



# UNITED KINGDOM ALL STYLES KARATE ORGANISATION

(Incorporating the UKMAF)

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## NEWSLETTER JULY - AUGUST 2018

Dear Colleague

At times it can be pleasant compiling this newsletter, especially when humour is involved. It surprises me as I giggle to myself because I've read or heard the joke before. I'm not one of those people who can watch a film I've already seen or visit a theatre knowing what the outcome is. In particular, I remember making a comment about people who watch horror films more than once, asking, do you get scared twice.

It can get frustrating when I'm dealing with Martial Arts topics, when I know that there are people who never read this newsletter and are not particularly interested in what we are trying to achieve. I would like to fill the newsletter with just Karate topics, but it wouldn't feel right for me just posting half a page, hence the rest of the info to pan it out. Even the various governing bodies are slow to publish results of current competitions and are still showing 2017. Any results that is published here has been obtained from Wikipedia.



### WORLD KARATE FEDERATION

**01-08/07/18**

11th WKF Youth Camp, Umag, Croatia



### ENGLISH KARATE FEDERATION

**08/07/18**

EKF Senior World Championships A squad, Leicester

Open Referees / Judge / Coaches Accreditation Course, Leicester

**22/07/18**

2nd Selection National Kata 16+, Ipswich

Final selection for the Senior 'A' Squad individual & team kata.

Final selection for the senior world championships 2018 individual & team kata.

Final selection for the German Karate K1 (Sept 14-16) team kata only

EKF Regional Clash (open to all members of), Leicester – Entry fees Seniors £10 – Juniors £5

**02/03/08/18**

Summer Kata Training Camp, Barnsley

**05/08/18**

Junior Kata Open Selection 13yrs+ 5th Kyu+ for Cadet, Juniors, U21

1st Selection 'A' squad & 1st selection for the Junior Europeans 2019 individual and team kata

**11/08/18**

Northern Region Kumite Training, Barnsley

**19/08/18**

EKF Midlands Region Open Squad Training, Senior Kata open kata training 16 yrs.+, Leicester



## THIS INCREDIBLE CREATURE CAN REGENERATE ITS BRAIN, HEART AND LIMBS

One of the weirder facts about the human genome is that it's relatively small. It's ten times smaller than the 32 billion base pairs that make up the genome of the axolotl salamander, which was recently sequenced.






Scientists are excited about this because of all the animals on Earth, the axolotl salamander has the greatest ability to regenerate lost limbs and organs – including the brain and the heart – and they're eager to find the genes responsible for this amazing ability. When these creatures are grievously injured, instead of scarring, their bodies create pluripotent stem cells that can regrow the physical structure that has been lost. If they lose a hand, they'll regrow a hand. If they lose an arm, they'll regrow an arm. It's really quite something!



## EKF SENIOR EUROPEAN KARATE CHAMPIONSHIPS

The 2018 European Karate Championships were the 53rd edition and were held in Novi Sad, Serbia from May 10 to May 13, 2018. There were 532 participants from 52 countries taking part, with England supplying 14 competitors, Scotland 5, Wales 4 and N. Ireland 1.

The medals table makes sad reading, with none of the home countries being placed at all.

**MEDAL TABLE** 1/  Spain 2/  Turkey 3/  Italy 4/  France 5/  Switzerland

6/  Azerbaijan 7/  Ukraine 8/  Bosnia 9/  Macedonia 10/  Croatia

## ANYONE FOR A LAUGH

There are a few studies that suggest laughter and maintaining a sense of humour may promote good health. How can laughter heal? Having a good laugh, particularly a few minutes of belly laughter, involves most of the major systems of the body – the cardiovascular system, the respiratory system, the muscular, immune and endocrine systems. It decreases your perception of pain, increases the activity of your immune system and from an aerobic point of view exercises your heart. Laughter also seems to boost your body's level of mood-elevating endorphins and to decrease the level of the hormones secreted during stress. I recommend that you open your own humour room. Start compiling a collection of books and videos that you can turn to when you need a therapeutic giggle. If this is not practical I can always arrange for you to work here in the office for a few days. Interestingly, children laugh on average 400 times a day, whereas adults laugh only about 15 times a day. Make an effort to find those missing 385 laughs you lost. There's no guarantee it will keep you alive, but I will guarantee, it will make the life you have a whole lot happier.



