



Katsu-Mi Kai Shotokan Karate

November 2008

NEWSLETTER

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Sensei Dave Hooper visits the UK

SENSEI Dave Hooper of the Japan Karate Association made one of his whistle-stop visits to the UK in August where he taught sessions along the length and breadth of the country. These included a visit to St Ives, where he took a session and enjoyed a short break, and also Glastonbury where Sensei Carroll and other Katsu-Mi Kai members joined him.

As many people will know, Sensei Hooper has lived, worked and trained in Japan for about 35 years and has achieved all his Dan grades at the JKA and also attended the infamous Takushoku University instructors course. He is therefore a sought after instructor on his visits to the UK as he is a direct link with the source of Shotokan karate.

At St Ives his lesson was based in kihon with stance work and hips, as ever, the focus. The foundation of Sensei Hooper's Shotokan is solidly based in kihon which produces speed, power and effectiveness of technique. This message sometimes takes many years to be understood and to the uneducated, certain actions can appear unnecessary but without them it would not be Shotokan.

Other associations and styles may be happy with a flick to the head or a touch to the face but without the diligent practice of kihon there will be



SKC St Ives pictured above after their training session with Sensei Hooper. He is kneeling front centre.

no effectiveness. Without the culture of hard work and commitment to every technique there will be no progress. Every karateka should train for him or herself.

At the end of the lesson Sensei Hooper showed the class recent thoughts from the main instructors at the JKA on the use of hips at the end of Bassai Dai involving the sweeping downward arm movement performed in a low zenkutsu dachi. The hip movement when this is executed, is often overlooked by students. KN/SM

Course & Grading

Taunton – Sunday 6th September

SENSEI Mark Carroll's course at Taunton centred wholly on Heian Godan. Some students could be forgiven for thinking that they'd already studied this kata for their 4th kyu but when studied with Sensei Carroll, one understands there is a lifetime of study within one kata.

With Sensei we studied the kata bunkai applications in depth, within the rules of the street. When training towards a grading it's time to start learning a kata but to be inspired by Sensei Carroll's instruction and therefore make each kata your training method is an education in itself. Sensei Carroll gives you the opportunity to learn and study his personal understanding of the kata or, equally important, to research and study your own applications.

Sensei has inspired me to reassess my kata training in a way that I wish I had 36 years ago but it's never too late!

My karate has been truly enhanced by Sensei's tireless research and hard work and I will be forever grateful.

At the end of the training a grading took place with John Paul Bassett of SKC St Ives achieving his Shodan. SM



KATSU-MI Kai members pictured at Glastonbury. Left to right: Martyn Chapman, Sensei Mark Carroll, Sensei Hooper, Sensei Steve Manning and Jamie Strachan.