



KATSU-MI KAI SHOTOKAN KARATE

SEPTEMBER 2022 NEWSLETTER

KATSU-MI KAI UPDATE & RECENT NEWS

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

A recent grading was conducted at the head dojo in Melksham. Clubs from Melksham, Devizes and Salisbury were in attendance. The success rate for the juniors was very high and the standard was excellent.

This was the second grading for adults on Sensei Carroll's new adult syllabus. All adults coped very well with the syllabus, and Sensei Carroll was very pleased with how well students have adapted to the new syllabus. Again the success rate was very high.

Some higher grade students revisited earlier grades on the new syllabus to get them signed off in their new books.



Upcoming Course

Sunday 20th November 2022.
From 10:00 am to 4:00 pm.
Location: Melksham Dojo, SN12 6TR

Seniors only, all grades welcome.

£15 per head, please bring a packed lunch.

The course will cover the new grading syllabus, including 2 person drills, bag and pad drills and Kata taught in Sensei Carroll's unique style.

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克己
松涛館
空手



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克己松涛館空手

American student receives new grading syllabus – by Kathy Copple

Back in the last years of the 20th century when my husband James and I were in our ripe late twenties, we were pretty clueless about life, the universe, and karate. We began training in a small village hall with a handful of kids and teens under a SEKU shodan. She was a decent enough shodan with decent enough technique and just enough spiritual talk to keep me captivated by the mysticism that I had at the time wanted martial arts to be cloaked in. When we reached 5th kyu (purple belt), we were rather devastated to learn that our beloved Sensei was moving away. We scoured the then-clunky internet for other dojos in the area. The nearest one that looked traditional Shotokan enough was 22 miles away. James had a now-embarrassing phone interview with the very patient and curiosity-piqued Sensei Mark. He would come to “our” dojo for a “try-out” that Sunday morning! In walk Sensei Mark Carroll, Sensei Steve Manning, and Sandan Dave Owens. I can still feel the calm electricity of that first encounter in that sun-drenched village hall. We were all friendly while sussing each other out. Sensei Mark checked with us that Heian Sandan might be a good start point for our first session. After a quick warmup and some kihon, we bowed, said “Heian Sandan”, and he counted us all the way through once. Then we paired up. Kihon, Kata, it was all going traditionally well. I thought Kumite would be next, but then Sensei Mark started going through Heian Sandan Bunkai. I was thinking “Yes! I purple-beltly know all about these first blocking moves!”

And then I didn’t.

“Wait, what do you mean the preparation for uchi uke is a punch and the uchi uke is a breakaway as we step away?! Isn’t uchi uke a block?!”

“Whoa whoa hang on a minute, what do you mean that double block thingy isn’t a simultaneous high and low block in case we don’t know if a punch or kick is coming so we cover both?!”

Of course, I didn’t ask these or any of my thoroughly blown mind’s subsequent questions out loud as we moved through the Kata Bunkai. Perhaps Sensei Mark recalls a gape-faced me looking dumb-founded through it all. So began our very fortunate friendship with Sensei Mark, whose superpower is traveling back to a time before karate standardization when Kata were invented as realistic story-telling and training for effective fighting techniques. He would’ve been in good company alongside the likes of Matsumura and Itosu.

As the founder and leader of Katsu-Mi Kai, Sensei Mark is free to explore Kata traditionally, modernly, and martially. His vision combines with his constant practice and seemingly innate knowledge of workable fighting technique to give us world-class Karate training. Katsu-Mi Kai combines elements of traditional Shotokan with real-world self-defence techniques. To encourage us in our journey, he has created grading folders that comprehensively describe and illustrate requirements for each grading, and there are even videos online to further help your practice. Gaining competence in any endeavor is a long road requiring effort and curiosity, and Karate is no exception. With this personal journey and grading folder, Sensei Mark provides guideposts to keep you moving ever closer to being a great all-around Karate-ka who can not only grasp the performative aspects of Kata, Kihon, and Kumite, but can also understand the deeper meanings and be able to employ real fighting techniques if the real world ever required.

We have been privileged to have joined him on various parts of our and his journey. Take a few steps with him and see how it goes. If your mind isn’t blown, maybe try knitting instead.

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Little Ninjas (Ages 5-7)

Little Ninjas recently took their Age-Uke badge, building a solid foundation to progress towards their first grading as orange belts.



Eloise receiving her Age-Uke Badge.



Bodie receiving his Age-Uke 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)

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