

# 3 MAKE THE GRADE



*(Paul Uren, Sensei Brian Smith, Shaun Eglinton, Sensei Mick Dewey, Steve Hollister & Sensei Mervyn O'Donnell)*

Steve Hollister, Shaun Eglinton and Paul Uren were awarded with 5th Dan at the January 2011 Instructor Class. They had been called upon by Sensei Dewey to take the class which focused on the finer points of Kanku Dai. This was yet another superbly organised class designed to ensure that SEKU instruction complies with the JKA approved Kata format. Steve led the class, working through the techniques in turn and Shaun and Paul assisted by demonstrating Bunkai and variations of application. At the end of the lesson Sensei Dewey called the three out to the front of the dojo and those present assumed this was to thank them for their contribution to the class but to everyone's surprise he proceeded to announce their grading awards. Steve Hollister had his previous 5th Dan status with SWANDA ratified by SEKU. Shaun Eglinton and Paul Uren also attained 5th Dan.

---

**For more information on clubs, training times and up and coming events contact  
SHOTOKAN OF ENGLAND KARATE UNION (1982-2010) [www.seku-karate.co.uk](http://www.seku-karate.co.uk)**

## **SQUAD COMPETITIONS**

For the squad it's business as usual, they continue to train hard, always looking to nurture new talent, competing at the highest level, performing well and bringing home trophies from all over the world. So far this year there has been the Shotokan Alliance at Bracknell on the 12th March and Sicily 12-13th February.

At Bracknell SEKU made a big impression in Kumite, coming 1st in the Association Team Kumite and Under 16 years Male Kumite, 2nd in the Cadets 16-20 Kumite and Under 16 years Male Kumite and 3rd in the 3 Man Team, Ladies Team, the Mixed Team and Cadets 16-20 Kumite. There were also Kata successes with a 1st in Cadets 16-20 Kata, 2nd in the Men's Individual Kata, 3rd in the Junior Individual Kata and joint 3rd in the Cadets 16-20 Kata.

In February, the SEKU squad took up the invitation forward by Sensei Biagio Ridolfo of SKIF Holland to compete at Coppa Del Sicilia 2011, Sicily. The travelling party consisted of Terry Oliver, Steve Hollister, Stacey Crowe, Matt Smith, Matt Powell, Lee Wilkinson, Jason Hollister, George Oliver, Mike Grimwood & Sam Weaver. The event appeared to be very prestigious and important to the Sicilian people which was demonstrated by the attendance of the Mayor and the Minister for Sport. In terms of results, Sensei Steve Hollister triumphed in both Veterans Kata and Veterans Individual Kumite. George Oliver, one of five SEKU in the last 8 of the Men's Individual Kumite, came 3rd. A great effort against some very tough opposition. And finally the Kumite Team (Lee Wilkinson, Matt Smith, George Oliver, Mike Grimwood, Sam Weaver) came 3rd behind Holland (1st) and Italy (2nd).

The overall trip was a resounding success both on and off the mat and SEKU have made some good friends with SKIF Italia and cemented our existing relationship with Sensei Ridolfo and his group. Sensei Terry Oliver is attending the SKIF Italian Summer Camp in July which will also develop an accord with our new friends and hopefully more opportunities for the SEKU Squad to compete with Europe's best.

Don't worry if you missed Bracknell and Sicily as there will be more opportunities to cheer on your Squad. There are two events this year where SEKU will be representing England. These are the WJKA World championships in Wevelgem, Belgium 12-14th August and SKDUN World Championships in Leipzig, Germany 8-9th October. For more info contact Sensei Terry Oliver. Finally, there is the Portsmouth Open Karate Tournament at the Mountbatten Centre on Sat 19th November which is your opportunity to see your favourites at home.

