

Two Day Open Karate Course

The course lead by Sensei Harry Cook last weekend was a great success – our 1000th lesson and our first open karate course with a guest instructor. Sensei Harry Cook (7th Dan) provided 8 hours of karate training to inspire us all regardless of grade – something new and interesting for everyone. We had 34 students train over both days from as far away as Bangor and Blackburn and as senior as 5th Dan. The course cost us over £550 to host and was subsidised through club funds to keep the costs down to a reasonable level for our students. The training included a punching and kicking drill that we had done some work on previously (which Sensei learned from Sensei Harry last year), a brand new kata and a new way of using the kata – Renzoku kumite (continuous flow drill). This way of training will be becoming more common in our training as time goes on – especially after the July course with Sensei Phil Snewin (5th Dan), which will enhance our understanding and use of the Heian katas.

Keep checking our website for more information about upcoming courses at www.andywilkinson.me.uk/calendar

JUURAI MARTIAL ARTS: NEWSLETTER

従来 *Traditional Training*

Mar - Apr 2008



February						
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March						
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April						
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News Headlines – Full details inside.

- *Cancelled Class*
- *Open Karate Course – Sensei Harry Cook*
- *Training over Easter*

Upcoming courses and events – Full details inside.

- *Winter Shinsa (Grading) – Amended Times*
- *Advanced Kata Course*
- *TKGB 2 Day Course in Southampton*
- *Open Kobujustu Course – Sensei Phil Snewin*

Contact Details:

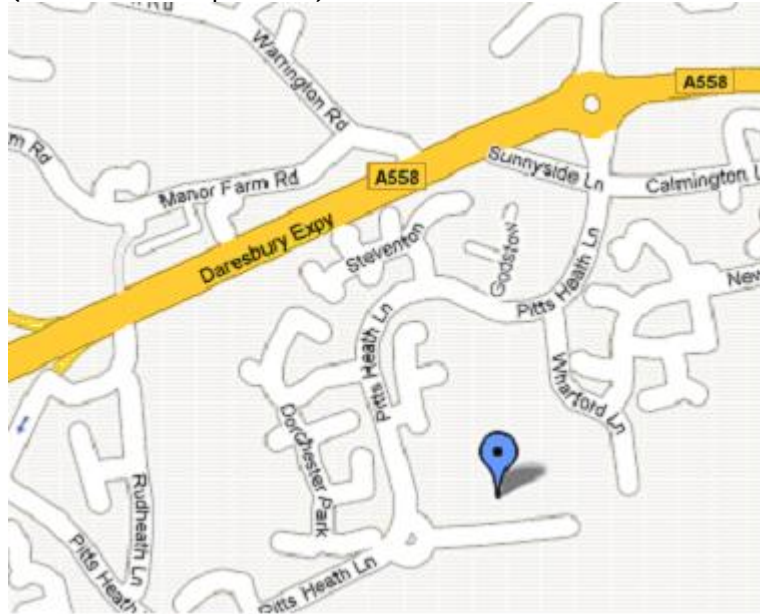
Andy Wilkinson (4thDan)
Tel: 07939 468 968

Email: JMA@andywilkinson.me.uk
Web: www.andywilkinson.me.uk

Winter Shinsa (Grading) – Amended Time

£10.00 | 13:00 to 15:00 | Sandymoor Community Centre/

The Grading on Sunday 24th February will be held at Sandymoor Community Centre from 13:00 until 15:00. (Please see map below)



As always Sensei Keith will be officiating.

If you are not grading this time, you are still welcome to come along and train, show support for your fellow karateka and practice for next time. (Cost will be the usual £3.00.)

Please arrive promptly (doors will be open from 12:45) in order to warm up.

As always, spectators are welcome to stay and watch.

Cancelled Class

Monday 25th February.

Unfortunately, the Monday class on 25th February is cancelled as the village hall is in use.

All other classes will be held as normal.

Advanced Kata Course

£5.00 | 12:00 to 15:00 | Preston Brook Village Hall | Buffet

A chance to learn and practice the Nidan kata, Nijushiho, as well as the Bunkai and flow drills.

The course is open to all students, doors open at 11:45 and a buffet will be provided.

Training over Easter

Training will continue as usual over the Easter holidays, with the exception of the bank holiday Monday on 24th March, when the Monday class at Preston Brook Village Hall will be cancelled.

TKGB 2 Day Open Course - Southampton

£20.00 | Please see our website for more details/

The second open TKGB course is being held in Southampton. It is open to everyone, although it may be more suitable for senior grades. The second day will be Kobujutsu, taught by Sensei Phil Snewin.

If you would like more information about this course, please see the link on the calendar page of our website (www.andywilkinson.me.uk/calendar) or ask Sensei at one of the classes.

2nd Open Kobujutsu Course

£20.00 | 12:00 to 16:00 | Frodsham Leisure Centre/

Sensei Phil Snewin will be teaching at our 2nd Open Kobujutsu Course. Although the course is open to over 16's only, beginners are welcome.

Held in the gym at Frodsham Leisure centre (attached to the Frodsham High School), the changing rooms are available to use before the course starts.

As always, Bo hire is available (at a cost of £5, which will be deducted from the price of a bo if you choose to buy one from the club).

Please bring your own refreshments.