



Katsu-Mi Kai Shotokan Karate

September 2008

NEWSLETTER

克己松涛館空手

Sensei Steve Matteson – A Profile

STEVE Matteson's first introduction into karate was in 1972 when working for Plymouth City Council as a lifeguard. In the days before karate was widespread the lifeguards ran their own Shotokai Club under Sensei Harada. In 1975 Steve moved to Exeter and started training at Exeter Shotokan Karate Club under Sensei Dave Collacott of the KUGB, the head sensei of which were Enoeda, Kawasoe, Tomita and Andy Sherry. As the Exeter Club owned their own premises it was possible to train up to 6 days a week. Steve also trained at Plymouth SKC during the summer holidays under Sensei Les Clark. He achieved Shodan in 1980 with Sensei Enoeda.

From 1976 to 1989 Steve competed consistently for Exeter SKC. In 1987 he was selected by Sensei Billy Higgins to compete for the Southern Area against teams from the rest of the UK. Between 1985 and 87 Steve competed for the Devon team, and also competed regularly at Crystal Palace in the National Championships for Exeter where he once fought a young George Best – not winning on the day!



In 1989 Steve moved to London and trained with many different clubs, associations and styles. This turned out to be a rewarding experience.

In 1990 he moved to St Ives in Cornwall where he found a Shotokan club affiliated to the BKA and received his Nidan there in 1995. In 1996 the sensei at St Ives moved on leaving Steve and Chris Tyler to run the club. Shortly after this they joined the FBSKUI where Steve was honoured to be selected for the FBSKUI squad, competing nationally and internationally and enjoying the camaraderie and friendship of fellow squad members, as well as the guidance of Sensei Mark Carrol, squad coach. In 2007 Steve was proud to achieve his Sandan at St Ives under the FBSKUI.

A recent highlight for Steve has been to travel to Japan on two occasions and train at the JKA honbu dojo in Tokyo, as well as dojos in Kamakura and Yawanato. Recently SKC St Ives has joined Katsu-Mi Kai Shotokan Karate and Steve finds himself full of renewed enthusiasm for his karate with Sensei Carroll at the helm.

Steve finds teaching in his club a thoroughly rewarding and fulfilling experience and looks forward to training for the rest of his life – 'There is no retirement'.

COURSES 2008

Training & Grading at Wellsprings Leisure Centre, Taunton TA2 7QP: Saturday 6th September 12 - 4 p.m.
St Ives Training Weekend & Grading
Friday 31st October - 7.30 p.m. - 9 p.m.
Saturday 1st Nov - 10 a.m. - 12 noon & 2 p.m. - 4 p.m.
Sunday 2nd Nov 10.30 a.m. - 1.30 p.m.

Home Sweet Dojo Training at Melksham, July 19th By Kathy Copple



Britain! Britain! Britain! How lovely it was to be back in Britain! We were a bit concerned about training after not donning a gi for two years, but there was no way we were going to visit the UK without training with Sensei Mark! He eased us back into the dojo scene with a smashing party at Shelly's pub in Wroughton. He told us he'd arranged a party, and we were expecting four or five friends and a buffet with mini sausage rolls and Twiglets. That would've been lovely, but we were very touched to find a pub full of old and new friends and a gourmet buffet that would've pleased Henry VIII! The skittles was great fun, we loved seeing everyone and the beers helped us forget our fears about going back to the dojo.

The next day, as I put my gi on in the changing room, the butterflies began to multiply and flutter about madly in my belly. I could fit into my gi again – that was a good start. How do you tie this belt again? Did Sensei have white belts we could borrow? Would



Sensei Carroll (right) demonstrates a bunkai technique

we be able to get through the warm up without vomiting at Sensei's feet? We bowed as we entered the dance hall. A smile crept onto my face. The cool hard wood felt nice on the soles of my feet. Everyone was stretching and chatting away.

'Line up!' shouted Sensei. Most of the trepidation disintegrated into thin air. The butterflies flitted away but

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Home Sweet Dojo – Training at Melksham, July 19th

By Kathy Copple

hovered nearby. Would our bodies remember? The warm up was gedan barai, age uke, uchi uke. After a few hiccoughs (*how do you make gedan barai again? Oh yeah! What's uchi uke? Oh yeah... I remember that! Which hand prepares in age uke? Oh yeah... hey, look at us... we're doing karate!*), it all came back as if we'd never left. The session continued with basics as the warm up. Then it became clear why those particular basics were a useful warm up. Sensei took us through his bunkai for Heian Nidan. I like most kata, but somehow always grow to passionately love them by the end of a Sensei Carroll bunkai session. It took me back to our first ever session with Sensei Mark, when James and I were 7th and 6th kyus. We were awe-struck by his Heian Sandan bunkai and, despite our inexperience and dumbstruck bemusement, we knew we had found an instructor who could open our eyes to the raw beauty of kata and, indeed, karate. Sometimes we don't notice or we forget how exciting the 'basic' or 'junior' kata can be. Sensei Manning's demonstration of the bunkai was superb and left no doubt that the heian kata contain more than just basic training...you just have to open your eyes

and look. I'm grinning right now as I think of Steve 'pummelling' Martyn, especially that bit where we come back down the embusen line with the uchi uke, mae geri, gyaku tsuki combos finishing with morote uke.

I grinned through much of the session and even giggled out loud a few times. Our bodies hadn't forgotten and were fine the next day. There was no real soreness, just some muscles we'd forgotten we had saying 'Hello! I'm here! Remember me? *Latis-simus dors!* Good to be working with you again!' We were even able to continue with Heian Nidan at Sensei's Monday night session.

I knew I'd been missing karate, but until I went back into the dojo, I didn't realise just how much. They say you can never go back, but I beg to differ. Karate is much more to us than learning Japanese whoop-ass... karate has given us lifelong friendships that we can always go back to.

It was great to visit Britain, and it was great to spend some time at home in the dojo. There's no place like home... home sweet dojo!