## **KNIFE AWARENESS COURSE**

On Saturday the 19th of March, Petersfield Shotokan were proud to host an excellent days training with their very own Squad Kumite Coach, Sensei Hollister 5th Dan. Sensei Hollister began training in 1976 and has complimented his karate training with studies of traditional oriental weapons. The aim of the course was to increase the awareness of how a knife can be used and thus open Karate-ka's eyes to defences which may or may not be appropriate or affective. The class was split into two halves with the first 90 minutes focusing on the Kata and the second class appreciating Bunkai. After some very exciting demonstrations and group work, particularly one with an actual Tanto (where Sensei Powell has never stood so still), everyone was left in no doubt of the effectiveness of the Kata. Places were limited to allow room to work with the knives but the Petersfield club were joined by seniors ranking as high as 5th Dan such as Sensei's Crowe, Oliver and Lewis from SEKU and Sensei Staples from ASK. The club ranges from 10th Kyu to 3rd Dan and it was great for all to learn something completely new. Everyone thoroughly enjoyed the course and there was plenty for all to take away and work on.

## **NEW CLUBS**

**Worthing KC and Bognor Regis KC are now affiliated to SEKU -**

The instructor of both clubs, Roger Stevens who was an original member of Honbu Dojo at Portsmouth in the early 1960's recently retired from teaching and advised both clubs to re-join SEKU thus completing the circle. Both Clubs originate from Portsmouth Honbu. Worthing was one of the clubs on Sensei Dewey's rota and Roger Stevens eventually took it on permanently. The clubs were affiliated to the KUGB at the time and changed to SEKU when it was formed. Roger later formed his own outfit about 20 years ago.

**Worthing KC** trains at St John's Church Hall, Ripley Road, Worthing, West Sussex BN11 5NG and the instructor is Nick Polley (3rd Dan).

**Bognor KC** is located at Scout Hut, Central Drive, North Berstead, Bognor Regis, West Sussex BN17 5LQ. Club Instructor is Glen Frame (4th Dan) and Assistant Instructor is Marcela Harris (2nd Dan).

**New Dojo for Saltash KC** is located at Zero Gravity, Saltash Parkway Ind. Est., Woodacre, Saltash, Cornwall PL12 6LF. Training Nights are Tuesday 7pm - 9pm and Thursday 6pm - 9pm. Club Instructor Steve Hollister (5th Dan) and Club Secretary Hannah Hollister (4th Dan).

## **SENSEI DEWEY'S WEEKEND TRAINING**

This was the second year running that Sensei Dewey's Weekend Training Course has run. The location this year was Bridport Dorset and the dates were the 16th and 17th April. Once again Hannah Hollister did a superb job in acting as course Secretary and managed all the paperwork and Matt Powell took care of Sports Centre bookings and caravan allocation leaving Sensei Dewey to concentrate on the course content.

Senior members of Portsmouth Honbu Dojo were there to give their support. Stacey Crowe, Rob Maynard, world champ Dave Galloway plus Glen Frame from Bognor Regis and all played a part in making this a major success. Dave gave a class in bag-work and warming up/down exercises. Glen taught a fine session of instruction in the use of the Bo. Colin Galloway took a large number of photos which have been compiled into a Video Slideshow on the SEKU Website. It's a great little production with a cool sound track. Check it out.

Yet again the 2 day course was a minor departure from our traditional karate training making time to explore the broader aspects and applications of training and development. Needless to say this was yet again a roaring success and is due to take place again on Saturday 14th and Sunday 15th April 2012.

## **HOLLAND COURSE**

For the past 6 years Sensei O'Donnell has been taking small groups from Portchester Karate Club over to Holland to train at his Gouda club. This Easter, Portchester joined forces with Eastleigh and a total of 12 members plus 4 senior members from the Gouda club took part. Apart from one, all were Dan grades and Brown belts. The course was over 4 days with extra days for travelling. Due to the available accommodation and hall size the course was on an invitation basis and limited to around 16 people. The emphasis of the course was learning the Kata Meikio, with the method being "defence against attacks with the minimum of warning". In addition, Nigel Hoskins introduced "control and restraint techniques". Apart from the training, visits were made to various points of interest.

The weather was excellent, with temperatures in the high 20's and understandably most of the group just wanted to stay at the local lakes or outdoor swimming pool. Sensei O'Donnell organises 2 or 3 group visits to Holland each year and he plans to provide another larger course in the early Autumn.

