



# KATSU-MI KAI SHOTOKAN KARATE

## JUNE 2022 NEWSLETTER

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### KATSU-MI KAI UPDATE & RECENT NEWS

Welcome to the June edition of Katsu-Mi Kai newsletter.

The new Katsumi Kai instructor course was a great success and all instructors were very pleased with the new grading syllabus. Backed up by the new books and videos Sensei Carroll has put together. Even our Instructors have to keep their training up to date, ever evolving and adapting.

The roll out of the new syllabus started with an instructors course which was well attended with people travelling from as far a field as Cornwall and Gloucestershire.

During the course sensei Carroll taught two person drills from various Kata in the form of something he calls the clockface, addressing the HAPV (habitual acts of physical violence) of being grabbed 1 or 2 handed as a precursor to an attack, and how the kata uses that start point to initiate various responses.

From a students point of view although they struggled to understand concepts initially it soon became apparent it was just the person drills from the Heian Kata required for grading. After 5 hours of being punched, kicked etc etc there were Lots of smiling faces, lightbulb moments, and aching bodies the end of the session.



Contd..

克己  
松涛館  
空手



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### Competition

A massive well done to our Black Belt Ronnie for getting a Gold for Vets Ippon Kumite and Gold for Vets Sambon kumite and Silver for Empi Kata.



### Little Ninjas (Ages 5-7)

After covid, little ninja's is now back up and running, Little ninja's is a stepping stone for younger children into the junior class providing building block stages by splitting the first grade (orange belt) into individual manageable bite-size pieces. Awarded with merit badges to show their progress. This is achieved by learning through play building confidence, coordination, discipline and respect.

At the Melksham club the Shotokan tiger (in form of a cuddly toy!) is awarded to the student who showed the most significant progress that week.



Mason receiving his counting badge.



Katsu-Mi Kai Shotokan Karate Club

We're updating our webpage – if you want anything featured, please email details along with any photographs to Helen ([helenmockridge@btinternet.com](mailto:helenmockridge@btinternet.com))

克己松涛館空手