

Independent Wado-Ryu Karate-Do Association United Kingdom



February 2012

This Month

English Karate Federation Northern Region Squad Session



Charlotte & Oliver are seen here with Ian Swain

The latest session in the Northern Regional training programme took place on February 5th. It took place in Wigan at the Hindley Dojo, on a very cold, foggy and snowy Sunday morning. The trip over saw our Wado UK group brave -9 degree temperatures in an attempt to arrive at 9.30am, for a 10am first class. Fortunately everything went to plan and Oliver Dearing along with Charlotte Pinder attended their first EKF training course. The course was run by the Northern Regional coach Ian Swain, along with his assistant in the role, Gavin Foster. Presumably because of the weather, numbers were down on previous sessions, but it was still a hard and rewarding training session never the less. Following on from the 10-13 years session in the morning, the 14 years and up athletes trained from 2pm till 4pm. Another very steady drive home in poor conditions meant overall it was a very long day. We will be at the next session when the dates are published and anyone wishing to attend just needs to be 10 years old or over and see your club instructors.

Regional Squad Training

Iceland Bag-Pack

Table Officials Course

Azerbaijan

Date Section

Bag-Pack March 17th



Iceland

Once again we will be visiting the Iceland Store in the NorthPoint Shopping Centre. This time we will be raising funds to help towards another Kumite training session with former World Champion Paul Newby. Although at

this stage we have no confirmed date for this session, we hope to finalise things over the next week. Previous sessions have been very well received and this one will be no exception. Paul is a popular coach and is a good communicator with students of all ages and ability levels.

If anyone would like to assist in the bag-pack we would be very grateful. As with previous visits the day will be split into three two hour sessions, 10am-12 noon,

12 noon-2pm and 2pm-4pm. It is essential that we know who will be attending at what times, to enable us to have the appropriate number of youngsters there for each session. If those who would be willing to help could contact Tony Dent as soon as possible we will begin to plan the day.

At the moment we have several names for the early time slot, but we still need assistance for the other time slots.

Thank You!!

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European Championships

Pictured left is the England Junior squad on their way to Azerbaijan. Jess Newton from the Shinken Dojo is 4th from the left in the middle row. Unfortunately Jess lost out to a worthy opponent from Serbia 0-1. Jess's selection to represent her country at such a young age is a tremendous achievement and hopefully something she will be able to build on for the future. The squad as a whole

won three bronze medals thanks to the Kata performances of Kieran Nunkoo and Kumite performances of Mitchel Priestly and Tom Hickman.

Table Officials Course

Thursday 1st March is the date for our first table officials course of 2012. On this occasion it will take place between 7.30pm & 8.30pm at the Hull Zanshin Dojo.

This will be the first opportunity for those already qualified to assess the rule changes, although we would like to see new people there too who would like to help at competitions in the future. Please contact Tony Dent or your club instructor for further info.

First Aid Course



The arrangements for the First Aid course aimed at facilitating good quality cover at all of our clubs, have now been finalised.

It will take place at the Woodford Sports Centre on the 25th March. The course will be between 10am-4pm and there is still places available for a further three people if anyone wishes to attend.

1st March

Table Officials Training at the Zanshin Dojo. 7.30-8.30pm

4th March

6th Chojinkai Children's and cadets championships. Penrith.

17th March

Fundraising Bag-Pack

18th March

Hartlepool Wado Kai Karate Championships

24th March

Referee Kata course. Barking Abbey.

1st April

Mushindo Kata Championships

3rd June

British Four Nations Championships.

17th June

36th Chojinkai Open Karate Championships. Penrith