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KIDS' CAMP – NOVEMBER 2007

This year we created the opportunity for our children to experience and understand the value of karate camp through our own Kids Camp, held at Spencer Park. **33 children attended from the Christchurch, New Brighton, and Kaiapoi dojos.**

Our intention in holding this event was to allow our students the opportunity to attend a karate camp, gain knowledge of expectations, learn and reinforce the values of etiquette, develop karate skills, build closer friendships and have fun. Sensei Richard and Sensei Nick opened our camp with a formal bow in and general class, after which kyu grades split up and participated in rotational classes taken by the Sensei's, along with Senpai's Alex, Lina, Karen, and Shane with the assistance of 1st kyus Mike Fowles and Andy Welch. After dinner we had a 'time trial' on an amazing confidence course which included three flying foxes. It is unclear who was the most competitive, the children or the adults, although the children gave the adults a run for their money. A karate quiz followed this with much eavesdropping and bribery by the children.

Children were in bed at 10pm sharp and only one bunk room had to do push ups in the morning. Interestingly, when children were asked who had talked after lights out most hands went up, the difference being these children didn't disturb others around them - well done!

The bell was rung early next morning - 6:30am - and we ran down to the beach for another rotation of classes. It couldn't

have been a more perfect morning to train on the beach. One group of older girls did a full class with Senpai Cheryl focusing on practical self defence - a class they are keen to continue, while Senpai Alex and Andy took the older boys for a hard-out beach training.

After breakfast we did another rotation of classes before we got to the nitty gritty of games - sack races, egg races, and a highly competitive series of tug of war - amazing what a huge amount of kiaiing does to a teams efforts.

As a finish to our camp we evaluated our time together in a sharing circle and it was wonderful to see what each child had gained from their time together - be it sleeping away from mum, to pushing oneself harder, sharing responsibilities or learning more karate. Perhaps one important aspect to mention is that throughout the weekend we asked the older children to take on a mentoring role for the younger children and they did this superbly and beyond our expectations - well done.

Finally a huge Thank You to Michelle Harbour and Danielle Williams for all the fantastic work they did as parent helps - your input was enormous!!! to Duncan for the copious trips home to Cashmere to get things for the kids and the great BBQ, and to our Sensei's, Senpai's and 1st Kyu's for your valuable, knowledgeable input and flexibility.

Osu

Senpai Cheryl





CAMP

Thanks to everyone who attended the annual camp in December and made it another great event. Thanks also to those who provided lifts for our out of town visitors and showed such great hospitality. Osu!



NEWSLETTER

ARTICLES

If you have any items of interest (articles, photo's, cartoons, etc) that you think other Seido karateka might be interested in, then you can:

1. Email them to seido.christchurch@gmail.com.
2. Leave a copy with Shane at the Office.
3. Pass a copy to Senpai Steve Foster.

Likewise, if there are items of interest that you would like to see included in the newsletter, then please let us know.

You can't test courage . . . cautiously.

A. Dillard

SUMMER READING

The office now has all of Kaicho's books on Karate back in stock, along with all the new and revised Black Belt manuals. Kaicho's life story "The Human Face of Karate" is truly inspirational reading.

Available now at reduced prices but please be quick.

COMING UP IN 2008

Sensei Ellen is also intending to run a woman's self defence program starting February 2008. She has taught self defence skills to a number of organisations over the past 15 years - some of which include local government, schools, and airline staff. Her program typically includes a mix of lifestyle, psychological and physical skills with the aim being to create a safer environment in which to live, overall. This ultimately translates into lifestyle changes. The program is called "woman" and will run over eight weeks. Starting time to be announced.

DID YOU KNOW?

Answers to June/July's questions

Kaicho Nakamura founded Seido in 1976

Seido's headquarters are in New York

Seido means 'Sincere Way'

Questions for August/September

- What year was the Christchurch dojo founded?
- Who was the founder of the Christchurch dojo?
- What was the name of the dojo when it was founded?
K _ _ _ _ Karate Academy (fill in the 4 missing letters).

MESSAGE FROM KAICHO

Kaicho recently wrote to offer his best regards to all Seido members and to wish everyone a wonderful Christmas holiday and a prosperous New Year. Kaicho and Kyoshi Akira were in Japan for the Nagoya tournament in December with Shuseki Shihan Renzie, Jun Shihan Harry and others from our Dojo and many Seido members from around the world.

SHIBU'S SHINZEN

This edition we feature the shrine that takes pride of place on the Shinzen.



The black laquered cabinet was made by senpai Brother Dunstan who was a teacher at Cathedral College. The shrine itself was gifted to the dojo.

Seido Shibu seeks to provide a safe, supportive and disciplined environment.

Through the practise of Karate-Do, students are encouraged to extend themselves in a way that develops spirit, awareness and respect for oneself and others.

