

Independent Wado-Ryu Karate-Do Association United Kingdom



September 2012

This Month

Iceland Bag-pack

Many of our junior members and several adults took part in our 6th bag-pack fundraiser on the 8th September, with a view to part funding extra competition equipment which we need. Last year's competition at the Bonus Arena left us with an issue with the floor as we removed our mats. This year we have been asked to place a barrier between the mats and the floor, and this money is going to fund this requirement.

We will also be purchasing two pop up banners to accompany the podium on competition day. This will help promote our Wado UK group with every podium photo taken. These banners will also be used for our Christmas presentation evening for our presentation photos.

This event raised another £446.20 for the Wado UK coffers. This was a little down on previous efforts, but on such a hot weekend I'm sure many people decided not to go shopping and stay outdoors to enjoy the summer weather.

Our efforts on this occasion as mentioned in the August Newsletter were to help purchase among other things, 2 roll up banners. These banners are likely to look similar to the design to the right, and will be used for podium photos on the day of our East Yorkshire Championships, and at our Presentation Evening in December.

We would like to thank all those who took part in the event, with the youngsters being:

Joe Rose, Amy Rose, Joe Munro, Charlotte Pinder, Ellis Miller, Josh Beaumont, Bethany Holmes, Oliver Dearing, Amy Newton, Mia Cowles, Lauren Foster, Lauren Horner, Thomas Balaam-Reed, Stevie Bell, Madison Bell, Callum Longmuir, Max Hairsine and Ashley Oldershaw.

Adults who helped supervise the kids were:

Allison Munro, Gaynor Dent, Chris Dearing, Steve Balaam-Reed, Mike Hairsine and Tony Dent.

Thank you also to the parents who delivered and collected their children to the shop, your support is also much appreciated.

For our usual bit of fun, we once again asked everyone to guess how much they thought we might raise on the day, with a prize on offer for the closest guess from a youngster and an adult.

The winner of the junior prize was Amy Rose. Amy won a tin of Roses Chocolates when she guessed the total collected would be £460.32. Her guess was £14.12 away from the actual total of £446.20.

The winner of the adult prize was Mike Hairsine. Mike's guess was £423. This meant that he was £23.20 outside the real total. It was good enough however to win him a bottle of red wine.

Bag Pack

Luca Valdessi Kata Course

Wado UK East Yorkshire Championships

Date Section



WADO UK



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Luca Valdesi Kata Course



On the 16th of September, Paul Braid and Matthew March of the Shinken Dojo travelled to Enfield to train with the most prolific Kata champions of all time. Luca Valdesi has won Gold medals at World & European, World University, Karate 1 premier League and almost every other major Karate tournament there is. He has been Individual World & European champion, and a team member holding World & European championship titles many times over.

The course itself was split over two 2 hour sessions, working on competition Kata and techniques. This was followed by a performance by Luca Valdesi himself.

The first session started with a warm up followed by some technical work in lines, which included hip

rotation work, focus, and other elements to improve Kata performance. The group then worked on sections of a Kata which would later come together to make the overall performances much more complete.

The second session saw those training working more on timing, and the difference between slow and fast movements and how to make the Kata more dynamic. During this session everyone was pushed to the maximum of our physical and mental abilities. The day was thoroughly enjoyable and extremely hard work, but to train with such a successful Karate ka was an amazing opportunity not to be missed.

The top photo sees Paul Braid of the Shinken Dojo left, Luca Valdesi centre, with Matthew March also of the Shinken Dojo.

Although the group photo below is rather small, it is worth including it here to show how popular the course was.



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Wado UK East Yorkshire Open Karate Championships 2012

Our very own 4th Wado UK East Yorkshire Open Karate Championships will take place on October 21st 2012. The venue for the event is once again "The Sports Arena", formerly the Bonus Arena. We are expecting an even bigger entry this year, as our competition continues to grow in popularity. The entry form is available through your club instructors, but is also available on the Wado UK website. Please process your entries through your club instructors though!

We have had many offers of help with regards to the running of the event, but we would be happy for anyone else who thinks they may be able to assist to let us know. The event usually starts with the collection of the Tatami mats from our various clubs on the Friday night, 19th October, after training. The actual setup of the arena will take place on the Saturday afternoon from about

3pm. This will include all six areas being laid, control tables being set up with electricity supplies, entry and exit points being arranged, as well as things like the podium, medals and first aid stations. We anticipate this will take around 2 - 2 ½ hours to complete, but this depends on the level of assistance we get. We would be very happy to hear from anyone who wishes to help with anything from our list.

The competition day itself will begin around 8.30am for those helping with booking in etc, with the competition getting started hopefully by 9.30am.

Last year we managed a 5.30 finish. A repeat of this would be fantastic, but it does depend on many things. Not least of which is the size of the entry. This aside there are many ways we can save time, and unfortunately many ways we can lose it. One of our biggest assets though is

our many helpers. From having our own scorekeepers freeing up refereeing officials, to area marshals organising the next categories for an area, we do make the day run as smoothly as possible.

Following the competition, we would ask that if you are able, please help with the stripping down of the arena. We have 600 mats among other items to get back to the vans, and bag up all the rubbish which will have been left lying around. This last task does help our relationship with the staff at the venue. Our hope of course is that The Sports Arena will continue to be the home of our East Yorkshire Championships.

We are all looking forward to the event, with our competitors winning medals and to our army of helpers and volunteers making the day another great success.

See you there!

30th September

Welsh Open Karate Championships 2012. Cardiff

Northern Regional Squad Training. No 1 Fitness Centre, Crosshills, BD20 7BW

6th/7th October

British International Open

Kelvin Hall, Glasgow, Scotland

14th October

BIKO Championships. Grundy Park, London

21st October

Wado UK East Yorkshire Open Karate Championships 2012

The Sports Arena, KC Stadium, Hull

25th November

Western Karate Union Winter Invitational

Hutton Moor Leisure Centre, Weston-super-Mare

8th December

Kids Christmas Bowling Day

Hollywood Bowl Hull

14th December

Wado UK Presentation Evening 2012