



Welcome to the Wado-UK Newsletter for May 2009

This Month

**West Bromwich Kata Competition
Success
New Dates For Your Diary
Wado-UK Squad Day
Squad sessions Medic**

West Bromwich Kata Comp

Phillip Weeks from the Woodford Dojo was in the medals again recently.

Phillip travelled to Cheslyn Hay Leisure Centre for his most recent Kata competition. Continuing with his successful campaign he once again managed to win a respectable bronze medal.

Diary Dates

Wado -UK Squad day, Cannon's Gym. 7th June 2.30pm-pm
Cumbria Open Championships, Carlisle. 14th June.
Central England Karate Championships, Walsall. 12th July.
British Wado Ryu Karate Union Junior Championships, Goole. Now 19th July This is a date change from the 5th July.
2nd South Yorkshire Open Karate Championships, Sheffield. 2nd August.
United Kingdom Kyu Grade Championships, Warrington. 9th August.
British Karate Federation Championships, Edinburgh. 5th 6th September.
Ken Yu Kai Karate 3rd National Open Karate Championships, Manchester. 27th September.
English Karate Federation International Open. 10th-11th October.
English Karate Federation Northern Regional's, Sheffield. 18th October.

Squad Training Day

On Saturday 2nd May we had a squad training day at the Shinken Dojo on Holderness Road. The day was a busy one, but was a great success.

The idea of the day was two-fold, with equal emphasis being put on athlete and officials development. The morning session was taken up with a session on Kata, with the whole group working together initially. A large variation of grades meant that some basic principles of Kata movement were explained in the first part of the class. Things such as techniques in sets needing to match as far as speed, power and form go. We also discussed the need to keep the hips on the same level during transitional stances, the reason for this being to maintain strength of technique and maintain the centre of gravity, (Hara)

The Kata class then separated into three sections taught by Tony Dent, Steve Balaam-Reed and Paul Braid, this made it possible to cover more specific issues to each grade group. To finish the morning section we had some demonstrations of how competition Kata takes place, with several students being paired up for the process.

After a packed lunch the afternoon session began with Paul Braid taking the group through Kumite drills. He was assisted by Steve Balaam-Reed and Barry Meanwell. Paul has recently been training at the Olympic Dream Dojo with some of our squad. These sessions are taken by Paul Newby and have been proving really popular with

Our athletes. Covering both fitness and competition drills, the afternoon flew by, but was enjoyed by everyone.

While the Kumite class was taking place, the people who were training to be table officials and judges were in a separate room. They were reading through the requirements for keeping records of activities during a competition. All those covering this aspect of the course, seemed to pick things up well enough to join the main group for the last part of the afternoon. This last section involved everyone doing their chosen activity, the athletes provided the competition for the judges to judge and the table officials to mark. The session went really well which is a promising sign that our competition in November will be a great success.

Please look out for further courses we will be running and give us your support.

Squad Day 1st aid

We were recently lucky enough to have a volunteer First Aider for our squad training days.

Amanda Rose, a parent from the Hull Zanshin Dojo, has said she would be happy to look after our athletes during squad sessions. This will be a valuable addition to our squad days, providing much needed care for those taking part.

Amanda is a qualified 1st aid instructor and works within the National Health Service at the moment. Unfortunately due to holiday arrangements, Amanda will not be able to make the next squad session in June.