

**18TH MARCH 2017**

**The Official SEKU News Letter**  
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**Zanshin Press**

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# IT'S BEEN A LONG TIME COMING



**Veteran Karateka**  
Mick Lambert of Newport  
Karate Club attained 4th Dan  
at the SEKU Instructor Class  
on 15th January this year.

Mick began practicing Karate in 1974 as a enthusiastic 19 year old under the instruction of Dave Porter (aka Jock) and Chris Dowden at the Carisbrooke Club on the Isle of Wight. In those early days he also trained under Phil Elliot and Sensei Tomita and saw Karate grow from virtual obscurity to becoming one of the most popular form of martial arts in the late 1970's.

In 1982 the Newport Club changed their affiliation from KUGB to SEKU. Mick Lambert and Malc Bradley were there in those early days of SEKU and Newport remains the oldest remaining SEKU club. This year SEKU celebrates it's 35th Birthday and Mick has remained a loyal supporter of the association so it was wonderful to hear the he had attained Yondan after so many years.

Three weeks later, on the 5th February, at the Isle of Wight B&B Sensei Mick Dewey presented him with his long awaited and well deserved Diploma.

# FIRST CLASS



*Sensei Brian Smith (7th Dan) has been a familiar face at SEKU events for many years and his fierce style of instruction takes no prisoners.*

*This dynamic approach to karate training is a culmination of many years of dedication and some might find it difficult to imagine that he too was a novice once upon a time.*

During my karate career there are many things that spring to mind; that first grading success, championship honours, the feeling the first time being hit to name just 3 but none more vivid than my first karate class. My initial introduction to karate came at a satellite dojo run by part of Portsmouth Karate Club. I can still distinctly recall the smell of the red school soap as I walked into the changing area on that fateful evening. Ray Smith was taking the Friday classes, training was hard and complex, or so I thought, as a raw beginner I later discovered to be just the norm. I loved it, every minute of it and that lasting memory was now being etched forever in my new found karate brain with another significant memory of that class soon to follow. With a class full of white belts there were two "colour belts" training (Bob Knight 5th Kyu and Chris Hurley 7th Kyu) who were kicking and punching at the head of the lines with their pristine white Gi's now showing the sweat from the effort and spirit of the class. I envied their speed and technique as well as wishing

that I could move that well but hey, it was only my first class after all. Bob and Chris were caught talking during class and with Ray's dojo discipline they were soon to be taught a lesson and for me, memory number 2. "Make two lines" came the order from Ray with the two colour belts at the front standing there facing us in the strangest manner that I had ever seen (Zanchin Dachi). One by one we advanced punching full speed, full power alternating between Bob and Chris with what I now know to be a Chudan Gyaku-Tzuki, they just stood there and took each punch to the stomach. It was some years later that Bob reminded me of that night recalling that my punch stood out for speed and power, not a bad comment being only my first karate class.

From that first night, standing in line in a pair of shorts and a running vest, the aroma of the red school soap, the karate discipline and etiquette, already I couldn't wait get a Gi of my own. I was well and truly hooked, the rest as they say "is history"

**Brian Smith**

# Sensei Blogs

In this day and age of social media there is a demand to communicate so I guess it's only natural that us 'old dogs' need to learn a few new tricks.

I speak metaphorically of course as Sensei Dewey is a mature gentleman with a mounting number of years under his well worn black belt and adaption to the new technology is a step he has taken. Nevertheless, he has Frankie Hatton at his side to walk him through the geeky stuff. Frankie, the Sensei at Gibshot, provides the technical support and has recently taken over the running of the SEKU website and now the SEKU Blog.



*Sensei Frankie Hatton 3rd Dan  
commentating at the SEKU Championships 2015*



*Sensei Mick Dewey 8th Dan*

The thoughts of Sensei Mick Dewey are verbalised, digitised and advertised with the aim to keep us all informed and mesmerised.

The SEKU blog has been running for a number of months and provides regular week-to-week updates on SEKU activities and is well worth a read from time to time. If you have not been there yet go to : [www.sekukarate.wordpress.com](http://www.sekukarate.wordpress.com)

Frankie began with SEKU in 1991 at Portsmouth Honbu and has continued to support SEKU with his array of multimedia skills. In addition to running Gibshot, he is a bit of a media personality in Gibraltar as well as building websites professionally. He's a good person to know if you have a website or a social media project in mind and he has a soft spot for SEKU karateka so he is worth checking out.