KID'S CLASSES

After a trial period on Thursday, the 4:00-5:00pm kids' class is moving back to Tuesday from this week. Senpai Cheryl will however be running the Thursday class this week. The new Friday 4:00-5:00pm class for the senior children is up and running. On the first Friday of each month, starting with the class on 4th April, this will be a practical self-defence session for the girls, their Mums and relatives. So let them know that they can attend and learn some basic self defence moves!

I'm sorry... you okay?

I had not been training in karate for too long when Mr Yanagi, a friend of my sensei, came for a visit. Mr Yanagi was a gem buyer from Naha, Okinawa, when he was not practicing karate. He was an expert in pearls, and over dinner he explained to me how pearls are cultured and how they can be “fixed” to make them look better than they are. I learned how a tincture of Merthiolate can give a substandard pearl a pinkish luster, or how pearls that have a sickly yellowish cast about them can be bleached. I was later able to use a lot of what he told me to impress girlfriends when we were visiting jewellery stores.

Yanagi-san did not look like a gem buyer. He was short and thick and powerful. At my sensei's suggestion, after dinner our visitor took me into our dojo to work with me on basics. Against my oi-zuki (stepping-in punch), he shifted like he was on ball bearings and countered with various techniques. We'd been at this for about an hour, gradually increasing our pace. I was still not posing any great threat to him, but Yanagi-san was having to move just a bit faster to avoid my attack. That is when he miscalculated, just fractionally. He pivoted and snapped out his fist as I moved in – and he caught me squarely on my nose with the back of his knuckles. There was no kime, no focus, to the blow. If there had been, my head would have come off. The strike was more just a kind of slap. But Mr Yanagi's timing was perfect, even if there was no force behind it.

Even though he barely grazed my nose, tears squirted into my eyes. My feet and legs, still driving forward, were way ahead of the rest of me. I went down like I'd been sledgehammered. The back of my head smacked against the wooden floor. I laid there a second. I knew nothing was seriously hurt, and that I should be leaping back up quickly so as not to put myself at risk of a follow up attack. But I wasn't sure where “up” was. All I could see were starbursts.

“Sumimasen” Yanagi-san said, “Daijobu desu ka?”. “My fault. You Okay?”

I'm not sure how I expected Mr Yanagi to react to the accident. Over the years of my training that have followed, however, I have heard that phrase many more times. I have, due to my own clumsiness and ineptitude, had

occasion to use it myself. Ask anyone who has practiced with me much at all. And I have come to realize since that afternoon in the dojo, that what Yanagi-san said to me is really all one can say in a situation like that. More importantly, in the context of the budo, it is all one should say.

It is quite an awful feeling to hurt someone under almost any circumstances, obviously. This is especially so in the dojo where one's accidental victim is likely to be a friend or a training partner and one feels towards that person almost as if they were a brother or sister. If it is a senior you have clobbered, you feel terrible because you've repaid the kindness of his instructing you by battering him. If it is a junior, you feel worse: a junior in the dojo is dependent upon you for his progress, not for abuse. The initial response to causing an accident in the dojo – the unconditioned response to the untrained budoka – is to abandon instantly whatever exercise it is, to rush forward, apologizing profusely and checked for damage.

The dojo, however, is not a place for unconditioned responses. The budoka who go there to practice must be willing to give a great deal of their lives over to the crafting and shaping of very highly conditioned responses. They are seeking to respond correctly to every contingency, in a wide variety of situations. Among those contingencies is the possibility of an accident. The budoka must realise there is a chance, a risk involved, every time he trains. When you allow me, for the purposes of our learning, to uncork punches at your face, or to twist your wrists to nearly the point of injury, or strike at you with a weapon, you are accepting the possibility I might miss, go a bit too far. I assume the same, that I may injure you. We have voluntarily accepted what insurance companies call "assumed risk". Like mountain climbers, big wave surfers, and ski racers, budoka would be idiots if they thought the martial Ways were risk-free. That is simply not the nature of these Ways.

If we have trained properly and we exercise care for our partner, we can (and absolutely must) cut the odds of an accident or injury. But we can never entirely eliminate risk. So when

CLASS CHANGE

Just to let you know the last yellow belt class will be on the 4th April (Friday)

The new Pad/fitness class will start on Friday

18th April

5 30 - 6 30.

NEW MALE

CLUB CAPTAIN

Senpai Kim is taking on the role of the men's club captain, with Senpai Karen the women's club captain and Senpai Cheryl the junior club captain.

