



Katsu-Mi Kai Shotokan Karate

October 2010

NEWSLETTER

JAPAN TRIP FOR ST IVES KARATEKA

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FOUR members of St Ives Shotokan Karate Club travelled to Japan in April and trained at several dojos in and around Tokyo. Steve Matteson, Kim Nicol, David Twomlow and John Paul Bassett trained primarily at the JKA Honbu dojo in Iidabashi but were also honoured to train with Sensei Richard Heselton at his dojo in Nishigahara and Sensei Dave Hooper at his dojo in Kamakura. These two Englishmen travelled to Japan to study Shotokan karate and subsequently made their lives there.

The teaching at the JKA was of the usual excellent standard. As the JKA's Gasshaku was taking place in the middle of the St Ives visitors' stay there were karateka from all over the world training each day. At the morning sessions classes were taken by Senseis Inokoshi, Nimoto, Takahashi, amongst others.

Many Shotokan legends were to be seen at the JKA

and taking part in the sessions, including Sensei Ohta who was very helpful to those of us struggling with Meikyo!

It was great to meet up with Sensei Dave Hooper who was, as always, extremely helpful and generous with his time. The St Ives karateka travelled with him by train to the fascinating city of Kamakura and the JKA club he helps run there.

It was also an honour to meet up several times and train at the dojo of Sensei Richard Heselton. Sensei Richard was, at the time of the visit, training for the JKA All Japan Championships and he went on to take 3rd place – an awesome achievement.



AT the JKA, Kim Nicol (left) and Steve Matteson (right) are pictured with Sensei Inokoshi, 2009 'JKA All Japan' kumite champion.



ST IVES karateka pictured outside the JKA headquarters in Iidabashi, Tokyo (left to right): David Twomlow, John Paul Bassett, Steve and Kim.

10th LEGEND OPEN

KATSU-MI KAI entered a squad at the 10th Legend Open competition in Bracknell, Berkshire several months ago. Open to all clubs and associations, the standard was extremely high with some of the best karateka in the UK taking part. Katsu-Mi Kai had a good showing and Sensei Carroll was pleased with the turnout and performance and wants to thank everyone who attended for their support.

Ross Young took 3rd in the individual senior male kata (1st kyu & over). In their first outing at a major national competition, 9 year old Sapphire Sumpter took 3rd place in her kata section in a very large field of competitors and Oliver Wilkins took 1st in kumite and 2nd in kata in the senior male kyu grade section.



Ross Young



Oliver Wilkins



Sapphire Sumpter



LIVING THE HISTORY OF SHOTOKAN TRAINING WITH SENSEI TAKAYOSHI NAGAMINE

PART ONE by Martyn Chapman

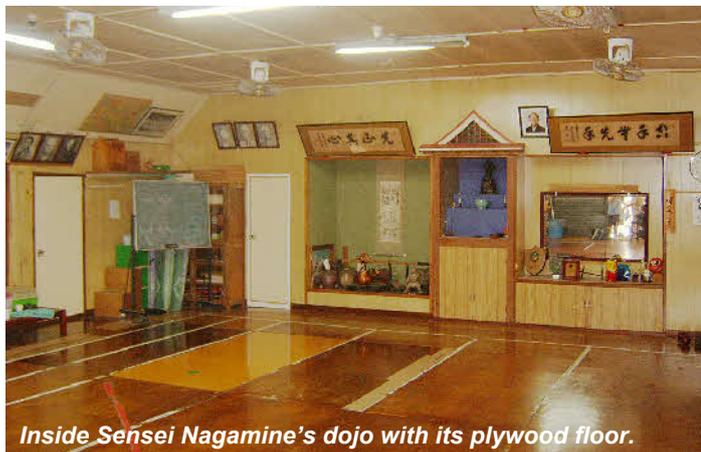
IN the autumn of 2009 I was lucky enough to travel to Japan in the company of a few good friends. I was travelling with Sensei Mark Carroll, Steve Manning and Dave Owen. It has always been an ambition of mine to train in Japan for many years now, to visit the JKA in Tokyo and to tell people that I had sweated on the sprung floor of the hallowed dojo. However, we were due to visit the island of Okinawa first and in many ways it became the favourite part of our pilgrimage for me. I call it a pilgrimage because we were not going to train in Shotokan, instead we were going to train in Gojo-ryu and also a style of Shuri-te, the native styles of Okinawa. I have always been interested in the origins of Shotokan, how it has evolved into the style we train today, for the styles of Shuri-te spawned Shotokan.

