

# SKKIF

# NEWS

Winter 2009 Issue 1

Newsletter of the Shotokan Karate  
Kanazawa Ryu International Federation

國際  
松壽報

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FRONT COVER PHOTO FEATURES A.TITLEY  
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## WELCOME



Where have we been? It is now 15 months since the last SKKIF Newsletter and the same amount of time since I took on SKKIF duties full time! I hope you will enjoy reading the new on-line style and hopefully we will publish twice each year. This time we have linked an on-line kata video, which I hope you enjoy and will not be too critical!

February starts my normal Club Tours and Black Belt sessions, already I am confirmed in Blackpool/Manchester/Stirling and Peterhead, apart from the annual Saturday Winter Course in Watford on February 28th.

Kancho Kanazawa and Nobuaki Sensei will be conducting the May course in Watford with a special Jo/Black Belt session on the Saturday with help from Seamus O'Dowd from SKI Ireland.

If you want this newsletter and other editions e.mailed direct to you then please contact John Titley on [mail@karateclass.net](mailto:mail@karateclass.net)

I look forward to 2009 and training and teaching with you.

Oss!! Roger Carpenter 7th Dan SKIF.

P.S. A high resolution PDF (better image quality) version is available for download at: [SKKIF\\_Issue\\_1HR.pdf](#)

## COURSES

### Kancho:

May 5th	Kobukan	Windsor
May 6th	Fudo-Kai	London
May 7th	Mizu Karate Club	London
May 9/10th	Kodo-Kai	Watford (Open Course)
May 12th	Kanazawa SKC	Wilmslow
May 13th	Return to Japan	

### Carpenter Sensei:

Feb 28th	Kodo-Kai	Watford (Winter Course)
March 7th	Zanshin SKC	London
March 8th	Matsubu-kai	London
March 24th	Kodo-Kai	Watford (Yudansha)
April 26th	Kanazawa SKC	Cheadle Hulme (Yudansha)
April 27th	Shi-Gaku-Kan	Aberdeenshire
April 28th	Shi-Gaku-Kan	Aberdeenshire
April 30th	Kanazawa Shotokan Ryu	Stirling
May 2nd	Lytham Shotokan Academy	Lytham (T.B.C.)

### Nobuaki Sensei:

May 5th	Shi-Gaku-Kan	Aberdeenshire
May 6th	Shi-Gaku-Kan	Aberdeenshire
May 7th	Kanazawa Shotokan Ryu	Stirling
May 9/10th	Kodo-Kai	Watford (Open Course)
May 11th	Return to Japan.	



# KANCHO & NOBUAKI LIGHT UP BLACKPOOL

## SKKIF Open Course, November 2008

### Irish visit Blackpool Illuminations!

Because Kanazawa Kancho was not visiting Ireland for the SKIF Ireland 2008 Winter course and remembering that he was going to be in the UK with his son Nobuaki Sensei, a trip had to be



planned to travel over to Blackpool. Seeing Kancho on his own is worth a journey, but seeing him with Nobuaki Sensei is always special and getting in the Blackpool illuminations, a bonus! Sensei Ray Wilkins' invitation from early in the summer was taken up and the phone call made. Immediately the northern English accent made it clear there was a welcome along with the invite (ginger hair and all, definitely has Irish blood!). "No trouble at all, don't worry 'bout lodging, sort that for you and you'll be along to the dinner for Kancho, won't ya?" Costing €68 out, £40 back with Ryanair, lodging, dinner and little else spent except on drink, the weekend turned out to be very good value even before the training started. The sharp evenings were not enough to

put off a trip down to the pier to see the illuminations before they were turned off for the winter.

Because of a late finish at work on Friday evening, it was not possible to get a direct flight to Blackpool, which meant flying to Manchester. The intention was to fly over and quietly enjoy the training. I checked train timetables and care hire, but Sensei Wilkins insisted "no bother, I'll pick you up". This meant my arrival was noted as he should have been at dinner with Kancho and Nobuaki Sensei along with

had on-lookers worrying that a brawl would break out. God help anyone thinking of stepping in with "ok now folks, that's enough" to the assembled group including some senior Dan grades!

