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SQUAD NEWS

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November 07 Competition Results
Kata & Kumite Training Tips
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- *Performance update**
- *Ikken Hissatsu - the killer blow**



ALSO TRAINING DATES & CONTACT DETAILS

KONNICHI WA

Hello and welcome to this the first edition of Squad News, the news letter that help to keep you in touch with what's happening in the world of SEKU tournaments, training and general advise. If you want to take part, support or just keep your finger on the pulse then make sure that you receive a regular copy. We hope to produce twice yearly editions of the Squad News (as well as SEKU Update) to coincide with the SEKU March Tournament and the Portsmouth Open in November. Both presently held at the Mountbatten Centre. If you would like to contribute in some way e.g. send photos, write reports and provide info then contact either Paul Uren or Ken Lyons see contact details on the back page.

SQUAD PERFORMANCES FOR 2007

The Legend Open took place in March 2007 and was the first Shotokan Alliance event of the year. It was the first time the squad had sent a full team to a Shobu Ippon event for a while. SEKU did extremely well, the adults took gold in male kata, female kata, kumite and team kumite. In addition, the juniors won three individual kumite gold's and the team kumite gold. The final tally was: 10 gold, 1 silver, 4 bronze and two overall best competitor awards.

March was a busy month as members of the squad competed for their own clubs at the Annual SEKU Championships as they had in November 2006 at the Portsmouth Invitation. At the SEKU Championships squad members won every adult individual gold and quite a few of the junior events also. On this occasion, Plymouth Karate-Do was the most successful club. Well done Plymouth. This suggests either that Squad includes the best of SEKU karateka or that training with the squad can give you the edge in competition. The Shobu Ippon Championships in May was the biggest event for years with over 1000 competitors entered! The squad did excellently again gaining gold and silver in both senior kata events and winning both senior team kumite events, as well as winning two junior kumite titles. The final total was 6 gold, 4 silver & 1 bronze. The JKS Open Shotokan Championships at Nottingham took place on he 10th November. The main results were Matt Powell won Senior Male Kumite and Dave Galloway was runner up, Tracey Corby won Senior Female Kumite, Jack Johnsey won Junior Male Kumite, SEKU won Boys Team Kumite and Hannah Day was Senior Ladies Kata runner up. The final total was 4 Gold, 2 Silver and 2 fourth places.

The final event of the year is the Portsmouth Open on the 17th November and hopefully the squad will perform well. Check out the SEKU website for all the results or join the squad training sessions or support the SEKU team and find out first hand.

In all, 2007 has been an extremely successful year and we hope that the dedication of the individuals that represent SEKU will continue for some time to come. The additional events presented to the squad this year by the Shotokan Alliance have been a challenge and an opportunity to develop and test skills. The results speak for themselves.

SEKU OPEN SQUAD TRAINING

The general (open) squad training is held once a month simultaneously in the Portsmouth area and the Plymouth area. Any SEKU student 6th Kyu and above is welcome to attend. If you want to improve your competition karate or want to train with the squad with a view to representing SEKU then please feel free to attend at the venue that is most suitable for you.

IKKEN HISSATSU - THE KILLER BLOW

Karate was developed, as were many of the ancient martial arts, to defend against an armed assailant whose sole intention was to incapacitate or even kill the unarmed victim. Kara-te, translates as empty-hand which means that the defender is without a weapon. In Okinawa (the birth place of karate) weapons were outlawed for many years and therefore combat techniques were handed down from one generation to the next, studied, developed and practiced in secrecy. Difficult though it may be to appreciate but in certain circumstances the defender may have had no other option but to kill his attacker or be killed. This was indeed "the wild east" and therefore, karate was originally a fighting system for the unarmed designed to give the defender a fighting chance or even the advantage where a fight to the death was imminent. This was achieved through a keen understanding of kime and proper bio-mechanical techniques and was termed "IKKEN HISSATSU" to kill with one attack.

