



Shoshin



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The SANDAN promotion was held at the Kingshill Dojo on Saturday night, 22nd October. Kyoshi Roger oversaw the promotion and the examiners were: Kyoshi Brandt Leitch ;Sensei Stuart Wilson; Sensei Bede Brosnahan. To pass all examiners had to agree that the candidates met the rigorous standards on Kihon; Kata; Kumite & Seido spirit. We are pleased to report that a very high standard was set by the candidates. **WELL DONE SENPAIS !**



Around the clubs: Sensei Mike Knight is recovering after a major operation and is back in light training. The Dover students took good care of the club while he was away and gave him a great welcome on his return. Sensei is now back teaching the children's classes. Kyoshi Brandt's adult classes remain constant with his children's class increasing in numbers. Promotion candidates have been working out with him on Saturday mornings hoping that he might not hit too hard ☺.

Sensei Bede, Kyoshi Glenys and senior black belts have kept up good attendance at Chiswick with a well established children's programme. Sensei Stuart's Tyler's Green dojo is also well established and his children's class is growing weekly whilst Sensei Richard at Lacey Green is still concentrating on 4 kyu and above – his music career is taking off so we might see some changes here next year. Hughenden and Kingshill dojos are thriving with good attendance and growing white belt classes. A regular mixture of students from other dojos come to class and this is very good for communication. Padstow under Senpai Jonathon is slowly growing and we look forward to the first yellow belt student. Jonathon is keen to open a children's class and there is plenty of support for it. So a healthy picture but as we all know, the lifeblood for us all are new students so Heads of Dojo are constantly seeking to encourage attendance whilst maintaining and developing our existing students. Kyoshi Roger thinks that standards overall are very good and improving all the time. Keep up the good work !

Jamaica - No Problem

Beach Training at Padstow, Cornwall – Some 30 students from our UK dojos made the long trip to beautiful Padstow where a warm welcome awaited them from Senpai Jonathon York and his students. We were especially impressed that 10 students drove over from the Seido dojo in Marburg to join us. Their drivers, Max Morritzer and Uwe Wagner did a great job and they arrived early Friday morning safe and sound.

Kyoshi Roger and Michelle arrived later in the day and students started to trickle. We wondered what sort of day Saturday would be. We met in the dojo at 2.00p.m. and it was packed. Kyoshi Roger officially welcomed everyone and spoke a greeting in German. He said that the weekend was all about good communication and it was wonderful that all the students from Germany could speak English. He said it was therefore our job to learn German this weekend to make them feel at home ! We all had to stand up and say our names in German and then learn to count in from 1 to 10 in German. It represented a real challenge for some of us but all did well.

After a warm up, led by Kyoshi Roger and chanting “Seido Juku” we ran from the town up the hill and across to the beach. It was a breathtaking view from the top of the hill of the estuary. The sun was hot and the sky was blue as we lined up to face the sea, which was some way out. Kyoshi Roger then took us through a series of combinations emphasising good form and technique. We then worked on the finer points of Seido Self Defences splitting into groups to defend against multiple attackers.

.Some fun in the sand as we faced each other and arm wrestled before moving onto Seido strategy which was really interesting. As we worked out, Kyoshi Roger taught Senpai Jonathon York and Mark Eade the Seido strategy for the Sandan grade and at the end of the session they gave an excellent display of their skills. It was hard to believe that they had only had such a short time to practice.

Then to the sea ! It was actually warm. We marched down punching in zen kutsu dachi with Kyoshi Roger leading the way. The we got very wet as foam splashed everywhere with the enthusiastic kicking ending with some surf wrestling. Finishing the day meditating in the surf as evening approached and listening to the seagulls was a wonderful experience and we ran back to the town as the sound of church bells next to the dojo rang out.

In the evening Senpai Jonathon and his students had laid on a private dinner for us all and we a chance to relax and share a drink or two. All of us are really appreciative of the effort Padstow made in hosting this and we hope that it will become an annual event in the Seido calendar. Our thanks to Kyoshi Roger for leading the weekend and a special thanks to Max and Uwe for bringing over the students from Marburg, and getting them all back safely. Osu !

See
over



Japan Trip



NEW PROMOTIONS WELL DONE !
Annette Gee
Karen Bayliss
 who took their Blue Belts at Kingshill Dojo
 On Thursday 27 September and set a high standard



Thinking of:
 Senpai Kelly Warner fighting her way back to fitness. Osu !

On Wednesday 28th November Kyoshi Roger will lead a small team to take part in the anniversary celebrations and 2 day tournament to be held at Nagoya, some 2 hours from Tokyo. Jun Shihan Sawahira and his team are welcoming Kaicho, Kyoshi Akira, Shuseki Shihan Charles Martin and international guests. It should be a great weekend and we hear that Kyoshi is dusting off his gloves and entering the kumite ! The UK team is Senpai Jonathon Yorke; Senpai John Vincent; David O'Hara and Annette Gee. After the tournament the party will join Seido USA and Israel to tour and this is being organised by Kyoshi Jessie Horowitz, an old friend of the UK. We wish all the team Bon Voyage. No pressure team.....



Kyoshi Roger and Senpai Chris at the dinner.



Grand Champion Kyoshi Paul Williams is given the trophy by Kaicho.



Kyoshi Roger referees the fast and furious Blackbelt light and middle weight divisions



Jun Shihan Tony takes time off to relax.....

WANTED!

Want to help ?
 Assist with our children's classes
 See Kyoshi.

Thanks to Vivienne for putting up (with?) Kyoshi Roger



USA, UK and Jamaica displaying their Seido team spirit.



Did you know:
 Seido is now being taught in 10 schools on special courses in Bucks.



JAMAICA VISIT –Kyoshi Roger and Senpai Chris Baldwin represented the UK at the Seido Jamaica's 30th Anniversary Tournament and Celebrations held in Kingston on Saturday 30th June. What a great weekend it was ! Kaicho and Kyoshi Akira, Shuseki Shihan Charles Martin joined Jun Shihan Tony Robinson to celebrate this wonderful event. Grand Champion Kyoshi Paul Williams simply gave a master class in the kumite overcoming the Tae Kwondo expert, who is in the Jamaican national team, in a thrilling display of artistry.
Our thanks to Jun Shihan Tony and all in Seido Jamaica for looking after us so well. We will return ! Osu !

All Seido Syllabus up to 1st Kyu now on DVD
See Senpai Sarah Mustapha for details

STOP
Calendar Dates:
Shodan Grading Kingshill Dojo Sat 17th November 1030 am – Support our candidates – ALL welcome
Candidates: Stuart Bendell; Jamie Howard; Mark Cartlidge; Mark Terry; Martin Casey; Kirsten Thompson; Dario Crispini; Brian Massey
Good Luck – keep jabbing.....

What Does it mean ? Hip (Koshi) Rotation – A torquing motion common to almost all martial arts, which is used in conjunction with the execution of certain techniques to generate power. Especially valuable when delivering a punching technique for the rear side. Koshi (koh'shee-Hips but can also mean ball of the foot).