

IT'S TOUGH AT THE TOP



Left to Right Brian Smith (6th Dan), Mick Dewey (7th Dan) & Mervyn O'Donnell (7th Dan)

The big three, pictured here at the November Instructors Class. Once again the class was held at the Priory Sports Centre at Southsea. If you teach students and you missed the event, then you missed out. It was a great opportunity to receive guidance and first class training from SEKU's most senior instructors. (continued on page 3)

**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**

25 YEARS OF SEKU

This, the 25 year of SEKU has been an extremely successful year. SEKU continues to support the development of Clubs and their students, the leadership recognises the need to change and develop, relationships with the Shotokan community continue to be forged and the SEKU Squad is fast becoming a force to be reckoned with.

Shotokan is a dynamic and traditional martial art and SEKU endeavours to improve and move forward with the times without diminishing the fundamentals of Kihon, Kata and Kumite.

The 25th year anniversary year is now drawing to a close as we now look forward to the final events of the year: the Portsmouth Open on 17th November , the last of the IOW gradings of the year at the Fitness Factory Newport on 16th December and the Paulsgrove Christmas Karate Championship on 15th December. The Paulsgrove Championship is for juniors under the age of 16 years and is therefore somewhat unique.

The Slovakia Tournament is still running this year but we will not be attending. After many years of the SEKU squad journeying out to Slovakia and taking on there best of the Solvastian karateka the era is now over. Unfortunately, they have taken on the WKF Sanbon Rules. SEKU and the Shotokan Alliance continue to compete under the Shobu Ippon Rules. Hopefully, the friendships will live on but alas the annual event is no longer.

SQUAD UPDATE

The SEKU squad has continued to take part in competitions this year with some excellent results. We are due to launch the first edition Squad News this month which will provide details of competition dates and results, info about the members of the squad and their background, training tips and features etc. There is always the need to find and nurture new talent and squad training sessions are a way of getting specific help with Kumite and Kata. Get your copy of the Squad News for more Information.

INSTRUCTORS CLASS

The Instructor Classes this year were first class. It was an inspiration to take part in the spirited sessions in June and November at the Priory Community Sports Centre at Southsea. In addition to Basics, Kata and Bunkai the focus was technique and there was plenty to take away to the clubs. In addition to the training, it was another opportunity to exchange ideas and soak up the experiences the knowledge and experience of SEKU karateka. Instructor classes are not meant to be blood and thunder training sessions but more an opportunity to consolidate, clarify the technical detail mashed up with all the elements of a good karate practice. Anyone who teaches or assists in teaching karate should make a point of attending these classes. The class is not restricted to black-belts senior kyu grades are welcome also. There is just the one fee per club. Therefore additional participants from a club are free.

At the AGM Sensei Dewey reminded us of the importance of taking part in training sessions and competitions and if you can not compete or take part in some way then be there to support those who are. These are the best opportunities you will have to rub shoulders with your fellow karateka and find out what is happening.



AGM

One again the SEKU 2007 Annual General Meeting was held at Porchester on 16 September this year. The Chairman, Secretary and Treasure presented their reports that contained details of the past years events. In addition, there was considerable discussion around a range of topics but here are the bullet points.

This year we have seen a number of changes including the introduction of Club Gradings. The focus of grading at clubs has been received well by most members and the plan is for this to continue.

Sensei O'Donnell introduced the new "Progress Syllabus" for under 8's. A further briefing session took place at the November Instructor Class. Rather than just focussing on the physical aspects of training, the new syllabus encourages youngsters to understand and appreciate the etiquette and tradition of karate and its benefits.

It has been suggested that we should take the time to get together have a drink and a chat and share a few jokes with one another. Well it looks like the idea is coming to life. A provisional date has been set for SEKU Dinner for all Clubs as Saturday 25th October 2008. The venue has yet to be confirmed so watch this space.

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)

Sensei Mick Dewey looks after the site and is planning to update it in the near future. If you know a bit about web design and want to help, please contact Sensei Mick. He would love to here from you.

In addition to the website, we are looking for individuals who can help us design and produce posters and flyers. Are you a bit artistic, interested in graphic design or familiar with Information Technology? i.e. Photoshop, Illustrator, InDesign web design software etc. If you think this is you, you would like to help in some way or would like to find out more then contact either Sensei Mick Dewey or Ken Lyons on Tel: 07885 115432 or email: ks.lyons@btinternet.com

PROVISIONAL DATES FOR 2008

These are hot off the press and some venues are not yet confirmed. Gradings at individual clubs are not included as they are flexible and arranged to suit each club as circumstances dictate during the year.

- SUN 20/1/08 Kyu Grading, South West – venue to be confirmed
- SUN 3/2/08 B/B Course with Dan Grading, Newport, IOW
- SUN 23/2/08 Shotokan Alliance “Legend” Competition – venue to be confirmed
- SAT 15/3/08 SEKU Annual Championships, Mountbatten Centre
- SUN 20/4/08 Kyu Grading, South West – venue to be confirmed
- SUN 6/04/07 Instructors Class – venue to be confirmed
- SAT 10/5/08 Shotokan Alliance, Darren & Simon, Guildford
- SUN 8/6/07 B/B Course with Dan Grading, Plymouth
- SAT 12/7/08 Shotokan Alliance, Malcolm Phipps – venue to be confirmed
- SUN 20/7/08 Kyu Grading, South West – venue to be confirmed
- SUN 7/9/08 Instructors Class – venue to be confirmed
- SUN 5/10/08 SEKU AGM – venue to be confirmed
- SUN 5/10/08 B/B Course with Dan Grading – venue to be confirmed
- SUN 12/10/08 Kyu Grading, South West & Avon – venue to be confirmed
- SAT 25/10/08 Proposed SEKU Dinner for all Clubs – venue to be confirmed
- SAT 15/11/07 Portsmouth Open Karate, Mountbatten Centre

SHOTOKAN ALLIANCE

Karate England was the great white hope but failed to deliver. Politics and money got in the way of the vocation and spirit of Karate. The Shotokan Alliance has partly filled the hole that was left when Karate England faded away. The Shotokan Alliance is the coming together of Shotokan associations for purpose of Shobu Ippon events. There are some that feel this could lead the way for an amalgamated approach for Shotokan karate in the UK. In truth this is probably too soon after the demise of Karate England to say. I suspect that if the Alliance is to grow into more than a vehicle for Shotokan competition then we must give the beast space to evolve naturally and find it's feet - a solid foundation of trust and mutual commitment. For the time being SEKU continues to get its own house in order, striving to improve. Nevertheless we welcome fellow karateka from other associations, unions and styles and the opportunity to develop and improve relationships.

The Shotokan Alliance events are beginning to fill the SEKU calendar and we hope to continue to support these occasions, sending our squad to compete and our instructors to assist as referees, judges and desk officials. Hopefully members of the Alliance will attend and take part at the Portsmouth Open this year. This is good for the sport and for SEKU as a whole.

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VIVIERS (UK) LTD - Trophy Sponsors for the SEKU Annual Championships Saturday 31st March 2007 and Saturday 15th March 2008 at the Mountbatten Centre, Alexandra Park, Portsmouth, Hants.

FINAL WORD

As year 25 comes to a close spare a moment to consider all the individuals who help to make the SEKU experience a remarkable and unforgettable. You know who they are.

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