

Senshinryu Karate

NEWS LETTER

O.k. so it has been a while since the last news letter was printed, so this issue will concentrate on hopefully bringing everybody up to date with the latest news and advice concerning the growth of the Senshinryu Karate Association.

*As you may (or may not) have noticed the Instructors (Sensei) have changed at most of the clubs. Mike O'Brien and myself have made a concerted effort to take a back seat to concentrate on the administrative side of the Association, and allow the next generation of Instructors to spread their wings and develop, although we do keep a general eye on things and are still as active as possible with the *Senshinryu Schools Programme, *monthly competition and kata courses, plus still over-seeing all *Senshinryu general grading.*

Your active club Instructors are Derrick Williams and Jason Millard both 3rd Dan that have been with the association for at least 15 years, both have boundless experience in Kumite and Kata competition, and both have the enthusiasm and knowledge in martial arts to keep the standard of Senshinryu Karate Clubs well above the expected norm.....Peter Dennis 8th Dan.

SenshinRyu

General Grading

Sunday 4th December

Clevedon Sports Centre

Children in Need

11th-14th November

Theme: Super Heroes

All Senshiryu Dojo

Gi (Karate Suit)

Your Gi is not a fashion item, but part of your kit or could be described as an overall for wearing during your Karate session.

That said: there is a different feel to wearing a soft beginner's gi and training in a crisp heavyweight high grade gi.

Your first gi is made of a **light weight** cotton comes with a white belt and is perfect for starting your karate existence.

But at green belt about 1 to 2 years into your Karate life a **middle weight** gi is recommended, this will ensure more protection and 'snap' to your techniques.

Once you have reached that once elusive high grade position of Brown, Brown/Black, & Black belt, you should seriously be thinking of purchasing a **heavy weight** high grade gi.

Not only will you look the part but you will feel it as well.



WHILST ON THE SUBJECT OF THE GI

IF YOU HAVE ANY SECOND HAND KARATE SUITS AVAILABLE, PLEASE GIVE THEM TO YOUR INSTRUCTOR AT YOUR CLUB AS THEY CAN BE USED IN OUR SENSHINRYU SCHOOLS PROGRAMME FOR THE LESS FORTUNATE KIDS.

WE NOW BOAST OVER 90 CHILDREN IN 4 SCHOOLS PRACTISING THE ETHICS AND DISCIPLINES OF SENSHINRYU KARATE.

Dress code for Senshinryu dojo's: all gi must be kept clean and tidy, belts should always be knotted correctly and the ends of the belt level. Females may wear a white T-shirt underneath their jacket, this is not permitted for male students, unless permission is gained from club Instructor. Club T-shirts are permitted during the summer months (June/August) but any official function, grading, competition, a clean Association badged Gi must be worn.

Western Karate Union Winter Open Invitational

Sunday, 27th November 2011

Hutton Moor Leisure Centre,

Hutton Moor Road,

Weston-super-Mare,

BS22 8LY (M5-J21)

Registration: 9.00 a.m. Start: 9.30 a.m.

LICENCE CHECKS WILL BE MADE ON ALL MEDAL WINNERS

NO LICENCE, NO MEDAL

Remember: The 1st Monday of every Month

Every 1st Monday of the Month at Scotch Horn Sports Centre, Naisea

Peter Dennis 8th Dan

Mike O'Brien 5th Dan

8.00pm - 9.00pm

Kata or Kumite Training

for all grades/all clubs

£5.00

Your chance to train with other clubs under your Assc Sensei



INTER - CLUB COMPETITION

NAILSEA V CLEVEDON V ASHTON V PORTISHEAD

INTERESTED: PLEASE TELL YOUR CLUB SENSEI

Are you on the SenshinRyu Newsletter Email list?

Name.....

Email.....

Sensei Mike O'Brien 5th Dan

Entries for the WKU competition **MUST** be in before the 20th November

NO entries will be entered after that date

Why train to give up?

Sensei Peter and I were talking recently about how many students we have taught since being in Somerset, some of you may be surprised to learn that the number is way over a thousand students.

Admittedly not all those stayed the distance and became Black Belts, but that is still a remarkable number and I think a tribute to the longevity and structure of our association.

You may also be surprised to know that we have produced almost 200 Black Belts in that time, yet I am still amazed at the number of students that persevere for 5-7 years hard training only to leave when they attain that belt, when you get your Black Belt is when you really start to learn Karate, how many people take month and months to learn to drive and then give up driving when they pass their test, or take the time to learn another sport then give it up when they know how to do it properly.

Granted some of our younger students will leave and go to university or gain employment elsewhere, but there are Karate clubs all over the country and in every university in Britain so I hope that those of you that do leave for other pastures remember how long you have trained to get there and will continue in a sport that will give you so much more if you carry on when you have learnt how to do it properly.

High grade training

Please remember that the **1st Monday of every month** is a chance to train alternatively under Sensei Peter Dennis 8th Dan (Kumite) or myself (Kata) at Scotch Horn Leisure Centre Nailsea.

It is a shame that only the same dedicated few students attend, this should be one of your priorities if you want to develop your Karate skills or enter competition, there are sadly many high grades missing from these sessions.

Lastly

TRY AND SUPPORT OUR **SUPER HEROES WEEK** 14TH – 18TH NOVEMBER FOR "CHILDREN IN NEED", BLITZ THE BIGGEST SUPPLIER OF MARTIAL ARTS EQUIPMENT HAS ASKED FOR PICTURES OF THIS EVENT TO PUT ON THEIR WEBSITE AND FACEBOOK PAGES, SO PLEASE DRESS UP AND WE CAN MAKE A COLLAGE OF ALL THE CLUBS FOR THEM.

LET'S SEE IF WE CAN BEAT LASTS YEARS TOTAL AMOUNT OF MONEY RAISED

THANK YOU