



KATSU-MI KAI SHOTOKAN KARATE

SEPTEMBER 2023 NEWSLETTER

KATSU-MI KAI UPDATE & RECENT NEWS

克己松涛館空手

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

A recent inhouse grading was conducted at the head dojo in Melksham. Again the success rate for the juniors was very high and the standard was excellent.

There will be a further full junior and adult grading in the near future, date to be confirmed.



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Adults All Grade Kata Bunkai Course 16th & 17th September 2023

Over the 2 days Sensei Carroll explored and demonstrated Heian Sandan and Heian Godan and how they are linked together, using HAPV (habitual acts of physical violence), probability theory, 2 person application practices, bag and pad drills, Heian Sandan and Heian Godan flow drills.

Sensei explained his 5 stages of Kata Bunkai. From 2 person applications and practice as per adult grading drills, through to street application based purely on responding to HAPV, with less focus on the Kata form in a more dynamic environment.

Whilst some people may view this application as purely self defence, the applications practiced have evolved directly from Kata and the 5 stages of Kata Bunkai.

The 2 day course was well attended and well received with lots of positive feedback.





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Little Ninjas (Ages 5-7)

Little Ninjas continue to work towards their first grading as orange belts.



Class receiving their Oi-Zuki badges.



Students receiving grading badges.



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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