Modern day kumite derives from the traditional concept where the attack is blocked and countered with a strong punch, kick or strike e.g. Hence, the dojo training exercises of sanbon kumite, kihon ippon kumite, jiyu ippon kumite, and kaeshi ippon kumite etc. Similarly, in competition the objective is not beat up your opponent with a series of blows but to score with the one perfectly timed and placed attack and to score "ippon"(one full point). In Shobu Ippon (one point fighting competition) the ethos is taken literally. Combat is over when one competitor scores one full point i.e. ippon (one point) or two wazaari (two half points) to win the match.

STOP PRESS - A sincere thanks to Mark Elliott for time and expertise spent revamping and upgrading the team shield and the Individual Japanese Helmet trophies

General (Open) Squad Training Dates 2008

Sunday 6th January
Sunday 27th January
Sunday 2nd March
Sunday 30th March
Sunday 4th May
Sunday 1st June
Sunday 6th July
Sunday 3rd August
Sunday 31st August
Sunday 28th September
Sunday 2nd November
Sunday 7th December

Please check the SEKU website for any date/location changes (www.seku.co.uk)

Training Locations

Portsmouth Area
Portsmouth Taekwondo Academy
120 London Road
Portsmouth
PO2 0NB

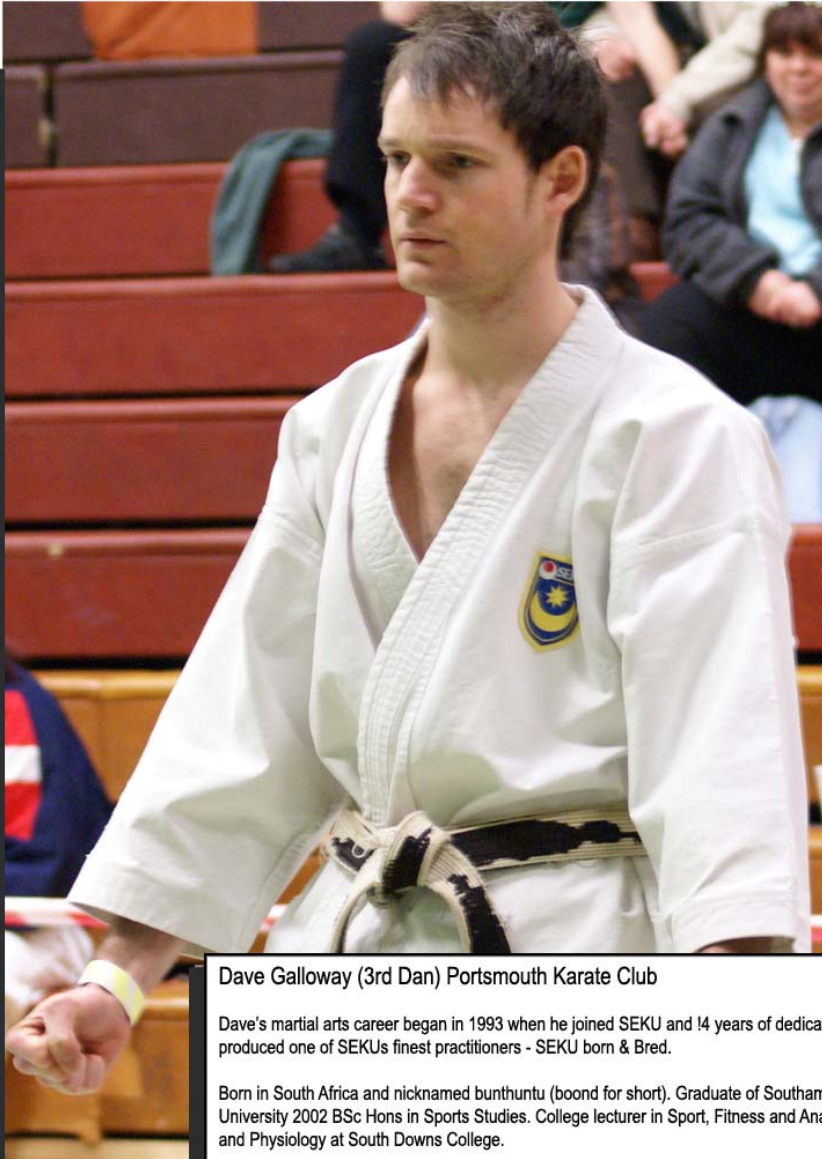
Plymouth Area
Burraton Primary School
Saltash
Cornwall
PL12 4LT

