



UNITED KINGDOM ALL STYLES KARATE ORGANISATION

(Incorporating the UKMAF)

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NEWSLETTER MAY/ JUNE 2018

Dear Colleague

The first thing that struck me when composing this newsletter, was the sheer amount of courses/information organised by the EKF. This includes many regional courses covering Kumite and Kata for all ages/grades. There are also courses and competitions for the elite athletes that have been involved with the EKF through the good/bad times that deserve this accolade.

I can't see the point in our association trying to duplicate any of the regional courses/events, when there are so many at our disposal, including many open events organised by the member clubs. You need to remember that, if there are any individuals who are interested in attending any of these courses/events then they must have a current EKF licence.



EKF REGIONAL COURSES/CHAMPIONSHIPS

29/04/18

Southern Regional Kumite Training, Enfield.

29/04/18

National Youth Kata 10-13yrs 5th kyu and above.

29/04/18

South East Region Kumite Training

06/05/18

Midlands Regional Kumite Training, Leicester.

10-13/05/18

53rd EKF Senior Championships, Novi Sad, Serbia.

12/05/18

Northern Region Kumite Training, Barnsley.



BRITISH KARATE FEDERATION

26-27/05/18

BKF 4 Nations Championships, Leicester

BLACK BELT GRADING RESULTS

Congratulations to the following people who were successful at our recent Dan Grading Examinations.

Dylan Herdman 1st Dan, Kevin Farley 1st Dan, Adam McKenzie 1st Dan, from Jorukai Karate Club.

Rohan Gauld 1st Dan, Joe Stephen 3rd Dan, from Rokra Karate Club.

Christine Taylor 1st Dan, Zanshin Karate Club

THE ART OF ANAGRAMMINGVery clever some of these

PRESBYTERIAN: When you rearrange the letters: BEST IN PRAYER

ASTRONOMER: When you rearrange the letters: MOON STARER

DESPERATION: When you rearrange the letters: A ROPE ENDS IT

THE EYES: When you rearrange the letters: THEY SEE

GEORGE BUSH: When you rearrange the letters: HE BUGS GORE

THE MORSE CODE: When you rearrange the letters: HERE COME DOTS

DORMITORY: When you rearrange the letters: DIRTY ROOM

SLOT MACHINES: When you rearrange the letters: CASH LOST IN ME

EIGHT SCAMS TO WATCH OUT FOR IN 2018

Having been scammed myself, I can tell you that these individuals are as smart or even smarter than the people trying to catch them. In my case it was a substantial amount of money taken out of my bank account, which fortunately for me was replaced by the bank, because it was their fault. The bank explained that these con men hit hundreds of banks at exactly the same time by replacing the banks official login page with one of their own. So when you login to your account and you're notified that the login has failed, it's quite common for you to think that you have maybe nudged the wrong key, so you try again. This is when the fraudsters replace the banks official page with their own; how this can happen on a banks web site is beyond me. So don't be fooled by thinking that the bank must have all the current up to date software they haven't, too time consuming and too expensive. If this happens to you or something similar, the best advice, is not to log in again but to close the page and start again.

Social media spying.... Be mindful that what you post on social media can often help fraudsters set up a scam. **Malicious software on smartphone....** It's expected threats will grow among mobile devices. **Bogus Brexit investments....** Consumers should be wary of fake investment opportunities. For example, scammers may email customers, warning that Brexit will affect their savings and that they urgently need to move them into a seemingly plausible, but actually fake, investment product. **Fraudsters preying on World Cup excitement....** Some fraudsters are expected to sell football tickets that are either fake or will never arrive. Fake travel companies may also offer 'package trips'. **Money mules....** Fraudsters trawl social media to identify potential targets – often university students – and use them to inadvertently launder money. Mules have the stolen funds deposited into their bank account then are asked to withdraw the money and send it to a different account, often one overseas, keeping some of the money for themselves as a fee. **Wedding excitement....** Scammers can set up fake websites that tempt people with bargain offers for elements of the big day, such as venue hire, catering, or wedding dresses, that appear very realistic, particularly as excitement builds around Prince Harry and Meghan Markle's wedding. **Romance scams....** Criminals create fake profiles to form a relationship with their victims and use messaging to mine victims' personal details to use for identity fraud. Or, just when the victim thinks they have met the perfect partner the scammer asks them for money. Here's our advice on how to stay safe on dating websites and apps. **Scams aimed at first-time buyers....** Computer hackers monitor emails sent by a solicitor to a first-time buyer and then they pounce, pretending to be the solicitor and telling them the solicitors' bank account details have changed in order to steal cash.



