

JUURAI MARTIAL ARTS: NEWSLETTER

従来 *Traditional Training*

May 2008

April						
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May						
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Courses & Events – Full details inside.

- *New Tuesday Kobujutsu Class – Starts 22nd April*
- *Open Kobujutsu Course – Sensei Phil Snewin – 27th April*
- *May Shinsa – 25th May*
- *Bowling Social Evening – 28th May*
- *Annual Kumite Competition – 8th June*
- *Open Karate Course - Sensei Phil Snewin – 26th & 27th July*
- *Annual Sponsored Fundraising Event – 10th August*
- *Adults Only Self-Defence Session – 14th September*

Contact Details:

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Tuesday Kobujutsu Class – 22nd April

£2.00 | 20:30 – 21:30 | Hill View School| Over 16's Only

We finally have a start date for the Tuesday night Kobujutsu class at Hill View School. As of Tuesday 22nd April, Kobujutsu will be from 20:30 to 21:30 & cost just £2 per session. Bo staffs are available on loan if you don't have your own.

2nd Open Kobujutsu Course – 27th April

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

Sensei Phil Snewin will again be teaching at our Open Kobujutsu Course. Beginners are welcome & 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.

Cancelled Kobujutsu Class – 1st May

Unfortunately, due to the elections on Thursday 1st May, Preston Brook Village Hall is being used as a polling station until 10pm. As a result our Kobujutsu class will be cancelled.

May Shinsa – 25th May

£10.00 | 13:00 to 15:00 | Sandymoor Village Hall|

Sensei will let you know if you will be grading, if you are not grading, you are still welcome to come and train – treat the grading like a mock – for the usual £3. As always, Sensei Keith will be officiating, please arrive promptly to allow time to warm up and don't forget to bring your log books. (N.B. Dan Gradings cost £30.00)

Bowling Social Evening – 28th May

£14.50 adults/£12.50 children | 19:00 to 21:00 | Chester|

We are organising a social evening, 10 pin bowling at the Greyhound retail park in Chester. £14.50 per adult or £12.50 per child, the price includes 2 games, shoe hire & a meal. There is a certificate for the winning child & a bottle of bubbly for the winning adult! Partners, Parents & siblings are welcome to join us, please complete the enclosed reply slip & return it with payment, before 1st May. (N.B. Own transport required)

Annual Kumite Competition – 8th June

£6.00 | 12:00 to 15:00 | Preston Brook Village Hall| Buffet

Once again, our annual Anniversary Kumite Competition will be in a league format, using WKF scoring & a handicap system to give younger & lower grade karateka a better chance. There are trophies for 1st, 2nd & 3rd in each category! Spectators are welcome & there will be a buffet!

2 Day Open Karate Course – 26th & 27th July

£5.00 | Sat 1-5pm Sun 10-2pm | Frodsham Leisure Centre|

This is an exciting opportunity to expand on your karate knowledge. We will be welcoming Sensei Phil Snewin (5th Dan), to show us more about his style of karate, Kamishin Ryu, and how it fits in with Shotokan.

The course will be spread over 4 sessions during the weekend:

- **Saturday 13:00 – 14:50 (open to ALL students)**
- Saturday 15:10 – 17:00 (over 16's only)
- **Sunday 10:00 – 11:50 (Open to ALL students)**
- Sunday 12:10 – 14:00 (Over 16's only)

The sessions are designed to allow all students to learn flow drills from the Heian katas at the first session each day and for adults and selected junior students to take their training further and move to more complex bunkai (application of kata).

- Saturday will be Heian Shodan, Nidan & Sandan
- Sunday will be Heian Yondan & Godan

Students should know at least one of the kata being done each day.

Similar to his friend and influence Sensei Harry Cook, the style of karate Sensei Phil teaches has a strong Naha-te side, which is designed for close quarters confrontations, described by Sensei Phil as 'fighting in a phone box'.

Anyone who has attended a Kobujutsu course will know that Sensei Phil is a friendly, knowledgeable teacher so this course should be lots of fun!

Again we will be organising a meal on the Saturday evening (adults only – sorry). Don't forget to bring your license book & wear your gi (no polo shirts please).

Costs are £5 per session for JMA/ESKA students – please note that to do the second session you must attend the first session that day too!

Annual Fundraising Event – 10th August

£ FREE | 12:00 – 16:00 | Haddocks Wood Field| Buffet

This year we have decided to try and do something a little different for our sponsored event.

We are organising a sponsored run, as many laps of the field at Haddocks Wood as you can in 1 hour!

There will be a warm up session beforehand, a cool down session & a pic-nic style buffet afterwards.

Family are welcome to come along for moral support (or to join in!), even the family dog is welcome, provided he's on a lead, well behaved and supervised!

Sponsorship forms will be available soon and ALL of the proceeds will be given to Halton Haven Hospice.

Adults Only Self-Defence – 14th September

£6.00| 12:00 – 15:00 | Preston Brook Village Hall| Buffet

Wearing street clothes, we're getting the mats out, bringing training knives down and getting stuck in!

The idea is to take kata and cut it down to only the most effective self defence techniques using real-life experience.

This session is only open to Karateka over 16 of any grade.

If this goes well there is a possibility of us running self-defence courses for non-Karateka too.

There will still be a safe environment and light hearted moments as people get taken "out of their comfort zones".

Come along and have some fun, refreshments provided.

Online Calendar

As you probably know, we have our own website (www.andywilkinson.me.uk), which is regularly updated. Please check the calendar online regularly, as this lists cancelled classes (including those cancelled at short notice), courses run by us, by Sensei Keith & by other organisations, including the RKAGB Kobujutsu courses & TKGB karate courses, as well as any social events we are organising!

Go to www.andywilkinson.me.uk/calendar.htm and save it as a favourite!