

**SEKU  
CELEBRATES  
25 YEARS**



**This year SEKU is 25 years old and members have a very good reason to celebrate. During the past 25 years SEKU has grown from a small Portsmouth Club into a National Karate Organisation renowned for the high standards set by the instructors and attained by its members. In addition to giving people of all ages the opportunity to practise the traditional martial art of Shotokan students have benefited from improved fitness, better health, high esteem, self-confidence, self-defence and the list goes on.**

**In a quarter of a century SEKU has seen over 2,000 students become members and train at one of the 25 affiliated clubs. At present there are over 600 members and the standard of excellence and quality of membership has never been higher.**

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***For more information on clubs, training times and up and coming events contact  
SHOTOKAN OF ENGLAND KATATE UNION (1982-2007) Tel: 02392 387605  
Or visit the website – [www.seku.co.uk](http://www.seku.co.uk)***

## **MESSAGE FROM THE CHIEF INSTRUCTOR**

It is 25 years since the inauguration of SEKU and we intend to carry on with the continued practice and development of Shotokan Karate. To new members we can offer you Self Confidence, Physical Fitness, Self Defence, Self Discipline, Mental Fitness, A General Feeling of Well Being and New Friends. However, this does not come easy, you will have to work for it and if you are prepared to do that, you will be capable of meeting these claims.

Mick Dewey

## **SEKU INSTRUCTORS**

Instruction is lead by Mick Dewey 7<sup>th</sup> Dan who has been teaching Traditional Karate for over 35 Years. Mick is a former International Gold medallist competitor. He has taught throughout Great Britain, Europe, Russia, Slovakia, Sweden and Denmark and taught and trained in Brazil and Japan.

Mervyn O'Donnall 7<sup>th</sup> Dan who is the Association Secretary has also been teaching for 35 years and teaches regularly on the Continent. Both Mervyn and Brian Smith (6<sup>th</sup> Dan) have had many years of experience instructing throughout the Association as well as running their own clubs.

Other senior instructors have vast experience behind them, a number of them have trained in Japan at the famous Japan Karate Association (JKA) headquarters in Tokyo. Others have travelled and trained all over the world including in Okinawa, the home of Karate.

## **WEBSITE**

The SEKU website has been up and running for a number of years and it is a good way to keep up to date with the latest news and to find out what is going on and where. Check it out – [www.seku.co.uk](http://www.seku.co.uk)

## **25 YEARS OF KARATE-DO**

Since 1982, when SEKU came into being, there have been many changes in the world of Martial Arts. During the 80's it was a boom time for Karate clubs up and down the country largely due to the popularity of Bruce Lee and films like 'Enter the Dragon'. Kung Fu classes in this county were few and far between. However, the Japanese Karate Association embarked on a programme of promoting Shotokan Karate throughout the world in the early 1960s and accomplished Japanese masters such as Sensei Enoeda were here and ready to take up the challenge to teach the Brits.

SEKU was born from Portsmouth Dojo which started as a British Karate Federation (BKF) club in 1965. In 1997, Sensei Mick Dewey joined the club where Mervyn O'Donnell and Maureen O'Donnell (now Sensei O'Donnell and Maureen Dewey) were already members. The club (and SEKU) has been a founder member of the Karate Union of Great Britain (KUGB), British Karate Control Commission (BKCC), Martial Art Commission (MAC), English Karate Board (EKB), English Karate Council (EKC), English Karate Governing Body (EKGB) and more recently Karate England. In April 1982 SEKU was created out of Portsmouth Karate Club when 20 clubs joined the association at its inauguration meeting.

There is a really good interview with Sensei Dewey on the 'Shotokan Way' website where Sarah Amos asks him about the early days and his experiences in Japan with Sensei Dave Hazard and others.

During the past 25 years there have been many changes, good times and difficult times. We have seen the JKA go through upheaval after the death of Master Nakayama and the ripples have affected Shotokan karate associations all over the worlds, SEKU included. There have been a number of loved individuals who have passed away within SEKU and the karate world and each time the sadness is felt by us all as if they were members of our own family and of course they all were. On the other hand we have seen SEKU grow to become a mature karate association and it is great to see both young and old taking part at SEKU events.

We endeavour to perfect our skills and in so doing we reap the benefits of self-development – mind, body and soul. Sensei Hazard once said at a Honbu grading session "Karate is for the old" meaning that by training hard and practicing karate you are giving your body the ability to slow down the aging processes. Training helps the body to remain supple and healthy. Train now while you are healthy and as you become old you will remain healthy.

Ken Lyons

## **SEKU SQUAD UPDATE**

Paul Uren led the team at the **Legend Shobu Ippon Championships** on Sunday 25 March held in Bournemouth last weekend . This was the first in the 'Shotokan Alliance Series' to be held throughout the year. Unfortunately Mick Dewey was unable to attend but was pleased to receive the email from Paul early this week detailing the results (see overleaf) and congratulates the efforts of all who were involved.

