



Welcome to the Wado-UK Newsletter for April 2009

This Month

West Bromwich Kata Competition

Harry Oetegenn Trains With National Squad

Squad Day at the Shin-Ken Dojo

A Quiet April

After a very busy March with courses and competitions every weekend, April was very quiet by contrast.

As a result news is limited this month, but there are still some important items to tell you about.

For instance, plans continued for our competition in November, with the design for our very own Wado-UK medals being completed. We will soon be placing the order for the first of these medals and will soon be able to show them off.

The next couple of months will see further competitions taking place and courses for both athletes and coaches. Please refer to the dates page and news pages of our website to keep yourself up to date.

West Bromwich Kata Comp

Phillip Weeks will be representing the Woodford Dojo on the 3rd May, when he competes in the West Bromwich Kata competition.

The competition is for Wado Kata only and Phillip has won this competition in previous years. Hopefully we will be reporting on further success in next months newsletter.

Harry Trains with Wayne Otto



Following on from Harry Oetegenn's bronze medal at the Nationals in March, he was given the opportunity to train with Wayne Otto the National squad coach.

The training session was held at the Olympic Dream Martial Arts and fitness centre run by Paul Newby and Craig Burke. The session itself was conducted by Wayne Otto and was an intense affair, with the training lasting several hours, it was the longest and most gruelling training session Harry has had to date, but he came away buzzing and excited about going again.

Although this was an official English Karate Federation squad session, Paul Braid who travelled with Harry has been travelling to the venue on a regular basis with

Jessica Newton for training sessions with Paul Newby. Recently Barry Meanwell has joined the group and he also said the training sessions are well worth the travelling.

If there is anyone who would like details of the training nights/times etc, please contact Paul Braid of the Shin-Ken Dojo who can tell you all you need to know.

Wado-UK Squad Day

On Saturday 2nd May we will be holding the first of our squad sessions for this years competitions. The venue as you may already know is the Shin-Ken Dojo, which is based at the Westcott Primary School down Westcott Ave on Holderness Road.

The day will be split into different aspects of competition training, starting with Kata training at 10am, followed by lunch around 12.15 for those who bring pack up.

The afternoon will get underway around 1pm, with those learning about the running of competitions taking to the classroom for instruction in this area. The athletes will get their session started around 1.30pm in the Dojo with Paul Braid and Steve Balaam-Reed taking the class.

To finish the day we will be joining the two groups around 2.45pm for some competition practice, this will involve the athletes providing the competition, while those who have been in the classroom will get the opportunity to practice their judging and scoring skills. Check out the website for further details, or contact your club instructor.