## 'PEARLS OF WISDOM'

*Over the years I have heard many wise words spoken by Karate Instructors and Martial Artists and here a few I particularly think are worth a mention.*

You don't have to be the best, just be the best you can be.

You never know your limits until you push yourself to them.

Wearing a black belt doesn't make you invincible, it means you never gave up.

The ultimate martial arts skill is not having to use them.

You don't have to be great to start, you just have to start to be great.

# THE NEWS IN SHORTS

Well done to our Squad at the Legends but let us not forget the great work done by SEKU Coach Steve Hollister and SEKU Referees Paul Moreby, Alan Lewis, Eden Burrell & Chris Carr

I heard that the Taka Kai want to adopt Joe Crowe.

Is it true that Steve Gibbons has had an offer from Portsmouth FC to be their new sweeper ???

A Junior Squad from the Ippon Ken Karate Club will be guests at the SEKU National Competition this March. So welcome from SEKU and good luck.

"Sayonara for now Sensei Terry Oliver and say hello Japan". Terry is returning to the land of the rising sun. Have a great time Sensei and tell us all about your adventures when you return.

Frankie Hatton was the snazzy commentator for the recent GibOpen Snooker tournament, televised on Eurosport 2 on 5th March. . . . .

It's not true that Frankie has too much coverage these days. He's lost 30 lb in the last 6 months :-)

Rob Maynard is doing a grand job at Portsmouth Uni. Students now getting the 3rd Degree.

# ' RESPECT '

**"Lack of care for our fellow karateka and the dojo etiquette indicates a lack of respect."**

We all know that Karate is physical but when we first begin to practice we soon appreciate the mental aspect of understanding the complexities of the movements. In time, depending on the individual, the emotional aspect, sometimes referred to as spirit, becomes evident and for me, this realisation makes us aware of our emotional state while training and competing. The need to remain in control while performing karate is essential in order to be the master of our temperament, our physical movements and thought processes (i.e. the synergy of Mind, Body & Spirit). Panic and fear can make us respond to a situation in an illogical or unbeneficial manner, therefore the confidence and self-belief we gain with our training allows us to be more relaxed and aware of our environment, allowing us to think clearly and thus better equipped to react more calmly while remaining alert. The anxiety and the concern associated with confrontation or combat can be abated by our karate training. This is the theory and of course "Perfect practice makes perfect".

The Japanese way requires a high level of discipline. The dojo etiquette we are taught from 'Day 1' is a crucial training aid that helps us focus on the finer aspects of training which includes respect for the dojo, for the instructors, and fellow karateka. In addition to following the rules of the dojo we are encouraged to maintain a high level of courtesy for our fellow karateka, bowing to them before any

one to one interaction for example. As we become more skilled we are encouraged to maximise speed and power in our techniques against opponents and therefore we must master the skill of 'touch control' (or Semi-Contact) to avoid inflicting unnecessary injury particularly when the attack is undefended or when sparing without mitts, gum-shields, etc.

By the time one is ready to progress from brown to black belt, training and sparring is a regular occurrence in the dojo and the skill of applying speed and power whilst also engaging the required level of self control and judgement of distance must be mastered. Failure to control ones limbs and emotions (e.g. temper) could lead to injury. Punching your opponent square in the face without due control will undoubtedly cause injury. This demonstrates a lack of respect for the dojo environment and one's fellow karateka.

I am always amazed when I watch our squad members fighting skilfully against opponents from other associations who sometimes appear to be intent on fighting wrecklessly. However, on so many occasions our SEKU karateka remain calm in these situations and skilfully score the points. I feel this proves the fact that respect for your opponent generally wins on the mat.

The lessons we learn in the dojo are lessons for life. In theory, the better we are at karate, the better we become as members of the human race and there is no end to how good we can be.

**Ken Lyons**

# LEGENDS 2017

Another fantastic day for karate and our SEKU Squad.

It was with great pride I watched our lads taking on some very fine opponents. On this occasion, the squad comprised senior males only which was maybe a little sad in these days of equality and girl power. No Junior competitors this time either but the mix of membership is always changing and it makes it all the more interesting when you see new characters making their way up through the ranks over a series of competitions.

The main hall at the Bracknell Leisure Centre was heaving with competitors and spectators and I was suprised to see that in addition to SEKU competitors and Judges, there were a large number of ex SEKU Karateka and officials taking part. The SEKU legacy loomed strong but the SEKU Squad remains hard to beat.

