, mental and spiritual growth of oneself. Students who practice normally recite the "Dojo Kun" at the end of the training session as to remind them to take the basic principles out into the world with them. So remember when you leave your club you are an influence on the people around you and strive to deliver a message that would reflect the way we train and hold ourselves.

#### 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)

### Dates for your diary

#### TINY TIGERS AND UNDER 10'S HALLOWEEN PARTY

Thursday October 27<sup>th</sup> at Roundwood Park School 4pm – 6:15pm - Free of charge with games, music, fancy dress competition and Pizza. Please advise your instructor if you wish to attend

#### CHRISTMAS PARTY & PRESENTATIONS

Saturday November 26<sup>th</sup> 2011  
6pm 'til late (smart dress code NO jeans)

Hilton Hotel  
Timbold Drive, Kents Hill Park  
Milton Keynes  
MK7 6HL

All students, family and friends welcome to join together to enjoy the festivities and celebrate the time of year.

Disco and Buffet included  
(Drinks available at the bar at an additional cost)

Please advise your instructor if you wish to attend.

#### GRADING DATES

**Brown Belt Mocks**  
November 20<sup>th</sup> 12 – 3pm  
UPPER DANCE STUDIO  
Harpenden Leisure Centre

All brown belts to attend regardless of lessons done, those without enough lessons will not be marked but treat as an extra lesson in preparation for the next mock.

#### MAIN GRADINGS ALL GRADES

December 4<sup>th</sup>  
Harpenden Leisure Centre

Tiny Tigers 12:30 – 1:30pm  
Coloured Belts 1:45pm – 3pm  
Brown Belts 12:30 – 3pm

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

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

[MBKD \(Minakami Karate Bushido Dojo\) UK](http://www.mbkd.net)

**Mbkd Shotokan Karate**

## SHIHAN AKIO MINAKAMI 2011 TOUR 7<sup>th</sup> – 14<sup>th</sup> NOVEMBER DATES, TIMES AND LOCATIONS TO BE CONFIRMED

Shihan means, "master instructor" and only those with the highest levels of skill in both the art of Karate and the vocation of teaching, are awarded this honour. Shihan Minakami is a dedicated and enthusiastic practitioner and teacher of Karatedo he is also:

President of Japan Karatedo Hayashi-Ha Shitoryu-Kai USA  
The first person to receive unanimous approval from the governing body of Karatedo in Japan, for certification as Shihan.

8th Dan, Karate, from Hayashi-Ha Shitoryu-Kai  
7th Dan, Karate, from the Federation of All Japan Karatedo Organization  
5th Dan, Chinen Yamanni Ryu Bojutsu, under Ryukyu Bujutsu Kenkyu Doyukai (RBKD)  
3rd Dan, Kendo  
1st Dan, Judo

In 1983 Shihan Minakami received his Shihan Certificate from both Japan Karatedo Hayashi-Ha Shitoryu-Kai and from the Federation of All Japan Karatedo Organization - FAJKO. The Federation of All Japan Karatedo Organization is the governing body for Karate in Japan. Shihan Minakami was the first individual ever to receive a unanimous passing grade, meaning all 11 Masters (representing the 4 major styles) on the examining board, gave him their approval. This is an amazing honour for which he will always be known.

It is Shihan's goal to teach traditional Japanese Karate and to pass his knowledge on to dedicated students who will learn and enjoy the techniques and attitudes of the true martial artist. He pursues this goal teaching at his Seattle Karate dojo, and also by travelling the world to teach martial arts seminars and perform demonstrations.



## COMPETITION

### RENAME BOB & BOB Jnr

Those that have been training recently you would have met Bob & Bob Jnr. The competition for this new newsletter is to rename The Bob's

Under 16's to name Bob Jnr  
Over 16's to name Bob Snr

The best and most original names chosen will receive a pair of sparring mitts each.

Please write down your chosen name along with your name, club and hand into your instructor by November 6<sup>th</sup> 2011.



## Southern Club Locations

### TUESDAY

Tanners Wood Hall  
School Mead  
Abbots Langley  
WD5 0LA  
4pm – 4:45pm (All Grades)

Thomas Coram School  
Swingate Lane  
Berkhamstead  
HP4 2RP  
7pm – 8pm (All Grades)

### WEDNESDAY (Kumite)

Roundwood Park School  
Roundwood Park  
Harpenden  
AL5 3AE  
7pm – 8pm (All Grades)

### THURSDAY

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

### SUNDAY

Birchwood Leisure Centre  
Longmead  
Hatfield  
AL10 0AN  
10am – 11am (All grades)

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

Watford Leisure Centre WOODSIDE,  
Horseshoe Lane  
Watford  
WD25 7HH  
All Grades 11am – 12noon

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