## BKF FOUR NATIONS CHAMPIONSHIPS 2018

Medal Statistic - Country

	GOLD	SILVER	BRONZE
1. England	51	58	88
2. Scotland	29	23	54
3. Wales	5	2	10
4. N. Ireland	1	0	1

The BKF should be commended for its policy of allowing young children and Para Athletes to take part in such a prestigious Karate event to include - **Kata Individual** - Girls and Boys - **Kata Pairs Team** - Girls and Boys **Kumite Individual** - Girls and Boys - **Team Kumite** - Girls and Boys **Para Kata** - Wheelchair All Ages - **Para Kata** Blind and Visually Impaired All Ages - Girls and Boys Events 7yrs – 13yrs



Can you imagine a potential student/parent turning up at a dojo similar to the one as shown. My bet is that they will be reaching into their wallet/credit card even before you've had the chance to do your sales pitch.

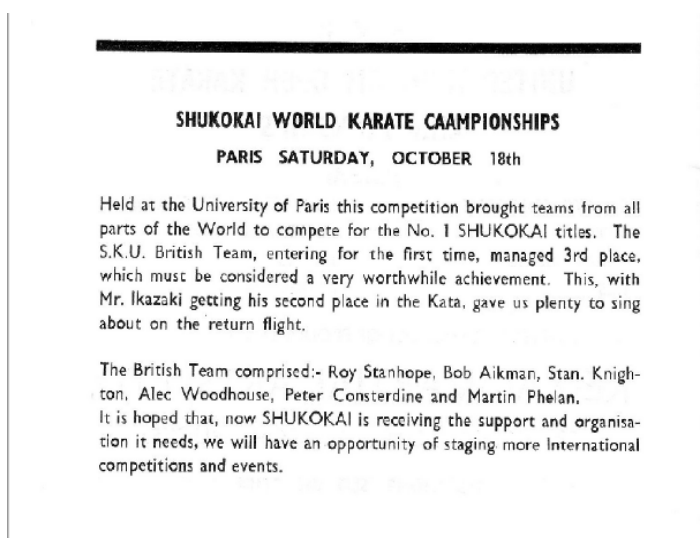
The problem is the fact that many of our instructors consider themselves as non-professional, which I disagree with, because if money changes hands, regardless of what you do with it, you are found to acting in a professional manner and as such you are bound ethically to supply a decent standard of tuition/equipment. In terms of the teaching side, I can vouch for quite a number of you, because of our close relationship over the years. But, some of you need to shake off that village hall/scout hut

mentality and consider taking your skills as a brilliant coach to a much higher level. It's a fact, in terms of running a successful club; marketing knowledge is just as important as coaching knowledge. And if you are not in it for the money, which is often quoted, you could still make a profit, and spend it on some social activities for your members. This would give you a lot of personal satisfaction, and also benefit your local community.

UKASKO has had dealing with Moira for over thirty years, through her position as an executive with Martial Arts Illustrated magazine, and a person held in high esteem throughout the Martial Arts. On the occasions that we have had dealings with Moira, I've always found her to be pleasant and very professional. At least have a chat with her, she may even offer you some good advice, in particular about NEST Management Ltd.



**BLAST FROM THE PAST**.....Needs no explanation really except a good many of you probably don't know what Two Shillings and Sixpence is.....The British Team indicated below consisted of five members of my Sheffield Sei - Do - Kan Team who were All Britain Team Champions in 1968. But all good things must come to an end....I left the SKU, which I founded in 1969 along with Bob Aikman, and established the UKASKO in 1984





## AUCKLAND MARTIAL ARTS

This is a report compiled by Richard Welsh, Chief Instructor of Auckland Martial Arts, on one of his star pupils, Tilly Robinson..... Tilly started training with us on her 6th birthday with her older sister, Molly. She was, and still is, a very quiet and unassuming girl right from the start. She hardly spoke and even now blushes when she's spoken too in class. Tilly was very much the 'wall flower', very quiet and just came to class, trained and went home. She was never any trouble and never had to be told twice. However, both her and her older sister always excelled when doing cardio, muscular strength and endurance training. There was little bit of healthy sibling rivalry that continues even to this day. Her technique was always good, but, sparring seemed to be her weakest area, not that she couldn't do it, more that she held back, again a typically shy Tilly.



