



Katsu-Mi Kai Shotokan Karate

June 2011

NEWSLETTER

LIVING THE HISTORY OF SHOTOKAN TRAINING WITH SENSEI TAKAYOSHI NAGAMINE

PART TWO of Martyn Chapman's account of his visit to Okinawa with
Sensei Mark Carroll, Steve Manning and Dave Owen.

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WE awoke the next day to an early alarm as we did not want to be late for our first lesson with Sensei Nagamine. The day was very hot and humid. We packed our gis into our bags after a small breakfast and headed off through the dusty city. We arrived at the dojo, Mark knocked on the door frame and shortly afterwards Sensei appeared, he was wearing a pair of beach shorts and a T-shirt. The T-shirt I believe had once been yellow but now was so faded and well worn I couldn't hazard a guess how old it was, like the owner, it was full of mystery! He showed us to a dressing room and said we could change there. It was barely big enough to fit the four of us in. In the corner was a shower which only had one setting, freezing cold! We would be glad of that later.

We bowed and stepped into the dojo. Mark pointed to the photographs that hung above the dojo shrine (pictured on Page 2). That's when I realised the heritage of the man we were about to train with. Nagamine's father trained under Sensei Chotoku Kyan, Sensei Kyan trained under Sensei Itotsu and Itotsu was a student and colleague of Matsumura, body guard to the Sho King of Okinawa. A door opened and Sensei Nagamine walked in wearing his gi. He told us to line up, we bowed and knelt down. Nagamine went through his dojo kun and then we stood up and the lesson began.

Nagamine took us through his warm up which was quite extensive, full of the exercises we are all used to. After the warm up we began with stepping forward in oi-tsuki, and it was totally different to what we do. You stand with your leading foot, the left, facing forward, the right foot pointing to 2 o'clock, the toes of your right foot are only to be about two inches behind the heel of the left. The width of the stance is very narrow about two inches unlike our hips width. He barked out "ichi" and we stepped forward. As you do so, the left foot stays in position as your right foot passes by. As you land your right foot, with toes facing forward, you twist your left foot (by the heel) to a forty five degree position, as the hips snapped into position.

As we went through all the basic punches and blocking, in this high natural like stance, I began to recall pictures of Gichin Funakoshi standing at his makiwara and in his dojo in these high stances. After only fifteen or so minutes we were gasping for water. The high humidity was taking its toll on us and we were not even working that



Sensei Takayoshi Nagamine (right) pictured with his father, the legendary Sensei Shoshin Nagamine.

Photo courtesy of www.okinawan-shorinryu.com/graphics

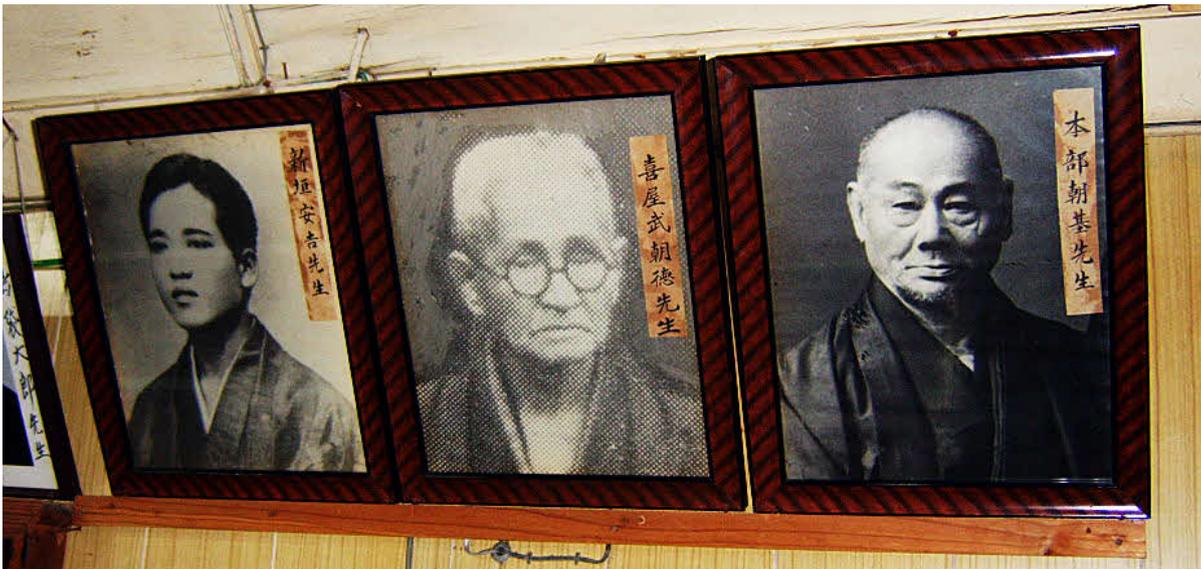
hard as we were only doing basic stances. Nagamine could see that we were flagging and said "You take break". And he pointed to some cold bottles of water he had prepared. He shuffled across the dojo and disappeared into his little office. The water was a god-send and the small table with the bottles on became a shrine to us over the next few days training. After a few minutes Nagamine appeared from his office and we lined up for more of the same. The lesson lasted four hours in the heat and humidity. We went through kicking exercises but all of us were suffering and our legs felt like lead weights, Nagamine must have been laughing to himself inside. He ended the lesson and we exited to the cold showers and to bottles of ice cold water ...heaven! When we had changed we said goodbye to Sensei Nagamine and left for our hotel. We thought that Nagamine didn't expect us to return the next day, after such a long, hard training session but having travelled so far we were determined not to miss this chance!

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Part 1 appeared on a previous newsletter, if you missed this or would like to re-read it please email: kjinicol@btinternet.com – Part 3 to follow soon.



TRAINING WITH SENSEI TAKAYOSHI NAGAMINE ... Continued from Page 1



HANGING on the wall of Sensei Nagamine's dojo are portraits of notable masters of Shorin Ryu Karate: Sensei Arakaki (left), Sensei Chotoku Kyan (centre) and Sensei Choki Motobu (right).



ST IVES COURSE 2011

Don't miss out on Katsu-Mi Kai's exciting 3 days of Kata-based karate – Sept. 30th - Oct. 2nd

Held at Tregenna Castle Hotel in the Badminton Hall, Tregenna Estate, St Ives, Cornwall TR26 2DE

Friday 30th September 7 – 8.30 p.m. (session 1)

Saturday 10 a.m. – 12 noon (session 2) & 2 – 4 p.m. (session 3)

Sunday 10 a.m. – 1.00 p.m. (session 4)

BOOK NOW TO AVOID DISAPPOINTMENT (limited places)

Whole Course – 3 Days (4 sessions) – £70 • One Session – £20

No entry on the day, all places must be booked and paid for in full by September 1st 2011

To book ask your club instructor for a ticket or contact contact Sensei Mark Carroll on 01225 708391

SPECIAL OFFER!

If you book before July 1st the Whole Course is £50
One Session – £15

KATSU-MI KAI KARATE COURSES 2011

June 18th – MELKSHAM COURSE & GRADING – 1.00 - 5.00 p.m.
Christy Miller Sport Centre, Bowerhill, Melksham SN12 6QU

Sep 30th to Oct 2nd – ST IVES COURSE (see above)

Nov 2011 (date to be confirmed) WESTBURY COMPETITION

NEXT YEAR (date to be arranged) COMPETITION in HOLLAND

All the courses are carefully researched and are not to be missed

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.