The quality of training at squad sessions has never been higher with Steve Hollister and his support team doing a great job to maximise students abilities and levels of fitness. The result on this occasion was a small but first class squad.

All squad members did well and there were a few outstanding performances. Early in the day, Mike Grimwood took gold in the Men's Kata with Rob Maynard taking Third. The 3 man Kumite Team (Steve Gibbons, Ben Hobbs and Dan Walton) did a grand job in the final with both Steve and Dan dispatching their opponents quickly leaving Ben not having to fight.

Men's Kumite was awash with thrills and spills and after and the heats we were left with both Steve Gibbons and Dan Walton to return to the mat later and compete in the finals. Nail biting stuff and we were all on the



*Steve Gibbons sweeps his opponent and scores in the heats*



**LEFT**  
Left to Right: Kata finalist  
Mike Grimwood 1st and  
Rob Maynard 3rd.

**BELOW**  
Dan Walton scores with  
Gaku Zuki in the Heats of  
the Mens Kumite



edge of our seats when Steve came 2nd and Dan took 3rd place.

To top it all and in the fine spirit of karate, Joe Crowe provided his services to the Taka Kai, a Squad from Scotland who were short of a team member for the Mixed Team Kumite

and with Joe's help they secured 2nd place. Sensei Steve Hollister (6th Dan) is always willing to take in new students at the squad training sessions so if you are 6th Kyu or above and want to give it a go, you are welcome to train without any obligation in respect of performing as a squad member.

# WEEKEND IN BRIDPORT

## SPECIAL SHOTOKAN KARATE TRAINING WEEKEND

### Saturday 6th & Sunday 7th May



### **Bridport Leisure Centre Bridport, Dorset**

#### **Saturday 6th May**

11.30 am - 12.30 pm

12.45 pm - 1.45 pm

2.00 pm - 3.00 pm

#### **Sunday 7th May**

11.00 am - 12.00 pm

12.15 pm - 1.15 pm

1.30 pm - 2.30 pm

#### **Cost of Training**

Adults Full Course: £45.00

Adults Per Day: £30.00

Juniors (under 16) Full Course: £30.00

Juniors (under 16) Per Day: £20.00

For further details and information please  
speak to your Sensei  
or contact Sensei Mick Dewey  
Home: 02392 387605  
Mobile: 07540 706288

This is always a great way to spend a weekend away with the family in a fabulous part of the country. There is a variety in training for karate students and instructors who would like to explore a range of methods of training while the less inclined members of the family can take advantage of the spring weather, Bridport and the local sites. That said, there is plenty of time to let your hair down after training and perhaps socialise with others on the course.

There is also a Black & Brown Belt Course at the venue on the Sunday for members of SEKU and the opportunity to grade.

*Instructor: Sensei Mick Dewey  
Chief Instructor to  
The Shotokan of England Katate Union*

# BLACK & BROWN BELT COURSE



The Isle of Wight is an annual excursion for many SEKU clubs from the mainland. A ferry ride down the Solent and on to the Medina Sports Centre.

Black and brown belts have gathered there for many years on a fresh February morning to receive the very best instruction and black belt grading at the end of the day. This year, Sunday 5th February, was the big day and the annual migration of SEKU karateka began before daybreak. There were many smiles, handshakes and the occasional man hug as old friends and adversaries met on route but in the dojo their faces showed the lines of determination and concentration as there was the business of karate-do a-foot.

Instruction began at the hands on Sensei Dewey with the warm-up followed by basic techniques and combination with the focus on the use Kime, correct stances and hips. This was followed by a focus on being relaxed and

loose whilst completing techniques; aiming to reduce tension when moving, allowing for speed of movement before contact. There was time devoted to the practice of slow movement, allowing for full techniques with focussed breathing and then at speed. The old favourite, Bassi Dai was used for this session. The class was split into two groups and Sensei Smith also provided instruction. As always, the day finished with an spirited session that comprised an intense series of combinations.

All returned home contently exhausted and needless-to-say, the day goes down as another milestone in the history of SEKU as another great day out. Roll on next February.

Finally, Black belt grading followed and it was congratulations to Harmeem Khan of Crofton Dojo on attaining her Junior 2nd Dan and to Paul Crudgington from Gibraltar Dojo on achieving his 1st Dan.