**Author: Gearóid Quinn  
DUBLIN**

To read full article click this link: [Blackpool\\_course.pdf](#)



Sensei's Roger Carpenter, Jim Palmer and other senior SKKIF instructors! However, they had a sincere and genuine welcome, epitomising the spirit of Kancho's SKIF "family". Conversation and drink flowed into the early hours with tales of courses, gradings and contacts over the years, trips around the UK, visits to Ireland and Japan, talk of Harleys, celebrations and parties in Scotland, switchgear exploding (electrical stuff that Jim and I got lost in). Rival banter heading towards "come on outside" might have





## I'M BACK: THE OLD MAN RETURNS TO KARATE

I am a pensioner. I am also a volunteer teacher of English to speakers of other languages, and meet a student on Tuesday evenings at the local community centre in Fraserburgh, a small town on the coast of Aberdeenshire. Week after week I attend the community centre but one week I had to change the day. I changed it to a Wednesday evening, and by chance saw the karate class training. I lurked about watching for a few minutes while I was waiting for my student to arrive. I didn't know it then, but a little itch had started. At first I thought I could ignore it, but I couldn't: it all came back to me, what I was missing. A week or two later I telephoned the sensei and told him my story: twenty years of Hatha Yoga, ten years of Wado Ryu, a few months of Goju Ryu (in New Zealand, where I couldn't find a Wado dojo), a few months of Aikido, a few months of Tai Chi, and even a few lessons with a notorious charlatan who taught his own homemade brand of karate. I gave up karate as a 1st kyu. I left after I failed my shodan grading. But I had been becoming disillusioned with the association my club belonged to. It had separated itself from Japan, and seemed to me, even as a first kyu, to have separated itself from karate-do. It taught karate, even karate-jitsu, but not karate-do.

Perhaps it was sour grapes, but I did not respect the yudansha, and felt that I would not value being a shodan if graded by those people. Of course you can simply write it off as a poor student rationalising his failure; but the result was that I folded up my gi for the last time, and decided to exercise in the gym instead. I still have great respect for the sensei who instructed me for so many years. He was different from the people at the top, and I was sorry to leave him. I wrote to him and

explained my reasons for leaving, and endowed a small prize to be awarded each year to the most promising kyu in his club. After that I thought no more about karate until the day, twelve years later, that the itch started again.

The sensei, Mark Donaghy, was welcoming and told me the times that the club met, and I decided to go along and see if I could keep up. After the telephone call I started to root about the house. At first I didn't tell my wife what I was looking for, but in the end I told her I was looking for my gi. 'Oh, I gave it away to a jumble sale years ago' she said, so I turned up to train in a tee-shirt and track-suit trousers. When I got my new gi and put it on it was like coming home.

The new club teaches Shotokan, not that different on the surface from Wado, not that different on the surface, but fundamentally different beneath: Apart from the numbering the Heian kata are superficially similar to the Pinan kata of Wado, but every basic kick and punch is executed differently from the way I had learnt. Most beginners just have to learn: I have to unlearn first. I expected to join at the bottom and I did.

One of the lessons that yoga teaches is that what matters is not a goal, but a process, and properly considered, karate as a 9th kyu is just as important as karate as a shodan or higher, so I don't regret starting again at the bottom.

I think that the sensei was rather taken aback when he saw me: grey hair, grey beard, and all those lines and wrinkles. It was obvious that he expected me to drop dead in the dojo from over-exertion. I reassured him, the ki coming back after all those years in abeyance, that I could think of no better to place

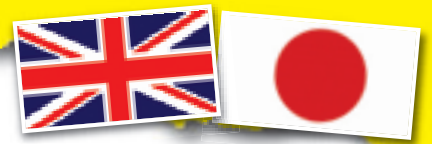
to drop dead; but somehow this wasn't quite what he wanted to hear. I found it difficult at first to accept his concern. I know it was well-meaning, with perhaps a trace of self-preservation, but I would far rather pass out than sit down. I think by now he is convinced that I am not quite as fragile as he feared I might be.

The karate is different. I can liken the styles of the two sensei to snakes. The Wado sensei was like a cobra, perfectly still until with a strike, so fast you can barely see it, the prey is paralysed, and struck down. The Shotokan sensei is like a python, flowing, continuous, and the prey is coiled and overwhelmed.

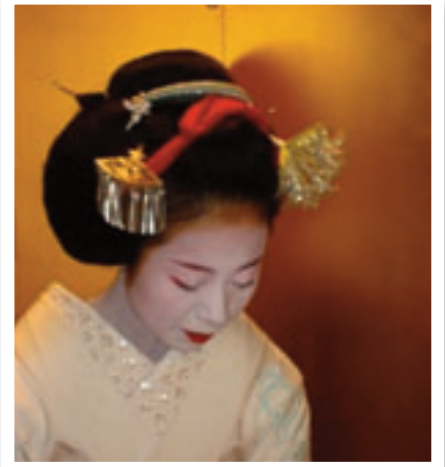
So, at last, the not very good student of Wado Ryu, of Goju Ryu, of Aikido, has transformed himself into the not very good, and very old, student of Shotokan. Students have to believe that their own school is best, but in the Shotokan dojo I have felt closer to the core of karate-do than I have ever felt before.