We began the day by leaving our apartment and walking to the nearby monorail station. Travelling by the monorail is an excellent way to see Na-ha, the capital city of Okinawa. The island of Okinawa is a beautiful green paradise but you wouldn't think so as you look out over Na-ha. During the battle for Okinawa, near the end of the Second World War, the American Navy flattened the city. In a pompous decision the Japanese Army decided to use the Shuri Castle as their headquarters. The American battleships destroyed it leaving only the main entrance gate intact. The Okinawa people have rebuilt the castle to its former glory but sadly this cannot be said for the rest of Na-ha city.

Na-ha city is mainly made up of concrete buildings with no individual architecture or features. They are just boxes, some stacked as high as seven or eight floors, no colour, just drab tones of grey. We left the monorail at the main shopping mall. We then walked along the dusty back streets led by Sensei Mark. After a few minutes we turned a corner and there it was, a small blue wooden building, the paint faded and peeling, just two stories high. There was a small Japanese car parked under a small porch

way. We walked into the porch, there stood three makiwara in various states of repair, they were very old. The porch led straight into the main dojo area. The door was open and there seemed to be nobody around. The dojo had several doors leading off it, the floor was made up of eight by four sheets of plywood covered in layers of varnish. There many pictures of old karate masters above the dojo shrine, including Sensei Miagi and Sensei Chotoku Kyan, the whole room gave off an air of history. Sensei Mark gave a knock on the door frame and waited. There was no reply, no movement, no sound. We looked around outside, not daring to step into the empty dojo. Sensei Mark knocked again, we waited and then there was the sound of a door opening. Suddenly there he was, standing in the entrance of his dojo, Sensei Takayoshi Nagamine, 9th Dan.

He stood there, an old man of small stature, in his day clothes of faded shorts and shirt, looking every part like Mr Miagi from *The Karate Kid* films. He spoke in an abrupt manner, "What you want?" Sensei Mark asked if we could train with him for the week. He answered back in a gruff tone, "No, is a national holiday for four days, nobody train!" Sensei Mark apologised and said we had come a long way to train with him. Sensei Nagamine replied "We don't do sport karate here!" "We know Sensei, we don't want to do sport karate," said Sensei Mark. Sensei Nagamine asked if we were American, we replied with a resounding "No, we are English!" Then all of a sudden his attitude changed. He barked "You be here tomorrow morning, eight thirty, you train four hours." We all thanked him and walked away, excited to be training the next day with a man who was only three steps away from the Shuri master Soken Matsumura!
(To be continued...)



Inside Sensei Nagamine's dojo with its plywood floor.



Sensei Nagamine's house and dojo.

KATSU-MI KAI KARATE COURSES 2010 / 2011

ST IVES 3 DAY COURSE – October 1st, 2nd & 3rd

Nov 27th 2010 – Westbury Competition (Entry forms ready now!)

Jan 15th 2011 – Melksham Course (Christy Miller Sport Centre) 1.00 - 5.00 pm

April 16th 2011 – Taunton Course (Wellsprings Leisure Centre) 1.00 - 5.00 pm

June 18th 2011 – Melksham course (Christy Miller Sport Centre) 1.00 - 5.00 pm

Sep 30th to Oct 3rd 2011 – St Ives Course

Nov 2011 (date to be arranged) Westbury Competition

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.