

# Shin-gi-tai Karate Club

Newsletter 30 (August 2006)



## Welcome..

The past month has been fairly quiet due to holidays but all clubs kept open have been operational even at very low levels. It has been a busy time with reviewing the syllabus, attending and arranging workshops to ensure an interesting next few months..

## Discussion Group:

Membership has risen by another 1 to 30. In August we have once again exceeded the precious message total of 92 and set a new level of communications at 104. To join you can register at <http://sports.groups.yahoo.com/group/shingitai>.

Alternatively visit the website on [www.mmaconsultancy.com/Karate](http://www.mmaconsultancy.com/Karate) and click on the Yahoo Group link.

## Kenjutsu

Lessons are open to all students 14 years of age and higher. Due to the weight and length of the bokken, physical stature and attitude are the key considerations.

## New Clubs:

Lessons in Karate and Self Defence are being arranged with Holmsdale Technology College and final details are yet to be agreed.

## Self Defence for Ladies:

The 8 week course has now finalised and will start at 10:00am on Thursday 7<sup>th</sup> September at the Grove Green

## Events:

The Tegumi course (12/08) was attended by Malcolm sensei and he has since taught the tsukami drill to students.

Due to family commitments, no attendance of the Tokon-do kumite course (20/08) was possible..

The nunchaku course in West Malling was attended by 6 students, just the right number to avoid swinging wood and chain.

### 4kyu+ Course – 09/09/06

Grove Green at 11:00am

### 1<sup>st</sup> Aid – 10/09/06

4 club members attending the Ashford KCC course.

### Workshop with Sensei George Bishop – 24/09/06

Details of events being finalised. Will take place at Grove Green . Children and adults lessons expected.

### SGT Grading – 8/10/06

West Malling at 10:30am.

### ISKK Seminar – 15/10/06

Agenda set , 13h00 to 16h00.

### Chin na – 05/11/06

Shinsei dojo in Sevenoaks at 11am to 5pm. (Note change of date)

### Rick Clark Seminar – Nov?

Probably first week. Will have a kids lesson followed by an adult one. Monday night.

## Club Officials:

### Chief Instructor:

Malcolm Bates

## Membership

Our student numbers increased by 2 more visitors this month;

Adults	36
Juniors	131
Visitors	63

**Total**        **230**

## New Club Members:

### West Malling:

none

### Vinters Park:

none

### Grove Green:

none

### Laddingford

None

### Loose:

None

### Leybourne:

None

### Larkfield:

None

## Sempai

We now have photos of James Doherty and Robert Powdrill for our website.. See if you recognise them!

## Club Donations:

Thank you to Richard Cox for a bag of coloured belts.

## Summer Closures:

The LARKFIELD club will be closed from 5<sup>th</sup> August to 2<sup>nd</sup> September 2006.

The LEYBOURNE club reopens on 7<sup>th</sup> September.

LOOSE club reopens on 5<sup>th</sup> September..

Laddingford Club reopens on 12<sup>th</sup> September.

**Please do visit the clubs that**

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Community centre. The cost is £40.

## Website Services:

All students can now access there details from the member login of our website. All historical grading feedback has been uploaded, if you see any missing please e-mail us.. Insurance details, lesson and workshop attendance will also be noted in due course. If members have any specific suggestions as to what information would help them in their karate studies, please let us know.

## Youth & Sports :

Stephen Bates

## Child Protection Officer:

Judy Bates

## Grading Committee:

Malcolm Bates,  
Stephen Bates,  
Steven Smith,  
Terry Bartholomew,  
David Abrehart,  
Paco Cayuela (Jnrs)  
James Doherty (Jnrs).

## Web Site Managers:

**Default** - Malcolm Bates,  
**Larkfield** - Terry Bartholomew  
**Leybourne** – Chloe Marchant  
**West Malling** – Tony Baldock

**remain open and keep your training active.**

## Syllabus Changes:

Please note that the juniors syllabus has received some minor changes and these are documented on the website.

The main changes are;  
**9kyu** – Be able to tie belt correctly.

**6kyu** – Know the dojo kun  
**2kyu** – Combination change with Kizami zuki.

The adult system has also been amended to include the 9 Shotokan throwing techniques defined by Gichin Funakoshi. These are documented in the syllabus as well as under Nage Waza on the members web site.

## August Birthdays:

**Mariam Ali**, Grove Green  
**Aysha Ali**, Grove Green  
**Malcolm Bates**, Grove Green  
**Cameron Jolly**, Vinters Park  
**Edward Burgess**, Leybourne  
**Senaka Rupasinha** Grove Green  
**Sarah Croucher** Loose  
**Eva MacRae**, Grove Green  
**Usha Moran**, Grove Green

## Free Advertising in the Newsletter:

If any club members would like to advertise their business or sell anything... or are looking for anything, you are welcome to send your advert to me for inclusion in the newsletter.

## Our Clubs:

### Grove Green – Community Centre:

Monday at 6:30 to 7:30pm (juniors 10 to 7kyu)  
Monday at 7pm to 8pm (juniors 6 kyu to Dan)  
Monday at 8:15 to 9:15pm (adults - Kenjutsu)  
Tuesdays at 8pm to 9pm. (adults)  
Friday at 6:30 to 7:30pm (juniors 10 to 7kyu)  
Friday at 7pm to 8pm (juniors 6 kyu to Dan)  
Friday at 8:00 to 9:00pm (adults)

### Larkfield – Brookfield Infants School

Saturday at 1:00pm to 2:00pm. (juniors/adults).

### Laddingford - :

Tuesday at 3:30 to 4:30pm. (juniors-after school club).

### Loose – Zeroth Active Zone:

Tuesday at 5:30 to 6:30pm. (juniors).

### Leybourne – Village Hall:

Thursday at 4:30pm to 5:30pm (juniors 10kyu to 9kyu).  
Thursday at 5:30pm to 6:30pm (juniors 8kyu+).

### Vinters Park – Community Centre:

Wednesday at 4:15 to 5:15pm. (juniors)

### West Malling – Village Hall:

Thursday at 7:00 to 8:00pm. (juniors)  
Wednesday 8:00 to 9:00pm (adults)  
Thursday at 8:00 to 9:00pm. (adults)

## Club Contact Details:

**Website:** [www.mmaconsultancy.com/Karate](http://www.mmaconsultancy.com/Karate)

**e-mail:** [shin-gi-tai@mmaconsultancy.com](mailto:shin-gi-tai@mmaconsultancy.com)

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