**Author: Dr. John Ollason  
FRASERBURGH**





# LIVING IN JAPAN



LEFT: VIEW OF NAGASAKI HARBOUR FROM MY HOTEL ROOM.

RIGHT: TRAINEE GEISHA IN KYOTO.

## A new life in a new country

Back in 2007, I spent some time reevaluating my life and what I wanted to do and finally decided that I would like to try living in Japan for a while. I applied for a job as an English instructor at a company called ECC (<http://recruiting.ecc.co.jp/>), and after quitting my job and discarding all my personal possessions, I found myself on a one-way flight to Kansai International Airport in the "land of the rising sun."

One of the main obstacles to my venture was sorting out a work visa. It is no problem to get a regular tourist

visa, which allows you to stay in Japan for up to 90 days, however getting a work visa requires a bit more admin work. Essentially you need a company or employer to sponsor your visa application - information is available at [http://www.mofa.go.jp/j\\_info/visit/visa/05.html](http://www.mofa.go.jp/j_info/visit/visa/05.html).

I had previously studied some Japanese at my previous company in the UK and had spent about 3 years practising shotokan karate, so I wanted to try out karate training in Japan, and I wanted to improve my Japanese. I have been living in Kobe in the kinki region of

Japan (<http://www.asiarooms.com/travel-guide/japan/kobe/>). Kobe is a beautiful city located on the coast in central Honshu. Kobe is famous for the earthquake of 1995, which destroyed most of the city. My apartment here is located in an old former foreign settlement in walking distance of the Rokko Mountain range and about half an hour's walk from the harbour.

**Author: Andrew Mallin**

To read full article click this link: [livingjapan.pdf](#)



SHINKANSEN (BULLET TRAIN)



INSIDE THE BULLET TRAIN



TEMPLE OF THE GOLDEN PAVILLION - KYOTO

# MARTIAL ARTS MARATHON



At 8am on Friday 21st November 2008, the Greater Manchester Police Karate Team embarked on a martial arts marathon that would take them through to 8pm the following day, Saturday 22nd November. A full 36hrs training with only a 5 minute break allowed for every hour trained!



The event was being held to raise money and awareness of the charity CLIC Sargent, which helps children who have been diagnosed with cancer. It was also a Guinness World Record attempt to break the current record of 24hrs.

The events organisers, Sergeant Stuart Charlesworth (SKIF Wilmslow) and Inspector Melita Worswick, both participated in the event from



the beginning, along with 8 other participants. The event was started by GMP's Assistant Chief Constable Sweeney who started the countdown clock on the Friday morning. On the second day, the Forces Chief Constable Peter Fahy attended and spent time with the participants and had his photograph taken with the team. Of the ten participants, eight made it through the 36hrs.

The team were helped by a number of different martial arts instructors who came down from different parts of the country to teach at various times of the day and night. They were from a variety of martial arts backgrounds including karate, tae kwon do, kung fu, MMA, jiu jitsu, kali and kickboxing. Sensei John Titley and Sensei Alan Titley both took sessions over the two days. The team were also helped through the event by a number of sports physios who provided round the clock massages for the weary participants. They received support throughout the event from stewards and witnesses, and also from kids in the local community who came down and joined in with the training. Sensei Steve O'Driscoll and Andy Morrell (CMAA) played a major role in both the organising and running of the event. Both Melita and Stuart would like to say a special thanks to both and have said that without them, the event may not have even gone ahead.

The organisers are hoping to raise about £2500 from the event through donations and an Ebay auction site with donated items. Sensei Kanazawa was kind enough to sign a new karate GI which was auctioned to raise money for the charity. This sold on Ebay for £41 so a big thank you to Sensei for this. The team also has a Just Giving website that is still open if you would like to make a donation, which is <http://www.justgiving.com/gmpmartialartsclub>

Stuart would also like to say a personal thank you to both Sensei's John and Alan Titley, and everyone at the Kanazawa SKC for their help and support during the event.



The team is now waiting for the record to be verified by Guinness, and hope to have confirmation soon.