YELLOW BELT

SYLLABUS

CLASS is now

on Monday from 7:00pm - 8:30pm

NEWSLETTER

ARTICLES

If you have any items of interest (articles, photo's, cartoons, etc) that you think other Seido karata-ka might be interested in, then you can:

1. Email them to sfoster@jadeworld.com

2. Leave a copy with Shane at the Office.

3. Pass a copy to Senpai Steve Foster.

Likewise, if there are items of interest that you'd like to see included in the newsletter then please let us know.

in the dojo an accident does happen, we should not be too surprised. We should not indulge in a lot of pointless blather then. We should admit it if it was our fault, and inquire if the injury is serious enough to warrant attention. If it is serious, we'd better be calling an ambulance or rendering first aid. These require coolness and a presence of mind. There is no time and no reason to engage in excessive apologising which, while it might make us feel better, won't do a lot of good for our injured friend.

This attitude may seem heartless. But remember. Yanagi-san's first words to me were "my fault". He accepted the blame for the accident, simply and honestly. Then he asked if I was all right, in a way that was straightforward yet not condescending, respectful of my dignity.

Simply and honestly; straightforward and respectful. This is the best way for the budoka to behave when he has been responsible for an accident in the dojo. He will also find that it is an excellent way of meeting a number of situations as well.



Canterbury Tournament Team 1975

CLASS PROFILE

Open to:	Everyone
Day:	Friday
Times:	6:00pm – 7:00pm
Instructor:	Sensei Richard Phillips

The padwork class at 6:00pm on a Friday evening is specifically designed to address the needs students who wish to improve their conditioning. The class focuses on basic drills and competencies. In this class, students are encouraged to develop their basic techniques in preparation for sparring, all in a relaxed atmosphere. Emphasis is placed on individual effort and students are able to practice the activities being taught.

Sensei Richard is a font of knowledge regarding the history of karate in general, Seido karate in particular, and the background of the Christchurch Seido Shibu. Friday class is an ideal opportunity to gain some background to the martial art which we practice, to learn about the history of our style of karate and the people who have featured in it over the years. It also allows us to remember all those who have trained and given of their time and effort to the Christchurch dojo.

Sensei expects students to be 'present' in class, wanting to improve their karate and always try their best. Karate-ka are encouraged to answer questions and woe be it to anyone who laughs at another student's answer. Finally the class is designed to be enjoyable for all involved.

Sensei Richard began his training in 1988 under the watchful eye of Senpai Kent Moore. Of the 48 people who started in his beginners class, he is one of just 2 karate-ka still actively training. Sensei sat for his Shodan grading in 1995. He has trained at Honbu in New York, and throughout many dojos around the South Island. Sensei has been teaching the Friday evening class for at least 8 years (he can't remember how long) and has assisted instructing the Monday evening beginners class since he was a 2nd kyu."



CALENDAR 2008

March	7th – 9th 11th 6:00pm 15th 9:00am 20th 8:15pm 21st – 24th 27th 6:45pm	Jindabyne Black Belt Camp - Australia Combined Sparring Class General Grading Committee Meeting Easter Weekend – Dojo Closed Frid & Mon General Black Belt Class
April	8th 6:00pm 17th 8:15pm 24th 6:45pm 25th	Combined Sparring Class Committee Meeting General Black Belt Class Anzac Day Holiday – Dojo Closed
May	13th 6:00pm 15th 8:15pm 22nd 6:45pm	Combined Sparring Class Committee Meeting General Black Belt Class
June	2nd 10th 6:00pm 19th 8:15pm 26th 6:45pm 28th 09:00	Queens Birthday Holiday – Dojo Closed Combined Sparring Class Committee Meeting General Black Belt Class General Grading
July	8th 6:00pm 17th 6:00pm 24th 6:45pm	Combined Sparring Class Dojo AGM General Black Belt Class
August	12th 6:00pm 21st 8:15pm 28th 6:45pm	Combined Sparring Class Committee Meeting General Black Belt Class
September	9th 6:00pm 18th 8:15pm 20th 09:00 25th 6:45pm 27th 7:00pm	Combined Sparring Class Committee Meeting General Grading General Black Belt Class Black Belt Dinner at Crown Plaza



October	14th 6:00pm 16th 8:15pm 23rd 6:45pm 27th	Combined Sparring Class Committee Meeting General Black Belt Class Labour Day Holiday – Dojo Closed
November	11th 6:00pm 14th 20th 8:15pm 23rd 6:45pm 27th – 30th	Combined Sparring Class Canterbury Anniversary Holiday – Dojo Closed Committee Meeting General Black Belt Class Christchurch Camp – Woodend
December	6th 09:00 9th 6:00pm	General Grading Combined Sparring Class



TEST YOUR MEMORY

Who can pick the most faces in this photo
and when was it taken?



ARCHIVES



TEST YOUR MEMORY

Our first set of brothers to get graded to shodan. Who were they? Who are the other brothers that have been promoted to shodan? Below is a clue.

