

Independent Wado-Ryu Karate-Do Association United Kingdom



November

This Month

Leicester Karate Championships

John Gardiner
Kata Course

Kids Bowling Day

6th Wado UK
Presentation Night

Date Section



The Chikara Team

Leicester Karate Championships

On Sunday 3rd November, Steve Balaam-Reed and his Chikara club travelled to the midlands to compete at the Leicester Karate Championships. The decision to attend was a good one, as the group returned home with 5 gold medals, 3 silver medals, and 7 bronze medals. The medals won covering both Kata and Kumite, with the group performing well in both disciplines.

This competition was a rescheduled event from earlier in the year, as at that time it was considered to be under subscribed. Luckily this didn't put Steve off and the effort to attend today certainly paid off.

The results for the day were as follows;

In the Kata sections, gold medals went to Lauren Horner, Calum Longmuir, Thomas Balaam-Reed, and Chikara Pairs, bronze medals went to Briane Goff X 2 and Olivia Asworth

In the Kumite sections, gold medals went to the Chikara girls 10-12 year's team, silver medals went to Thomas Balaam-Reed, Olivia Ashworth, and Briane Goff, bronze medals went to Lauren Horner, Briane Goff, and Olivia Ashworth

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John Gardiner Kata Seminar

For the second time this year, Paul Braid arranged for England International Kata competitor to attend his Hull Shinken Dojo to conduct a Kata seminar.

Around 25 students attended the course from three of our Wado UK clubs, Shinken members along with East Hull Woodford and Zanshin members were instructed on two main areas. Firstly there was a session dedicated to the kihon or basic technique performance of Kata. Without good kihon Kata is of no use, as the whole thing would be impractical. Attempt to deliver a technique from a substandard stance and the power would be reduced, and your stability compromised. This is if you were using the Kata combatively, of course more so these days the

Kata are used competitively instead. The same rule applies though. If you fail to have good kihon and stances the performance will be substandard and the judges will notice. Combat or competition, good kihon is essential.

The next two sessions looked at performances of both Goju shi ho sho and Superenpi, from Shotokan and Goju Ryu respectively.

The day was yet another great opportunity for serious karate ka to hone their skills for not only combative and competition skills, but for their knowledge of Kata and karate in general.

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Wado UK at the Hollywood Bowl

Kids Christmas Bowling Day

Well ok, it's not the real Hollywood Bowl and we're not exactly the Beatles, but we will be at Hull's ten pin bowling equivalent with around 75 of our younger members on December the 7th. For the third year running we are arranging a fun day for our kids who really do enjoy the experience. 75 kids all in one go! It's a mammoth task but well worth the effort. The bowling is the easy part of course with the food afterwards being the big challenge. With our parent helpers at hand we usually pull it off.

Next month we will bring you the results of the the high scorers and the winners of the additional games we throw in along the way.

Wish us luck!!

6th Wado UK Presentation Evening

We are almost at that time of year again when we converge on the John McCarthy suite at the Hull University for our end of year celebrations. Tickets are now all sold with instructors now considering who to reward for their work this year. Five club awards will be presented as is now customary, with a further three awards at association level.

Last year's winners of the association awards were Keesha Cowles, winner of the Emily Pierce memorial shield, Chris Dearing, winner of the Association Service Shield, and Barry Meanwell, winner of the High Level Achievement Shield.

Who will be in the spotlight this year?

Date Section

24th November

Western Karate Union Winter Invitational
Weston super Mare

7th December

Kids Christmas Bowling Day

13th December

Wado UK Presentation Evening

26th January

EKF Kyu Grade Championships.
Ponds Forge Sheffield.