## **TSUNAMI APPEAL - 15th MAY**

Nigel Hosking has masterminded this fund raiser and has been overtly supported by fellow Karateka in the hope that money can be collected to help the Tsunami Survivors following the catastrophic events that took place on Friday 11th March of this year. Sensei Mervyn O'Donnell has supported Nigel in his quest and will be taking a key role on the day. Having trained in Japanese Martial Arts for many years, like many of us, Nigel has an infinity with Japan and the Japanese people. Many dojo's in the west have taken a moment of silent reflection in respect for suffering that has effected so many people in such a short space of time. The Tsunami Appeal Course is an open training session for Shotokan students from all organisations and is to be held at Fleming Park Leisure Centre on 15th May. You need to be aged 14 or above and hold a current Licence which you will need to bring with you plus a clean white Karate Gi and a donation. This is a great cause and it's your chance to give something back to the nation and people who have affected our lives in such a profound way.

## **B&B NEWPORT I OF W**

It has been noted that recent B&B courses have been exceptionally well attended and the February Course held at Newport on the Isle of Wight was no exception. Those that attended received the highest level of training from Sensei Dewey, Sensei O'Donnell and Sensei Smith. The first session was split into two classes and Kanku Dai and Kanku Sho were the focus of attention. The second session contained drills to improve grading Kumite. As always, the students trained enthusiastically. Elliott Smith, Benjamin Hardy-Willis and Ryan Cooper all attained Junior 1st Dan. Linus Nelson was awarded 1st Dan and Stephen Axelson received his 2nd Dan.

## **NEWS IN SHORT**

**\*Saturday 23rd April 2011** - Steve and Hanna Hollister renewed their vows in Portsmouth. Congratulations, you lovely, lovely people.

**\*Happy Birthday Doug Quinton** - Doug was 81 years young on 17th April. Happy birthday to you, happy birthday to you, happy birthday dear Douglas...

**\*Welcome Home Craig** - Craig Ford (3rd Dan) has just returned home after a 5 month stay in Vietnam. He was honoured by locals who allowed him to join their Karate Club where other Westerners have previously been rejected. He was invited to take part in a regional competition and came 2nd in the Kata.

**\*Japanese Adventure Postponed** - Following the sad events that took place in Japan earlier this year Sensei Terry Oliver and son George have provisionally put back their trip to Japan until spring 2012.

## **IMPORTANT SEKU DIARY DATES FOR 2011**

**\*SEKU CHAMPIONSHIPS** - Mountbatten Centre, Portsmouth - 30th April

### **JAPANESE TSUNAMI APPEAL**

Fleming Park Leisure Centre, Eastleigh - Sunday 15th May

**INSTRUCTORS CLASS** - Portsmouth - 22nd May

**B/B COURSE WITH DAN GRADING** - Plymouth - Sunday 12th June

**SQUAD TRAINING** - Dorchester Judo Club, Sawmills Lane - 26th June

**SQUAD TRAINING** - Dorchester Judo Club, Sawmills Lane - 17th July

**SENIOR SQUAD TRAINING** - Dorchester Judo Club - 31st July

**WJKA WORLD CHAMPIONSHIPS** - Wevelgem, Belgium - 13th-14th August

**SQUAD TRAINING** - Dorchester Judo Club, Sawmills Lane - 4th September

### **SEKU AGM & INSTRUCTORS CLASS**

Priory Sports College Portsmouth - Sunday 11th September

**SENIOR SQUAD TRAINING** - Dorchester Judo Club - 25th September

### **B/B COURSE WITH DAN GRADING**

Portchester Community School, White Hart Lane, Fareham PO16 9BD  
Sunday 2nd October

**SKDUN CHAMPIONSHIPS** - Leipzig, Germany - 8th-9th October

**SQUAD TRAINING** - Dorchester Judo Club, Sawmills Lane - 30th October

### **\* PORTSMOUTH OPEN KARATE TOURNAMENT**

Mountbatten Centre, Portsmouth - 19th November

### **PAULSGROVE CHRISTMAS CHAMPIONSHIPS (Under 16's)**

Paulsgrove - 10th December

**SQUAD TRAINING** - Dorchester Judo Club, Sawmills Lane - 11th December

\*These Championships are conducted under "Shobu Ippon" rules.  
Contact Sensei Terry Oliver for more information about Squad Training

