

Shin-gi-tai Karate Club

Newsletter 43 (September 2007)



Welcome..

As another month flies by we see many more students achieving their goals and progressing in their karate, new potential members visiting our clubs and sadly a few old ones calling time on their studies. Although club numbers are not at an all time high, attendance of members has improved so that most of the clubs are well supported..

As we approach the year end we have much to do with a Black Belt grading in November as well as an ISKK workshop besides all the usual lessons and things..

Discussion Group:

Membership has risen to 39 with a new record of 167 messages posted in August.

Membership

A couple of adult members have let their memberships expire but several new juniors have joined the club.

| | |
|------------|----------|
| Adults | 34 (-2) |
| Juniors | 142 (+9) |
| Registered | 145 (-2) |

Total **176 (+7)**

Grading Registration

For students wishing to grade on the 28th October, please ensure that your grading form (from the website) and your fee is handed in at the club by 18th October at the latest.

T Shirt travels

We have another photo promised by Rob Powdrill and once the PC is fixed he will send it to me. If you have a picture of you wearing a club T-shirt then please send it in

Events:

Kenjutsu – 13/10/07
Grove Green at 10:00.

Kenjutsu – 20/10/07
Grove Green at 10:00.

Juniors Grading – 28/10/07
Grove Green at 11:30. Grades 7kyu+.

ISKK Workshop – 4/11/07
Eastbourne 11:00 to 14:00

Sempai

G/Green Jun. – James Doherty
Loose – Dan Cleaver
Vinters Park – Vacant
W/Malling – Tony Baldock
Grove Green – Paco Cayuela
Laddingford - Vacant
Kenjutsu - Feridun Shakir

Thank You to;

David Abrehart for the donation of some more books to our library.
Tony Baldock, Paco Cayuela, and James Weber as well as my wife Judy for their help at the grading!..

Dedicated Students

The highest attendance from students in August was:.

Adult Section

Simon Buck who attended 14 lessons. Well done Simon,. Two months in a row!

Juniors Section:

Once again, we have two top students in the past month .
Tyler and **Ryan Dewhurst** have each attended 8 lessons.

Club Contact Details

Website:

www.shingitaikarate.com

e-mail:

New Club Members:

Laddingford

Georgia Wilson, 10 kyu

Grove Green (Juniors)

Josh Ashby, 10 kyu

Grading Results:

Adults:

7 kyu

Paul Terry

6 kyu

Usha Moran

David Abrehart

3 kyu

James Weber

Juniors:

10 kyu M2

Lara Etheridge

Reece Jobling

Joseph Skinner

9 kyu

Phoebe Shead

Elliot Crouch

Ruby Quinn

9 kyu M1

Ryan Dewhurst

James Murdoch

9 kyu M2

Kira Mason

James Mackie

Jamie Baker

8 kyu

Tyler Dewhurst

Louise Foord

Henry Wilson

George Bundy

Cameron Giesbers

Reece Mason

Francesca Green

Harry Collingwood

Stephen Mackie

Marcus Horton-Balzanelli

Alastair James

Zoe Kerr

8 kyu M1

Alex Kerr

8 kyu M2

Kiran McGill

Lauren Turner

Angus Taylor

Max Green

7 kyu

Matthew Foord

Joseph Foord

Kenjutsu:

5 kyu

Feridun Shakir

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and tell me where you were when it was taken..

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Club Futures

The **Leybourne** club support has stabilised at a level that allows it to continue and both classes are developing well.

The **West Malling** club often only has 3 students and as such is not viable in the long term. We will try further promotional work in the area but current advertising has brought no interest.

If this situation does not improve by the end of the year we will have to close this club and divert efforts into more useful lines for the club..

Support of the **Grove Green** club is very good within the junior grades and as these students get promoted the higher grade lesson will swell again. This club along with **Laddingford** and **Loose** are operating at full capacity in most lessons.

A short history of injuries

Sensei wanted something for the Newsletter, so late one evening I jotted this short history of my Karate life (mostly injuries) so that everyone will know just how difficult it is to take up a martial art in your 40's. You'll all be pleased to know it is mercifully short (ish)....

I started Karate in April 2005 at Canton Martial Arts club at the age of 45. Terry was my first Sensei and I trained at the Larkfield Dojo until it ceased to exist as part of the Canton club at the beginning of 2006.

