

SenShinRyu News Letter

www.senshinryukarate.co.uk

This being the Easter issue of the SenShinRyu newsletter we will all have, hopefully, enjoyed our brief holiday. So with the pending spring grading upon us and the 2006 minors/juniors competition around the corner (21st May), now is the time to return to our respective dojo's with a refreshed attitude and a new determination to attain your own personal goals, whether they be in competition, a general grading or just the fulfilment of learning new techniques, always keep in mind what SenShin stands for- head, heart, body & mind - and that we need to keep all of these components working healthily to maintain our standards. Remember that training at any other SenShin dojo is free as long as the standing order form for your own club's fee's are in place, so take advantage of this offer and train at as many clubs possible. (Days & times are on the web site)

Just a quick word about I.D.cards and licence/grading record books, please keep them safe as Senshinryu cannot be held responsible for any replacement cost if they are lost, plus you will always need to produce both of them when applicable,

- 1) To be eligible take your grading,(for administration/record purposes)
- 2) to compete in any competitions (in case of personal injury)
- 3) To safely spar within your own clubs (person-to-person insurance)
- 4) identification of karate student when presenting your standing order form.

Whilst we are on the subject of safety, please note that karate students will not be allowed to spar without the appropriate safety mitts, we do have a number of safety gloves for loan but please don't rely on them always being available, for personal health reasons ALL students should obtain there own mitts and bring them to every class regardless. Parents should decide if our younger practitioners

(5-10 yrs) need head-guards or chest protectors, my advice is that anything that encourages them to participate has to be good, 'better safe than sorry'

SenShinRyu Karate Competition 2006

(Minors & Juniors)

Sunday 21st May

(10.00am-2.00pm)

**Scotch Horn Leisure Centre
Nailsea**



Entry forms available from Mike O'Brien 01275.857651

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*This Easter's news letter will be the last letter handed out as a free sheet to SenShinRyu Karate students, we have finally moved in to the present by producing our own web pages and most of the need to know stuff, squad training, competition dates, grading times, etc. will now be published on the site for your perusal., remember this is your site so if you have any relevant information or pictures that you wish to share send them in and we will try to use them.. The last junior/minor squad training was held on **Sunday 2nd April** at Portishead, these 'free' training sessions are held for two reasons,*

- 1) It gives a chance for all of the SKA clubs to come together and train, therefore maintaining camaraderie and also giving you a chance to compare techniques and improve your weaknesses.*
- 2) To gain experience, improve your competition fighting skills and make it easier for us to select our teams and the individuals that will represent us at future tournaments.*

Unfortunately, although most clubs were well represented, (even white belts from Clifton / Butcombe attended) only 2 students turned up from Clevedon, now as

*Clevedon boasts over 50 students, I find this a very poor showing indeed. (Complacency, over confidence, or just plain laziness??) Who knows, but a word of warning, **The SenShinRyu Championships**, sponsored by Lloyds Bank are on **Sunday 21st May** at Scotch Horn Centre Nailsea, and I expect to see all of my eligible students (mns/jnrs) in attendance. (No silly excuses)!!*

STUDENT OF THE MONTH



SEAN O'BRIEN

Master Sean O'Brien's character epitomises nearly everything that I feel a high-grade karateka needs to obtain success in the Martial Arts. For those of you that do not know Sean, he is a quiet unassuming 14 year old, that started training at the age of 7 years at Clevedon. He obtained his 1st Dan Black Belt aged 12 and has represented SenShinRyu diligently and successfully in both Kumite and Kata. At the very beginning of his competition career, because of his age and height, he suffered (as we all did) some losses but undeterred took his knocks like a man and learnt from these experiences to come back even stronger the sign of a true champion. Along with his recent success at the Welsh Karate Championships he manages to fit in his own training and also teaches twice a week at Portishead and Cwmcarn in Wales.

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SenShinRyu Dojo Rules and Etiquette

The following must be observed in all Dojo's

- 1) Students must bow on entering/ leaving the Dojo.
- 2) Address any senior instructor 3rd Dan and above as 'Sensei' (teacher) and any black belt 1st Dan above as 'Sempai' (higher grade) whilst in the Dojo.
- 3) 'Oss' is a sign of respect and is used generally:
 - # Upon receiving any advice from the instructor, the student must reply by answering 'Oss'.
 - # When bowing at the start and finish of the class.
 - # When bowing to your partner during kumite.
- 4) Students arriving late must stand at the front of the dojo and wait for permission from the instructor before joining the class.
- 5) Nobody may leave the dojo for any reason without first acquiring the instructors permission
- 6) Fingernails and toenails to be kept clean and short.
- 7) Jewellery (rings, earrings, chains, watches, etc.) must not be worn during training. If they cannot be removed, they must be taped to prevent any injuries.
- 8) Students must not swear, chew, argue, spit, bully, show contempt or commit any other disagreeable act likely to offend the etiquette in the dojo.
- 9) Students must not use their skills in any offensive way only as a defensive measure outside of the dojo.
- 10) A clean white GI must be worn with belt tied correctly. No more than one badge may be worn on the front of the jacket and no markings of any kind on the back of the jacket or on the Gi trousers.