EKF REGIONAL COURSES/CHAMPIONSHIPS

03/06/18

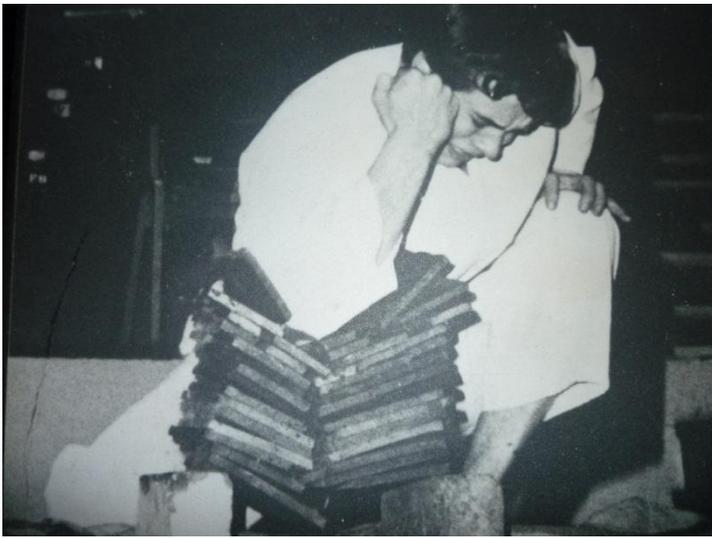
1st Selection for the Senior kata 'A' squad individual & Team kata, Ipswich.

17/06/18

Barnsley Honeywell open squad session. Open Referees course and Coaches Accreditation.

20/06/17

South West Region Kumite Training.



BLAST FROM THE PAST

This is a picture of me taken in the early sixties during one of the many demonstrations we organised up and down the country in preparation of opening a new club in whatever town was available. The highlight of the demo, after the usual weapons and self-defence routines, was the breaking techniques, which consisted of boards and tiles. I am aware that there are some of you that have already counted the number of tiles (15) in the picture. Bearing in mind that I was only a brown belt at the time with little breaking experience, I gradually was able to reach the formidable number of twenty five. One particular breaking demo, which took place in Stoke-on-Trent, was particular exciting for me

as it was our first attempt at breaking a block of ice. The problem was, how do you get a block of ice from Manchester to Stoke. Answer, buy a block of ice from the local fish market, that's twice the size of what was originally intended. Obviously this was to take into account the block melting somewhat during the journey. The problem was, it didn't melt much and the prospects of attempting to break this formidable piece of ice was daunting. My other two colleagues, who were more senior to me and specialised in breaking techniques using their head and hands, were a bit reluctant. So yours truly, knowing no fear at that age, actually that's a bit of an exaggeration, steps up to have a go. What I didn't realise and having to contemplate, for what seemed like ages, was the fact that, although the ice had not lost much of its volume in transit, there was a considerable amount of veins running through the ice which must have weakened it, because when I hit the block, it burst spectacularly into hundreds of small pieces looking like ice cubes being scattered around the floor. Very impressive, which was the point of the exercise, but not very difficult.



FRED BATEMAN 6th DAN.....My experience in Okinawa

Over the time in Okinawa I experienced many Okinawan and Japanese dishes, but while I had many eating experiences, one in particular remains vivid in my mind. We had been kindly invited to our interpreter Kazu's house, where his wife put on a good spread of food and drink. She never sat down with us until us men had eaten, apparently this was the custom. She prepared typical Japanese food, and one of the dishes was called fugu (slices of blow fish). Although this raw fish was tender, the scaly skin rasped upon the inside of the mouth. Apparently, the liver in large amounts can be fatal to eat. By the end of my stay there I was eating like a true Okinawan, which was extremely good for my health and weight.

However, getting back to our first meeting. After the restaurant they took us to the Kinjo Sensei dojo. It was around 10 pm when we arrived, and Naha was still busy with car and people milling around, as you would expect in any capital city. We turned off the main road down a small side street and pulled up in front of what appeared to be a garage lock-up. It was a single story prefabricated building with no windows in the front and the door was an up and over roller door - see photo . However, when sensei unlocked the door and lifted it up a different sight hit us. Inside was an immaculate dojo, which was my first "real" dojo that I had seen, and to me it was like looking at one of the World's seventh wonders (see below).

We entered the dojo, and sensei, through his translator, explained the layout and etiquette for us. But by now I was wondering where we were going to sleep? All became clear as sensei explained how to unroll the futon on the floor, and we then laid out our sleeping blankets on top. We said our good nights, then sensei gave us the key to the dojo, and left us to it. Both Albie and myself got ready for bed by laying out some insect repellent in some trays around the dojo. These we lit and they were slow burning throughout the night. They took a bit of getting used to as they were like incense. So did the floor, which was hard, but after the third night I didn't even notice it. As we had to get up at 7.00 am the next morning we settled down to bed. Off went the lights, tucked ourselves into our sleeping blankets and tried to sleep. After 2 hours of struggling to sleep we heard movement in the dojo, like scuttling of mice or rats.

