

DEE WHY SHOTOKAN KARATE CLUB

December 2017

TRAINING RESUMES MONDAY 15th JANUARY 2018



2017 is behind us and what a year it's been!

First, because of the progress that all of you have made; and second because of the wonderful achievements of Mark, Kat, Scott & Stuart. They attained Shodan with absolute distinction and I was very proud to have been the instructor who took them on what Scott described as one of the *"most fulfilling journeys of my life!"*

2017 has also been a great year for the club as it grew to 33 members, and all will agree that the atmosphere when we train is wonderful.

DYSKC is now **FIVE** years old and those of you who have trained with me for a while, have probably begun to absorb the key karate principles I try to impart each and every lesson.

I list them alphabetically and encourage you to laminate this page and stick it to your bathroom mirror! More importantly, think about them and try to apply them every single time you train.

- **BREATHING** - comes from your Hara, otherwise your power stays inside you;
- **CENTRELINE** - horizontal + vertical + lateral, aim for the posture of a ballerina;
- **CENTRE OF GRAVITY** - moves up and down with your breathing, but your height does not change;
- **FRONT FOOT/BACK FOOT** - don't move the front; don't lift the back;
- **HIPS** - the source of rotational energy adding power to blocks & punches;

- **HIKITE** - the crucial but at times neglected other half of most karate moves;
- **KIME** - that split second of focussing your power and linked to your breathing;
- **NEWTON'S 2ND LAW** - $\text{Force} = \text{Mass} \times \text{Acceleration}$, so punch with your whole body;
- **PINKIE HIGHER THAN THUMB** – helps keep your elbow tucked in for straighter punches;
- **REI** - mindfulness, respect, lose yourself while you train and leave any 'baggage' at the door;
- **TRAIN-TRACKS** - especially in stances for beginners, provides greater stability than balancing on a tightrope; and
- **ZANSHIN!!!!** – get this right and guess what, you don't need to learn karate at all...well at least not for self-defence purposes as it is *the essence of self-defence*.

There's no denying that applying the above can be very difficult at first, but in doing so the very foundation that underpins your karate will grow and develop. This will provide you with the potential to be not just a good karateka...but a great one!

All that remains is to wish everyone a wonderful Festive Season, stay safe and I look forward to our collective journey continuing in 2018!

OSS!

Sensei Jon