The successful participants were; 'Sergeant' Stuart Charlesworth, 'Inspector' Melita Worswick, 'Inspector' Steve Palmer, 'Detective' Chris Gill, 'PCO' Wayne Turley, Stuart Kennedy, Dave Smith and Craig Reid

**Article supplied by:  
Stuart Charlesworth**





## COURSE REPORT

### Sensei Murakami Dublin December 2nd 2008



On Tuesday 2nd December 2008 I flew from Blackpool to Dublin to train on a course run by SKIF Ireland. On landing, I went to collect my baggage where I met sensei Murakami also looking for his luggage. After collecting our baggage,

we were met by Abe Mc Carthy (President SKIF Ireland) Greg Manning (Secretary SKIF Ireland) Gearíód Quinn and James Mansfield Senior instructors at St. Joseph's and St. Vincent's karate club. Sensei Murakami and myself were then taken by car to the hotel to book in and have lunch.

The first session was brown and blackbelts only, which was well attended. In basics and kata, sensei Murakami made a point of the use of hips in kicking (yoko geri kekomi) and not to lift your heel when kicking mae geri. We then did Bassai Dai and Kanku Sho .

The next session was for junior grades up to 4th kyu. There were a lot of children in this class so sensei Murakami used his skill with children to motivate them. He got them doing lots of stance changing and kicking and loud kia! Then came the gradings for the lower grades. I watched a good standard and was impressed by the dedication from

them all. Then back to training for seniors. Sensei Murakami carried on with the theme of the first session, with some jiyu ippon thrown in, followed by brown belt gradings. Once again I was impressed by the standard. After grading I was invited for a meal at the local Chinese restaurant. If you get invited to go and train in Ireland then go as it's well worth it. You will get good training and a friendly reception.

**Report by Ray Wilkin - BLACKPOOL**





# COURSE REPORT

## North and Midlands Yudansha Course - Sunday 22nd February 2009, Blackpool

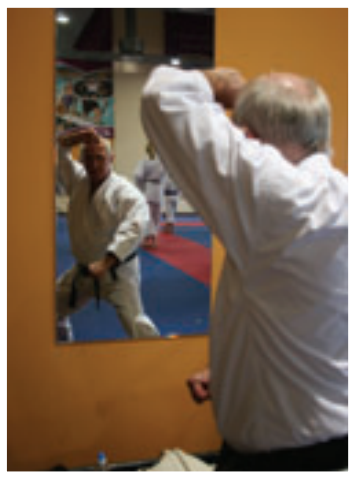
This brown and black-belt kata course was held at the Palatine Leisure Centre, hosted by sensei Ray Wilkin's Blackpool Shotokan dojo. The floor surface is covered with best-quality jig-saw matting, and after a short time acclimatising to it, was a joy to train on – especially for the 'volunteers' who experienced a couple of very sharp take-downs during the bunkai / oyo explanations of kata! There are also large wall mirrors strategically placed – enabling hair-do's to be carefully checked between techniques... I went to the barbers next day!



After a short warm-up, sensei Carpenter, 7th dan, explained that even though it was a yudansha session, he wanted to go through Heian Yondan with us, which he did in great detail. After 45 minutes or so with that 4th Kyu kata, we moved on to practise the 4th Dan kata Meikyo, giving good practise in the basic stances, with contrasting slow – fast techniques and movement, plus of course the difficult to get right san-kaku-tobi jump.



Ray Wilkin, 6th dan, then took the group through the 3rd dan kata Sochin, moving on to more advanced stances, fudo dachi and neko-ashi, with more slow-fast practise, with the addition of



hard-soft techniques, twists with a kick, and so on. He then gave bunkai explanations of the whole kata.

After a brief water-break, Tony Atherden, 5th dan, took the group through the 5th dan kata Go-ju-shiho dai, with a variety of technically difficult techniques and combinations, again incorporating hard-soft and fast-slow movements. Finally Tony gave an explanation of applications (oyo) for a couple of the 'signature' techniques of the kata, including a bent arm lock and take-down response to a shoulder grab and pull from the rear; surprised victim Harry was glad of the mats!

Following a brief Q&A, the last few minutes were taken up with a pre-grading assessment, before the class was finally concluded.

The theme which had emerged was the hard-soft, fast-slow variety of content in advanced kata, some ruthless applications, and the variety of stance work which they contain. Something for everyone.

Report by Tony Atherden - WREKIN







# FEATURED KATA

Sensei Carpenter demonstrates HEIAN YONDAN

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To view the full kata in high res photos click here: [kata\\_heian\\_yondan.pdf](#)

To watch the full kata as a movie (Quicktime player required) click here: [heian\\_yondan.mov](#)

You will need Quicktime to view this video. [Click here for FREE download.](#)