When the lights went on, it told a different story, it was not fury animals but large cockroaches, about 3 inches in size. They were big and we were on the floor with them! So what did we do? We turned the lights off and went to sleep. We woke around 7.00 am the next morning, Day 1, with trepidation of what to expect. But this was soon got over as we had duties to perform. Life in Okinawa was already busy, as we could hear vehicles and people going by the dojo door. After getting dressed, and putting away our beds, we took it in turn to shower, put on some water for our green tea and then had breakfast. This was the noodles that we had brought with us.

We opened the dojo door and set about our morning duties. This involved me cleaning the floor, while Albie cleaned and polished the mirrors. Over our time there we took it in turn to clean the showers and toilet. Our



next task was to take a trip to the local shop, just down the road to get a BIG block of ice, which we carried back. This we smashed up and put it into a carboy with some water. This water was to be our life-line to training in Okinawa!

Around 9.00 am we got changed into our Gi, and started some private individual training in the dojo. Over the days there this training involved Kata, or weight training, and striking the Makiwara, wooden posts. This continued up until sensei Kinjo arrived around 9.30 am, where he changed and started his private class with us at 10.00 am prompt. Our typical day in the Dojo for our time there was now as follows:

- Up at 7.00 am, eat breakfast and clean dojo as described above. Go to get the ice block (2 foot in size), break it up for our days training.
- 10.00 to 12.00 noon start private training in Karate or Kobudo
- 12.00noon to 1.00 pm Lunch with Sensei
- 1.30pm to 4.00 pm more training
- 5.00pm to 7.30 pm dinner and free time, sometimes watching the Kids Class, or a little sightseeing
- 7.30pm to 9.30 pm Training with the class
- 9.30pm to 10 pm sit with Sensei and his students, and talk about anything and everything
- 10.00pm to 12.00 mid-night: go to the local laundry, phone home, and then get to bed.

This schedule was the same every day for the week while we were there. The only time I had to see the sites was between 5pm to 7 pm, or 10 pm to early hours. In fact we went to Shuri to try and see if we could find Shuri Castle after 10 pm. It took some finding and asking for help from taxi drives, but we found it. They must have thought we were mad Englishmen trying to visit the castle at that time of night. Didn't really see much, except the front as it was closed. I must say I was anxious before my first karate class with his seniors. In the UK you hear stories of the Japanese teaching the western newcomer a lesson. I'm glad to say this never happened as they were extremely friendly.

INSTRUCTORS AWARDS



The following instructors are the ones that qualified for our top ten Annual Awards for 2017

- 1/ Michael Tattersall (Leeds Premier Karate Club)
- 2/ Masoud Shabestari (Nearu Martial Arts)
- 3/ John Farley (Jorukai Karate)
- 4/ Gareth Edwards (Zanshin Karate Club)
- 5/ Steve Langbridge (South Bucks Karate Academy)
- 6/ Garry Lewis (Komayaka Karate Club)
- 7/ Martin Petrie (Rokra Karate)
- 8/ Richard Welsh (Auckland Martial Arts Academy)
- 9/ Fred Bateman (Kodokan Martial Arts)
- 10/ Julius Manyoni (Epsom and Ewell Karate Club)

DEE FAKIRA.....Charity Event

On Saturday 22nd of April, Seishin-Do Karate Club took part in a Karate/Martial Arts demonstration for the 2nd year running, at a charity event organised by Lyn Shiels a local Tai- Chi Instructor.



The event was for a charity called 'Breaking Barriers for Children with Disability or Autism'. Sadly my club seemed to lack numbers; however this wasn't going to put me off taking part with my other two students Paul Moss and David Evans.

The Tai- Chi followers were surprisingly huge,

with mostly of an elderly age group. There was also a Goju Ryu Karate group and a number of Ju-Jitsu students.



The event was over two hours where we had a couple of slots to show what we could do. Our first demo consisted of David performing a basic Kata, followed by myself performing a more advanced one, together with some impact padwork. Paul did a single Nunchaku demo, with me performing a more advanced double Nunchaku form.

To finish off we did Shinai Combat on a point scoring basis, which got everyone buzzing! I was sent an email from Lyn which I quote a couple of lines she wrote: I am writing to thank you and your members for taking part in Saturdays charity event.

" You gave an incredible performance and wonderful display of the kind of things your club does"

The grand total money raised was £1600.

PHIL MEAD.....As per photo in the March newsletter I remember this breaking technique well, when he was performing this demo in one of my clubs in Stockport. Phil also explained the fact that this type of training is so intense and involves that much concentration that it can't be maintained for long periods and generally deteriorates with age.

<https://youtu.be/FfDoIFTh-Zo>

DAN GRADE/COACHING AWARDS.....Congratulations to the following people who were successful at our Annual Awards Dinner - Garry Lewis 6th Dan - Steve Langbridge 6th Dan - Fred Bateman 6th Dan - Julian Griffiths 4th Dan - Kevin Campbell 4th Dan - Masoud Shabestari Level 2 Coach

Sporting regards

A handwritten signature in blue ink, which appears to be 'Roy Stanhope'.

Roy Stanhope 9th Dan
Chairman