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SQUAD NEWS & SEKU UPDATE
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Dave Galloway (3rd Dan) Portsmouth Karate Club

Dave's martial arts career began in 1993 when he joined SEKU and 14 years of dedication has produced one of SEKU's finest practitioners - SEKU born & bred.

Born in South Africa and nicknamed bunthuntu (boond for short), Graduate of Southampton University 2002 BSc Hons in Sports Studies. College lecturer in Sport, Fitness and Anatomy and Physiology at South Downs College.

Slovakia, Trnava Tournament - Gold – Under 78kg – Representing SEKU
2006 & 2007 - SEKU Championships - Kumite Golds on both occasions
2007 - Shobo Ippon Open - Mens Premium Team Kumite Gold
2007 – Legend Open - Mens Team Kumite Gold
2007 - Shobo Ippon Open - Mens Kata Silver

Dave says "SEKU draws & develops Karateka for life long learning both physically & mentally".

Tracy Corby (2nd Dan) Plymouth Karate-Do

Tracy has been practicing Martial Arts for 15 years and has been with SEKU for 11. She plays Full Back for Plymouth Albion Rugby Team and is a sports teacher at Sir John Hunt Secondary School in Plymouth. She enjoys Sport, Camping, Reading & knitting and says. "When I can combine all these I am at my happiest".

2007 - JKS(GB) Open Championships - Kumite Gold
2007 - Shobu Ippon Championships - Kata Silver & International Team Kumite Gold
2007 - SEKU Championships - Kumite Gold, Kata Silver & Team Kumite Gold
2007 - Legend Open - Kata Gold, Kumite Gold, Team Kumite Gold & Best overall female award
2006 - SEKU Open - Kata Silver, Kumite Silver & Team Kumite Gold
2006 - SEKU Championships - Kumite Gold, Kata Silver & Team Kumite Gold
2006 - Legend Open - Kata Silver, Kumite Silver & Best overall female award





George Oliver (1st Dan) Lovedean Karate Club

George (son of Sensei Terry Oliver) has been training with SEKU for 5 years, enjoys the SEKU comradery and has discovered he can now do things he never thought possible. He is in his final year at school, plans to take BTec Engineering and have a career in the RAF.

His hobbies include playing the guitar, scooter diving, riding his BMX bike and walking his dog Bertie. Hopes to compete in Karate competitions at the highest level.

2007 - Havant Borough Sports personality of the year - (local prestigious award)

2007 - Vic Thompson Memorial Trophy - Outstanding Sportsman of the Day - SEKU Champs

Also Competed at the SEKU Open 2006, Legend Open 2007 and Shobu Ippon 2007

George says, "My greatest achievement to date is representing SEKU in the Squad".

Steve Hollister (5th Dan) Saltash Karate Club

Steve has been practicing martial arts since 1976 (28 years) and 4 years with SEKU, 9 members of Steve's immediate family practise Karate at his Dojo - Steve says, "poor mum!"

2001- 2005 competed at the WKC World Championships
2004 - FEKO Open - Kumite Gold & Kata Bronze
2004 - SEKU Open - Kumite Gold & Kata Silver
2004 - Slovakia Open - Kumite Gold & Team Kumite Silver
2005 - SEKU - Kumite Gold & Team Kata Gold
2005 - SEKU Open - Team Kumite Gold & Kata Gold
2005 - Slovakia Open - Kata Gold
2006 - SEKU - Kata Silver, Team Kata Gold & Team Kumite Gold
2007 - Legend Open - Kumite Gold, Kata Gold, Team Kumite Gold, Best Overall Male
2007 - Shotokan Int. Team Kumite Gold