At the time I was certainly not unfit, as I was cycling a lot, and have always done some form of exercise throughout my life. In 2005 though, my body was in for a shock, as within two months of starting training I had to stop as I was getting a serious pain in my left hip. Ironically the pain mostly did not occur during training! Many visits to the Doctors ensued and eventually after an x-ray, which established that the problem was not arthritis, a specialist told me that I was suffering from a trochanteric bursitis. This is swelling over the joint. The only way to sort the problem out was to stop training and take ibuprofen.

At this time I was only training once a week so had not progressed from my white belt (9th kyu at Canton). I resumed training again in September/October 2005 and in December that year progressed to yellow belt (8th Kyu). The problem with my hip is now controlled by taking Ibuprofen immediately before attending any Karate lessons, which I still do to this day.

In February 2006 Canton closed the Larkfield Dojo and although initially my intention was to remain with the club Sensei Terry mentioned that he was also training at another club now and that it might suit me better. In the middle of February 2006 I first met and trained with Sensei Malcolm and decided to change clubs. The main reason for changing clubs was because Canton had closed down all the Dojos local to me. However, I wanted to continue training with Sensei Terry, and Sensei Malcolm made an immediate impact upon me. Since Sensei will be reading this I will not embarrass him with compliments...

Training at Shin-gi-tai was a completely different experience. Obviously I can't speak from the kids perspective, but as an

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adult it is a much more relaxed and informal club compared with Canton. Training with Sensei Malcolm I began to appreciate the difference between sports Karate and a self defence based system. The realisation that movements other than in a straight line were very important came as shock to me. My feet which had been traditionally rooted to the spot, were now expected to do a double Ali shuffle to avoid being clattered by an incoming attacker. Months and months of training later I have now perfected a sort of side-step but movement is proving a difficult concept!

I also began to learn about the history of Karate. As I'm sure everybody knows Sensei Malcolm has spent a long time researching many different areas of Karate and some of this is sinking into my few brain cells. I have read a number of books on the subject and whilst reading is no substitution for real training it is an advance on drinking.

Initially I progressed quite quickly at Shin-gi-tai from 10th Kyu to 9th to 8th and then in September 2006 injury struck again. From about June of 2006 I had been having problems with my left shoulder and in September something nasty happened and training once again stopped for close on two months. The problem I think originated from doing a lot of weight training in the late 1990's, which was then aggravated by the press-up regime I put myself through in preparation for my first grading at Canton (very very stupid as I only had to do 20). I resumed training gradually in late October 2006 but it was not until March this year that a cortisone injection and then many visits to an osteopath put my shoulder back to (almost) normal.

Whilst my shoulder was still quite immobile I decided that I would do some running to keep fit and in February completed a half Marathon in under two hours. But again too much of a good thing was bad for me. The long runs out on a Sunday morning and shorter runs during the week took their toll and my back became very painful, such that for the last month before the event I think I managed to get out for a run three times. Naturally I missed quite a few karate lessons as well. I have started running again over the last few months, but restrict myself to once a week. Its hard to beat for keeping your stamina at a decent level.

In April this year I attended the last formal adult grading and just scraped through my 7th Kyu. Since then I have managed to train almost continuously twice, occasionally three times a week and recently was very happy and a little surprised to get my 6th Kyu.

I rarely take up a pastime half-heartedly, once I start enjoying it I normally end going for it full on. However what Karate has taught me is that at my age I really can't train everyday and go hell for leather to advance through the grades. If I ever get my black belt it's going to be a slow and gradual process so that my body can adapt to the demands this strange and obsessive pastime makes.

With my left hip and shoulder almost normal, in the last few weeks it's been my knees that have been playing up, so if I not there on Wednesday and Thursday you'll know why. Another beer please landlord....

Simon Buck (6 kyu)

Our Clubs:

Grove Green – Community Centre:

Mondays:- 6:30pm (juniors 10 to 7kyu) ; 7pm (juniors 6 kyu to Dan) ; 8pm (adults)

Friday :- 6:30pm (juniors 10 to 7kyu) ; 7pm (juniors 6 kyu to Dan) ; 8pm (adults)

Saturdays at 10:00 to 12:00 Kenjutsu on alternate Saturdays

Laddingford - :

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

Loose – Zeroth Active Zone:

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

Levbourne – Village Hall:

Thursday:- 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/Thursday 8:00 to 9:00pm (adults)