### **Paul's email:**

*It was a fantastic day, and the squad supported each other so well. We all got together at the start and did a big warm up / team talk, to make the juniors feel part of the squad, which I'm sure they did, as all the seniors were there by the mat with them whenever they were competing. The highlights of the day were obviously the team wins (both men and ladies teams beat the FBSKU teams in the final, the women won 2-1 and the men won 4-1), along with Steve and Tracy both becoming grand champions. Also Emma made a successful return in her first comp for approx' a year and a half. The juniors fought excellently in the individuals, and won the team final 3-0, and the youths all fought well and are showing great potential for the future.*

*Looking forward to the championships at the weekend.*

*All the best*

*Paul*

The email from Paul to Sensei Dewey captures the team spirit and the atmosphere of the day. This was an excellent performance by the SEKU Squad and the results speak for themselves. Members of the squad will be taking part in the SEKU Annual Championships to be held at The Mountbatten Centre, Portsmouth on Saturday 31st March.

The next chance you will get to see the Squad in action will be on at the Shobu Ippon Championship Guildford Spectrum, Parkway, Guildford, Surrey on Saturday 12th May. Remember the date and make your way to Guildford and cheer on the SEKU Squad on the 12th. I am sure they will appreciate your support.

**RESULTS of the Legend Shobu Ippon Championships**  
**Littledown Centre, Bournemouth 25<sup>th</sup> May 2007**

**Juniors**

|                |        |                         |
|----------------|--------|-------------------------|
| Jack Johnsey   | Gold   | Under 5ft (11-13 years) |
| Scott Clements | Gold   | Over 5ft (11-13 years)  |
| Chris McMullen | Silver | Over 5ft (11-13 years)  |
| George Oliver  | Gold   | Over 5ft (14-15 years)  |
| Sam Weaver     | Bronze | Over 5ft (14-15 years)  |

Junior (Over 5 ft) Team kumite Gold (George, Scott, Sam and Chris)

**Youths**

Ben Maher Bronze Youths kumite (16-21 years)

**Ladies**

|               |        |                             |
|---------------|--------|-----------------------------|
| Tracy Corby   | Gold   | Black belt kata (Kanku sho) |
| Tracy Corby   | Gold   | Black belt kumite           |
| Emma Williams | Bronze | Black belt kata (Chinte)    |

Tracy Corby Best Overall Female Trophy

Ladies Team Kumite Gold (Tracy Corby, Lauren Beech, Becca Cox)

**Men**

|                 |        |                        |
|-----------------|--------|------------------------|
| Steve Hollister | Gold   | Black belt kata (Unsu) |
| Steve Hollister | Gold   | Black belt kumite      |
| Keith Williams  | Silver | Black belt kumite      |
| Dave Galloway   | Bronze | Black belt kumite      |

Steve Hollister Best Overall Male Trophy

Men's Team Kumite Gold (Steve, Graham, Dave, Keith, Matt P)

**Overall (10 Gold, 2 Silver, 4 Bronze, 2 overall best competitors)**

## **2007 EVENTS LIST**

**Saturday 31st March - SEKU Annual Championships**  
The Mountbatten Centre, Alexandra Park, Portsmouth, Hants

**Thursday 5th April - Rock 'n' Roll Night - Damons Health Angel Fund**  
Eastney Caravan Park, Eastney, Portsmouth - Contact Mick Dewey

**Sunday 15th April - Kyu Grading South West**

**Sunday 15th April - Kyu Grading Avon**

**Sunday 29th April - SEKU Instructor Class - Venue TBA**

**Sunday 6th May - SEKU Instructor Class**  
Harrow Way Community Centre, Harrow, Andover, Hants

**Saturday 12th May - Shobu Ippon Championship**  
Guildford Spectrum, Parkway, Guildford, Surrey - Contact: Darren or Simon

**Sunday 10th June - Black & Brown Belt Course - Plymouth**

**Sunday 17th June - Fitness Factory Kyu Grading Course**  
Medina High School, Newport, Isle of Wight

**Sunday 8th July - Kyu Grading South West**

**Sunday 8th July - Kyu Grading Avon**

**Sunday 16th September - SEKU AGM**  
City Girls School, St Mary's Road, Fratton, Portsmouth, Hants

**Sunday 16th September - Black & Brown Belt Course**  
City Girls School, St Mary's Road, Fratton, Portsmouth, Hants

**Sunday 30th September - Fitness Factory Kyu Grading Course**  
Medina High School, Newport, Isle of Wight

**Sunday 14th October - Kyu Grading South West**

**Sunday 14th October - Kyu Grading Avon**

**Sunday 28th October - SEKU Instructor Class - Andover, Hants**

**Saturday 17th November - Portsmouth Open Karate Tournament**  
The Mountbatten Centre, Alexandra Park, Portsmouth

**Saturday 1st December - Christmas Tournament Trnava, Slovakia**

**Sunday 9th December - Black & Brown Belt Course - Venue TBA**

**Saturday 15th December - Paulsgrove Christmas Karate Championships**  
for Kids (under 16yrs) Contact: Keith Williams

**Sunday 16th December - Fitness Factory Kyu Grading Course**  
Medina High School, Newport, Isle of Wight

## ADVERTS

Viviers (UK) Ltd are the Trophy Sponsors for SEKU Annual Championships on Saturday 31st March at The Mountbatten Centre, Alexandra Park, Portsmouth, Hants. That seems like a good enough reason to purchase your fresh fish and shellfish from them and be sure to say hello from the Shotokan of England Karate Union

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HAPPY 25th BIRTHDAY SEKU  
from  
Ken Lyons

*Under duress from my club sensei, I changed membership from KUGB to the Shotokan of England Karate Union in 1999. I am so glad I became a member of the SEKU Family and I have always taken the good advice of my sensei ever since. Sensei knows best! Oss!*

*Ken Lyons*