COMPRESSED AIR SYSTEMS

# **2016-17 DIARY DATES**

## **MARCH**

Saturday 18th - SEKU Championships  
The Portsmouth Academy, St Mary's Rd, Fratton, Portsmouth PO1 5PF

## **APRIL**

Sunday 9th - Focus on Kata Class – Crofton Community Centre, Crofton

## **MAY**

Saturday 6th & Sunday 7th - Bridport Course  
Sunday 7th - SEKU B&B Course – Bridport

## **JUNE**

Saturday 10th - Pre Instructor Class  
Sunday 11th - SEKU Instructor Class  
Sunday 18th - Kata Class - Priory School

## **JULY**

Sunday 9th - Black & Brown Belt Course – Portsmouth

## **AUGUST**

Sunday 20th - Kata Class - Priory School

## **SEPTEMBER**

Saturday 9th - Pre Instructor Class  
Sunday 10th - SEKU Instructor Class/AGM

## **OCTOBER**

Sunday 8th - Black & Brown Belt Course – Portsmouth  
Sunday 15th - Kata Class - Priory School

## **NOVEMBER**

Saturday 18th - Portsmouth Open Championships

## **DECEMBER**

Saturday 2nd - Junior Championships, Portsmouth  
Sunday 17th - Kata Class - Priory School

**Squad Training Session**  
are due to take place and B&B Courses this year,  
providing a unique opportunity for anyone interested  
to brush up on their competitive skills



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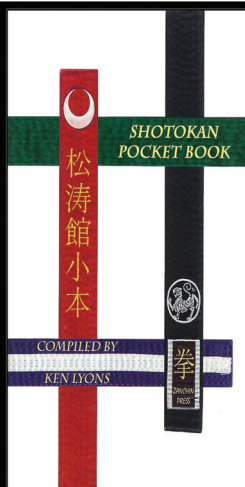
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# **SEKU KARATE CLUB & WEBSITES**

In addition to the SEKU website at [www.sekukarate.co.uk](http://www.sekukarate.co.uk) many clubs are taking advantage of the world wide web and creating their own window to the world

**Bembridge Shotokan Karate Club - Mike Stilgoe (1st Dan)**  
[www.bembridgekarate.co.uk](http://www.bembridgekarate.co.uk)

**Bromley Shotokan Karate Academy - Paul Moreby (6th Dan)**  
[www.bromleyshotokankarateacademy.com](http://www.bromleyshotokankarateacademy.com)

**Chichester Shotokan KC - Terry Oliver (6th Dan)**  
[www.chichestershotokankc.com](http://www.chichestershotokankc.com)

**Crofton KC - Alan Lewis (6th Dan)**  
[www.croftonshotokan.co.uk](http://www.croftonshotokan.co.uk)

**Dobwalls Karate Club - Dan Walton (3rd Dan)**  
[walton.djw@gmail.com](mailto:walton.djw@gmail.com)

**Gibraltar Shotokan Karate Club - Frankie Hatton (3rd Dan)**  
[gibshot.com](http://gibshot.com)

**Gosport Shotokan Karate Club - Richard Langdale (6th Dan)**  
[richard.langdon@nobutts.co.uk](mailto:richard.langdon@nobutts.co.uk)

**Lovedean KC - Brian Smith (7th Dan)**  
[www.lovedeankc.co.uk](http://www.lovedeankc.co.uk)

**Machi Dojo - Uxbridge - Ken Lyons (2nd Dan)**  
[www.uxbridgekarate.com](http://www.uxbridgekarate.com)

**Neville Lovett KC - Jim Sutherland (3rd Dan)**  
[www.nevillelovettkarate.talktalk.net](http://www.nevillelovettkarate.talktalk.net)

**Newport KC - Malc Bradley (5th Dan) & Mick Lambert (3rd Dan)**  
[www.newportiowarkanate.co.uk](http://www.newportiowarkanate.co.uk)

**Portsmouth KC - Mick Dewey (8th Dan)**  
[www.portsmouthkarateclub.co.uk](http://www.portsmouthkarateclub.co.uk)

**Portsmouth University KC - Rob Maynard (3rd Dan)**  
Portsmouth University website  
[robbmaynard\\_23@hotmail.com](mailto:robbmaynard_23@hotmail.com)

**Saltash Karate Club - Steve Hollister (6th Dan)**  
[steve.hollister@live.co.uk](mailto:steve.hollister@live.co.uk)

**Worthing Karate Club - Nick Polley (3rd Dan)**  
[www.worthingkarate.co.uk](http://www.worthingkarate.co.uk)

If your SEKU website does not appear on this list or if your details have changed  
Please contact contact Ken Lyons - [kenlyons1@sky.com](mailto:kenlyons1@sky.com) or 07885115432