As her coach, I do recall the day I saw her change. It was a Saturday morning class and as usual, set the class sparring toward the end of the lesson. I noticed her straight away; she was a different child all together. Her techniques were fast and controlled but fiery. I remember pointing this out to our assistant coach Mark. It was like the penny had dropped and she understood the whole aspect of

the sparring side of her training. Noticeably, her rear leg Push Kick was scoring non-stop and keeping far bigger kids at a range she could control. She still uses this kick, which is still one of her favourites, to counter round kicks. This was really her turning point and a little bit of a game changer for her. She had already, by



then, entered friendly inter-clubs where both young fighters get to spar in a real ring but in a more controlled environment. Neither child wins; they both receive the same participation medal or trophy. We find Inter-Club Competitions are an effective way to assess the individual fighter and the club, thus giving the child a taste of a real competition, so they can decide if it's for them or not.

Tilly began to really shine, holding her own and making some far more experienced fighters look less accomplished. Positive comments were made by other coaches about her style and speed which is always good to hear. We decided to take her and some of our other young fighters further afield to inter-clubs in the Manchester area to give them more experience and again she did really well.

In 2015, at the age of nine Tilly won her first title, the 'Intercontinental WTKA under 25Kg' belt, dominating all five rounds and winning by a unanimous decision. Since then she has competed eight more times and won another three titles in both Muay Thai and K1 Kickboxing. Although she has not competed for a while, as we as a club have taken a slightly



different direction, she continues to train around 6/7 hours a week and we are hoping to have her back in the ring later this year. Outside of training she participates in Dance/Drama classes and very often shows up to our adult Kickboxing or Muay Thai classes for extra practice. She has also expressed interest in joining our 'Junior Apprentice Coaching Program' when she is older and already helps in class with the younger children. She is still very quiet and shy, polite and dare I say - very 'girly'. However, she is also quietly confident in the ring, but more importantly a humble and respectful model student.

Tilly's record to date as a 12 years old .....9 fights 9 wins with 25 + inter-clubs

2015 - 25kg WTKA Intercontinental Champion - 2016 - 27 kg WTKA Area Sandee Champion

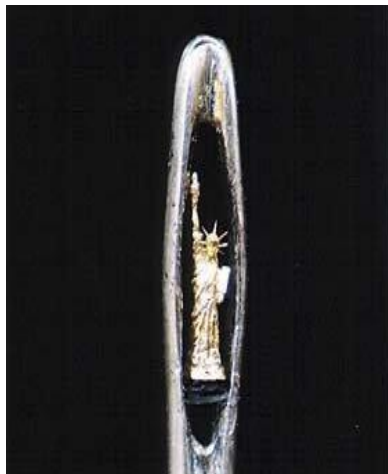
2017 - 27kg Sandee Muay Thai Intercontinental Champion – 2017 - Under 27kg Sandee K1 Intercontinental Champion

## WILLARD WIGEN - MICROSCOPIC ART

Willard is a resident of Birmingham, who recently held a show in Manchester, outlining his remarkable gift with microscopic art. He has a learning disability (Dyslexia), but has talented hands. He makes the sculptures out of dust particles, sugar crystals, etc. and works only around midnight, and can only do some of the work between heartbeats.



Girl Glued to a Human Hair  
Top of a Needle



Statue of Liberty  
Eye of a Needle



Royal Court  
Eye of a Needle

## FIFA WORLD CUP

Can't do a newsletter without giving our boys a mention. I thought they did fantastic compared to the miserable experiences in the past, especially when Sven Goran Eriksson the celebrity, was in charge. We didn't fare much better with other manages especially when Fabio Capello was appointed; how can anyone be expected to motivate a player when you look that miserable. Football coaching is all about good man management i.e. getting the best out of your players. This I can absolutely vouch for, having coached the Britain Karate Team in the past, despite the fact that there were individuals who were expecting me to introduce some secret winning techniques. I had to politely remind them that I was English and not Japanese.

And despite all the warnings about Russian thugs from our scummy press, there seemed to be none or very little....My bet is, that every single known football hooligan in Russia was visited by the special police, with batters in hand, reminding them that Siberia is not that far away.....Too soft here.....Prison should be a punishment, leave the rehabilitation until they get out.

Sporting regards

A handwritten signature in blue ink, appearing to read 'Roy Stanhope'.

Roy Stanhope 9th Dan  
Chairman