

Independent Wado-Ryu Karate-Do Association United Kingdom

July 2013



This Month



Antonio Seba Kumite Course

Antonio Seba Course

Ice Skating Day

Junior Championships

Date Section

would like to focus. These ideas ranged from how to defend best when moving backwards, to how to attack from distance. Sensei Seba then made notes on a chart on the wall, and addressed the

On July the 9th, Joe Munro travelled with Tony Dent to Paul Newby's No 1 Fitness centre in Keighley, for a second chance to train with world renowned Kumite coach Antonio Seba. Joe trained on the same course last year, and said it was one of the best courses he had been involved in.

The course started with a private lesson for around 8 England squad members, Joe being one of them, where they were asked for ideas of where they

points in detail with the class. It seemed an odd way to conduct a class, when you consider he had no lesson plan as such. However all those in attendance were extremely pleased with the session, which probably goes to highlight the skill of Sensei Seba.

I would imagine the next time the session is on offer we will be attending again, so watch this space if you are serious about competitive karate.

Ice Skating Day

Following fundraising at the Asda Bag Pack on 14th April, members of the Hull Zanshin and East Hull Woodford Dojos decided to use some of the money raised on having some fun at the Ice Arena in Hull. Around 16 of our members took to the ice, along with the odd parent or two. They had around an hour on the ice, followed by a bite to eat in the function room upstairs. The day was a great success and proved popular with the youngsters. I'm sure it would be a popular decision if we decide to repeat the activity in the future.



Independent Wado-Ryu Karate-Do Association United Kingdom

July 2013

Wado UK Junior Championships 2013



Our 4th annual Wado UK Junior Championships took place again on the 14th of July. The competition was held at the East Hull Woodford Dojo for the 2nd year running. We had over 70 of our youngsters taking part, and as in previous years, the competition was run entirely with individual events covering Kata, Kick-Master, and Kumite.

The day before the event was used to set up for the competition, with many of our club members and parents giving up their time to assist. We are extremely grateful for all of this assistance, without

which we would find these activities very awkward.

All of the officiating was again undertaken by our senior grades, with those present being spread over the two tatami's we had laid out.

The competition itself began with all of the competitors receiving a medal of participation. This ensured that everyone had at least something to show for the day. Following the presentation of these medals, the competition began with the Kata categories, which were then followed by the Kick-Master sections.

Lunch was next, with the Kumite categories finishing the competitive part of the day. As with previous years, the medal presentation was held at the end, to ensure that all the winners had an audience to applaud their achievements.

We would like to thank all of those that took part, helped with the organisation, or helped with the refereeing on the day. Our success was partly down to all of the above people.

All of the photos from the medal presentation will be on the website very soon.

Date Section

28th July

Kata Course with Sensei John Gardiner
Shinken Dojo Hull

4th August

South Yorkshire Open Karate Championships
Barnsley

31st August

Kumite Seminar with 2004 World Champion Paul Newby
Lincoln.

September

7th September

British International Open
Glasgow

29th September

5th Wado UK East Yorkshire Open Karate Championships
The Sports Arena, KC Stadium, Hull.

13th October

Welsh Open
Cardiff

24th November

Western Karate Union Winter Invitational
Weston super Mare

13th December

Proposed date for the Wado UK Presentation
Evening