



Katsu-Mi Kai Shotokan Karate

January 2013

NEWSLETTER

Dedication and wealth of experience takes Katsu-Mi Kai from strength to strength



Katsu-Mi Kai's senseis and competition officials at the recent Westbury Competition.

I WOULD like to wish everyone a Happy New Year.

Katsu-Mi Kai Shotokan Karate has grown over the last few years in many ways: credibility, standards and professionalism to name but a few and this can be seen in things like our new and fantastic website (www.katsumikai.co.uk) which is thanks to one of my own students Will Nickson who produced and maintains the site. So please keep checking it as it is full of information on courses, competitions, club news and hosts our newsletter kindly put together by Kim Nicol of SKC St Ives who gives her time freely.

We also have new advertising banners which some of you will have seen at our annual low key competition along with the blazer and gi badges that we wear. The way our competition, courses, and gradings are run and conducted and how great our annual kata bunkai weekend is hosted and run, is largely down to the people in our association.

We have, from the top down, some great karateka who work very hard to make Katsu-Mi Kai function.

If you were looking to join the Katsu-Mi Kai today what sort of things would you see?

You would see that in our chairman, Sensei Lionel Wheeler, you have a wealth of knowledge and a great karate history who brings all that experience to our table.

In myself and Sensei Steve Manning you have two instructors with a mass of knowledge, teaching and passing on that knowledge, while still training and trying to develop themselves. You have senseis Steve Matteson, David Owen, Ross Young, Martyn Chapman and Nacer Boudebza running clubs and teaching and producing students to a high standard, again while still training and learning themselves. All of these instructors have trained, competed, instructed, refereed and judged all over the world and still continue to do so.

In our clubs you have students of all ages and grades pushing and striving to become better karateka and

already achieving some great success in grades and competition.

We are always trying new things to give all students, from the very top to the newest white belt, a chance to grow, that's why in September senseis Steve Manning, Lionel Wheeler and myself went to meet senseis Glen Hall and Brett Halliday to arrange the November one day kata course which was very successful. Both guest instructors were very complimentary about our standard and enthusiasm to train hard, so much so that they are happy to work with us in pushing our association forward, which is a pure delight for myself. Courses with them are planned for next year.

Next year we have also changed the structure of our regular courses, so Sensei Joe Howe, who has a wealth of competition experience in its many styles and forms, has kindly agreed to give his time to teach all lower grades in the art of competing. This is to reinforce the idea of our low key competition in which we try to give kyu grades some experience and a chance to try competition in a safe and controlled environment.

Katsumi means: 'to overcome your weaknesses'. Katsu-Mi Kai is a Shotokan based association that leans towards the practicality of Karate through the application of Kata, and I am very proud of how far it has come and what we have achieved to date.

I would ask you all to be as proud of it as I am, to get behind it by supporting its events and courses and help us all push it to greater heights.

With all your help we will make this happen.

Finally a big thank you to all the members of Katsu-Mi Kai for your continued support.

To the above named people – to me you are more than fellow karateka, you are great, treasured friends and I wish everyone continued success for 2013.

Sensei Mark Carroll

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WESTBURY KYU GRADE & JUNIOR COMPETITION

Katsu-Mi Kai hosted a successful competition on November 23rd 2012. The aim of the annual competition is to give juniors and senior kyu grades a taste of competition and to also give senior dan grades experience of refereeing and judging. The referee and judges exam can also be taken.

There are many more photographs on Katsu-Mi Kai's website <http://www.katsumikai.co.uk>



NEW KATSU-MI KAI T-SHIRTS

Katsu-Mi Kai has produced T-shirts which will be available to view and order at the next course on Saturday 19th January 2013 at Melksham. They have a discreet, embroidered logo (see right) on the left breast. The T-shirts cost £12 each and are available in sizes from XS adult up to XXXL.



Katsu-Mi Kai
Shotokan Karate

LICENCES

Please make sure your licence is up to date.
You should not be training and cannot grade or compete without an up-to-date licence.
Ask your instructor for application forms.

MORE SUPPORT NEEDED

SENSEI Carroll has said that, although many enthusiastic Katsu-Mi Kai members supported the St Ives Course, much more support is needed if it is to continue.

KATSU-MI KAI COURSES & COMPETITIONS 2013

- 19th January: Course & Grading, Christie Miller Sports Centre, Melksham 12-5 pm*
- 23rd February: 1 Day Kata Course, Christie Miller Sports Centre, Melksham
- 9th March: 13th Legend Open Championships, Bracknell Leisure Centre
- 20th April: Course & Grading, Christie Miller Sports Centre, Melksham 12-5 pm*
- 20th July: Course & Grading, Christie Miller Sports Centre, Melksham 12-5 pm*
- 11th, 12th & 13th October: St Ives Course
- 23rd November: Westbury Competition, Matravers School, Westbury
- 24th November: 1 Day Kata Course at Matravers School, Westbury



* MELKSHAM COURSES & GRADINGS – 19th Jan; 20th Apr; 20th July

Training will take place between 12.00 and 5.00 p.m. and will be split into several sessions. Junior and adult kyu grades train from 12.00 to 1.30 p.m. with Sensei Carroll or Sensei Howe. This group can then take a break, resuming training from 2.30 p.m. to 4 p.m. with Sensei Wheeler. Alternatively the higher grades within this group can go straight into the training session of Sensei Carroll from 1.30 to 4.00 p.m. if they wish.

All black and brown belts train with Sensei Carroll from 1.30 to 4.00 p.m.

The grading follows after 4.00 p.m.

The above arrangements do not apply to the 1 Day Kata Courses or the St Ives Course.