## SEKU SPONSORS



# Viviers (UK) Ltd

*Fish and Shellfish Merchants*

Billingsgate Market  
Shop No. 26  
Trafalgar Way  
London  
E14 5ST

Tel/Fax: 0207 538 1123  
Mobile: 07885 369852  
Mobile: 07710 560295

**PROUDLY SPONSORS**



Tel: 023 9275 3621/9275 6934

[www.viviers-uk.com](http://www.viviers-uk.com)

Head Office & Accounts  
Camber Docks  
Gunwharf Road  
Portsmouth PO1 2JX  
England

Fax: 023 9287 4444

e-mail: [viviersuk@btconnect.com](mailto:viviersuk@btconnect.com)



# **TASK** MASTERS

**Construction Consultants for High Risk Activities**  
working at height specialists, specialist police units, plus fire & rescue services

# N.J.S

**BRICKWORK & SCAFFOLDING**

**PROUDLY SPONSORS**



**FMB**  
The sign of  
building quality

UNIT ONE  
GREATER GLEBE  
BRITTENS LANE  
FONTWELL  
WEST SUSSEX  
BN18 0ST

Tel: 01243 545 548

Fax: 01243 545 668

Email: [njsbrickwork@btconnect.com](mailto:njsbrickwork@btconnect.com)

## EQUIPMENT SUPPLIES

# MAKOTO

*Martial Arts Equipment Supplies*

Contact Maureen Dewey on 02392 387605  
[maureen.dewey@ntlworld.com](mailto:maureen.dewey@ntlworld.com)

*for Karate Gis - Lightweight, Silver, Europa  
SEKU Tracksuits, Japanese Silk Black Belts  
Protective Equipment, Books and Videos*

**SEKU's Only Official Stockist**

## SEKU KARATE CLUB WEBSITES

*In addition to the SEKU website at [www.seku-karate.co.uk](http://www.seku-karate.co.uk) many clubs are taking advantage of the world wide web and creating their own window to the world*

Crofton KC – Alan Lewis (5th Dan) – [www.croftonshotokan.co.uk](http://www.croftonshotokan.co.uk)

Eastleigh KC – Nigel Hosking (2nd Dan) – <http://sites.google.com/site/eastleighdojo>

Fitness Factory KC – Mark Elliott (5th Dan) – [www.isleofwightkarate.co.uk](http://www.isleofwightkarate.co.uk)

Locksheath KC – Nicky Daniels (4th Dan) – [www.locksheathskc.com](http://www.locksheathskc.com)

Lovedean KC – Brian Smith (6th Dan) – [www.lovedeankc.co.uk](http://www.lovedeankc.co.uk)

Mid-West Shotokan KC – Dave Guy (2nd Dan) – [www.midwestshotokan.co.uk](http://www.midwestshotokan.co.uk)

Newport KC – Malc Bradley (4th Dan) – [www.newportiowkarate.co.uk](http://www.newportiowkarate.co.uk)

Plympton KC – Stuart Hick (3rd Dan) – [www.plymptonshotokankarate.co.uk](http://www.plymptonshotokankarate.co.uk)

Plymouth Karate-Do – Paul Uren (5th Dan) – [www.plymouthkaratedo.co.uk](http://www.plymouthkaratedo.co.uk)

Portsmouth KC – Mick Dewey (7th Dan) – [www.portsmouthkarateclub.co.uk](http://www.portsmouthkarateclub.co.uk)

Portsmouth University KC – Phil Bryant (3rd Dan) – Portsmouth University website

Portchester KC – Mervyn O'Donnell (7th Dan) – [www.portchesterkarate.co.uk](http://www.portchesterkarate.co.uk)

Saltash KC – Steve Hollister (5th Dan) – [www.saltashkarateclub.com](http://www.saltashkarateclub.com)



## Japanese Tsunami Appeal

## SHOTOKAN KARATE COURSE



Donations and Cheques  
can be made payable to  
**The Japanese Tsunami Shotokan Fund**  
Lloyds Bank  
Sort Code 33-99-71  
Account No 59026760

For more info contact Nigel  
07971 634 216  
[nhos59@yahoo.co.uk](mailto:nhos59@yahoo.co.uk)

Sponsored by



**Sunday May 15th 10am – 12 midday**

**Fleming Park Leisure Centre, Passfield Ave, Eastleigh, Hants SO50 9NL**