

Independent Wado-Ryu Karate-Do Association United Kingdom



August 2011

This Month

4th South York's Open

Paul Newby

Bag-Pack

Date Section



4th South Yorkshire Open Karate championships

For Wado UK August started with a second coach trip of the year, which was part funded by the Bag-pack fundraiser of July. The event was in its 4th Year. Wado UK clubs have attended on each occasion with a good measure of success at each event. This year was to be no exception, with 10 medals being the tally on the coach ride home. The break down of the medal wins was 2 Gold medals 3 Silver medals and 5 Bronze medals. The first gold was to come early in one of the children's Kata categories. Charan Dhesi of the Woodford Dojo was judged by the officials to be the best of the group and got the medal tally off to a golden start. The second gold would later go to Barry Meanwell also of the Woodford Dojo. This was in Barry's senior male open weight Kumite category and was actually Barry's second medal of the day. Earlier Barry had managed to

take a bronze in his weight category within the Kumite divisions. This wasn't the end of the story however, as Barry then teamed up with Chris and Dean Fenton from the Woodford Dojo for the men's team event. This was the last event of the day and by the end of it the trio had added a silver to the total for the day. This completing Barry's Gold, Silver and Bronze prize for the day.

Further Silver medal success was achieved by Amie Newton of the ShinKen Dojo, in the boys and girls 8-10 years individual Kata category. Joe Munro and Harry Oetegenn of the Woodford Dojo were to repeat the earlier team Silver success of the senior men, but this time in the boys 13-15 years team category.

Bronze medals were scattered throughout the day, with Matthew March of the ShinKen Dojo achieving his podium finish in the senior men's Kata event. Jess Newton also from the

ShinKen Dojo was to add further success to the ShinKen tally by winning Bronze in her girls 13-15 years individual Kumite section. Ellie Hayes of the ShinKen Dojo was to join the party by taking her bronze medal in the girls 10-12 years girls Kumite category. Bethany Holmes of the Woodford Dojo would add to this by joining Ellie in joint third slot and taking the other Bronze medal for that division. This was to be the final medal in the Wado UK tally for the day.

Of course those who win the medals justifiably get the headlines, but we would also like to add that several other competitors represented their clubs and Wado UK at the event. From the Woodford Dojo we had Amrit Dhesi, Teerth Dhesi and Oliver Dearing. From the ShinKen Dojo we had Brandon Greenwood, Olivia Sawdon, Loui Fowler Tom McAlindon and Amber Oetegenn. and from the Zanshin Dojo and finishing the list was Ellis Miller. Coach duties on the day were undertaken by Paul Braid and Andy Barratt and on this occasion we also took four table officials to the competition. Andrew Parker and Allison Munro, along with Gaynor and Stevie Dent.

Thanks to everyone for representing Wado-UK, and to those travelling parents and supporters for their continued commitment.

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Paul Newby Kumite Course



Former World Kumite Champion and Assistant National Coach Paul Newby made another visit to Wado UK recently, conducting a class for all those members who wished to improve their competitive skills. The day was well attended with around 40 students and the session was every bit as good as the last time!! After the last session delivered by Paul, it was decided that it would be remiss not to invite Paul back for a repeat visit. On this occasion the Hull Zanshin Dojo was used as the venue and although not as big as the Woodford Dojo of the last course, it proved adequate for the day's proceedings. Approximately 40 students attended the course in which Paul was asked to split the afternoon into two sections. The first of these was to include those younger and less experienced students and make sure that everyone had the opportunity to learn from the session. This is essential to help nur-

ture and fuel the desire in some of our youngsters who have the passion for competition. The second saw all those 3rd Kyu and above students and a few regular competitors from the lower grades stay back and work a little deeper into competitive skills. The theme for the last training session was focus through fatigue, where all those training were pushed to work hard yet at the same time keep the focus necessary to succeed. The focus on this occasion was stability through strong and stable stances and the three main distance ranges. This of course was coupled with coaching on scoring and defending from these ranges. In the first section drills were used to try and get everyone working fast feet, moving into an appropriate stance and delivering a successful technique. This was achieved by splitting into smaller groups and working a coned course and following a given or-

der at the end to attack left right or centre at the end. Even the younger students managed to get to grips with the exercise in the end, realising that to be able to score following a sequence of moves you have to be alert to your opponents actions.

In the second session Paul delved a little deeper, with work not only on the stable stance requirements, but on the strength required in the legs for this purpose. This led onto two sweep or takedown scenarios which saw everyone being taken down and scored on. The takedowns were less conventional than those normally employed in competition, so it will be interesting to see if they find their way onto the competition circuit.

Once again and as expected the day was a fantastic success, with everyone enjoying a really beneficial training session. Like last time Paul was kind enough to have photos taken with whoever wanted them and sign whatever they wanted signing. This was not only at the end, but in the small interval between the two sessions. Hopefully in the future Paul will pay us further visits and expand our students competitive skills even further.

We would like to thank not only Paul for delivering the course, but all those who attended helping to make the day a success. A special thank you must also go to all the club instructors for getting their students to the event.

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July Bag-Pack



Once again we had a fantastic response to the bag-pack request from our members. The event took place at our favourite store, Iceland at the North-point Shopping Centre on Bransholme. We were looked after as always by friendly staff and had another enjoyable fundraising day. Many of our junior members and several adults took part in this fourth bag-pack fundraiser, with a view to part funding two more events. Firstly we part funded another coach trip to a competition. This time we travelled by coach to the South Yorkshire Open on August 7th. Secondly we repeated last years Paul Newby Ku-

mite course on 30th July.

This fundraising event helped enormously as we raised an amazing £512.29. This was a tremendous success and for anyone interested in joining in next time, we have provisional plans for BAG-PACK 5 some-time near Christmas. On the next bag-pack we will probably work on two hour spells, making it less tiring for the youngsters attending.

Although the camera only appeared as people had started leaving for home, this picture does at least show Charlotte Pinder, Bethany Holmes and Amber Oetegenn holding the hard earned funds. For the second time and for some fun along the way we had a little competition to see who could guess the nearest to the amount raised. There were two small prizes for the nearest adult and junior guess and the prizes were won by Joe and Allison Munro.

Thank You Everyone who helped on the day!

11th September

North West Open. Details to be confirmed

1st/2nd October

British International Open - Glasgow.

30th October

3rd Wado UK Open Karate Championships, at the Bonus Arena, KC Stadium, Hull, HU3 6GA.

November

27th November

Western Karate Union. Winter Invitational. Weston-Super-Mare

December

9th December

Wado UK Presentation Evening. John McCarthy Suite, Hull University.