

# ***SEI-BU-KAN KOKUSAI KYOKAI***

Hello and welcome to the first edition of the SEI-BU-KAN newsletter for this year.

We will be trying to produce a quarterly news letter every year, although that will be dependent on your help. That's right - your help! Without you, the students, there will be nothing much to write about. No students mean no news: and no news means no newsletter!

The Sei-Bu-Kan group has been running now for over 30 years and things have worked out pretty well. A lot of groups don't last this long or even come close to the time spent together as a group. We like to think that we, the Sei-Bu-Kan group, have a special bond that holds us together through our training, which is why we have lasted as long as we have. So let's continue this for the Mon (children) and well as the Kyu (Adults) grades in 2011.

Right then let's kick off with the biggest news for 2011.

## **A New Chief Instructor**

2011 brings a new Chief Instructor to the group, and a familiar face.

Following the retirement of Bill Evans, our former Chief Instructor, the technical committee held a meeting in November of this year and it was decided unanimously that Chris Marshall become the new head of the group. The technical committee wish to express their huge gratitude to Sensei Evans for his dedication and tireless effort in both setting up the Sei-Bu-Kan group and seeing it through many years of success. The Committee will be urging Sensei Evans to stay on in some capacity so that we can continue to access his wealth of knowledge.

Here are a few words from our new Chief Instructor:

I have been with the Sei-Bu-Kan group since the age of 10, and have had 25 years of experience in karate as well as training in other martial arts including Aikido, Judo and Krav Maga. I have the support of a great team behind me with new ideas and bags of enthusiasm with which to revitalise the philosophy and practice of karate in Sei-bu-kan.

The first change we are going to make is to the Mon grade syllabus, which will have a make-over to allow the flow of Mon (Child) grade to Kyu (Adult) grade smoother. This will mean less work in the long run and not such a heavy learning curve for those who start off under 16 years old and transfer to the Kyu (Adult) grade syllabus when 16 years. Regular gradings will be held within the months of March, June and December. The new syllabus is aimed at supporting

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everyone to reach a high enough standard to pass those important grades, but please don't forget the work must be put in and there are no guarantees to passing: remember to train as often as possible. If a grading is missed then the student will grade at the next possible opportunity.

Other roles within the Association will be changing in the near future as several of our instructors' work commitments have changed: we will keep you updated.

## **Syllabus**

The Syllabus will now be online for download only. There is no charge for this service so please remember to print a copy off and read it: it contains important information for your next grading.

There will be a syllabus review every year and changes made as and when they are needed, to maintain the best practices for training. To download a copy of the syllabus please visit the website at: [www.sei-bu-kan.com](http://www.sei-bu-kan.com) or click the link. A tagging system will now be in effect from January and will affect you at your next grading: this will help with the learning of the syllabus. For more information about these changes and how they affect your grading please see the 'Grading in Sei-bu-kan' information. If you are unsure how this works please ask your club instructor for more details.

## **Bring a friend day**

Every so often the association will have a 'bring a friend day' this means that you can bring a friend and there's no charge for them to train for that month; so remember to tell your friends, mates, buddies and pals about what you do.

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## **News letter no 2. February 2011**

### Teaching

On Saturday the 11<sup>th</sup> December the Kata Nihanchi was taught to my friends and fellow Judo players at the Judo club where I train as an end of year short course so that they could have an insight to the Karate world in which we train. There were a total of 16 adults ranging in grade from novice to Dan grade, and after spending enough time getting a feel for this wonderful Kata a two man flow drill was taught using the Kata as a framework in which to practice close quarter combative fighting techniques. The techniques included joint locking, disrupting body posture, controlling techniques and of course striking with the hands and feet: after all we are a striking based system.

### Moving

The Monday night club formerly based in Hilltingbury School has now moved to a new venue at The Pavilion on the Park, Kingfisher Hall, Kingfisher Road, Eastleigh, SO50 9LH. This has meant we have had to change the start time to 7.30pm instead of the original start time of 7pm due to the building being in use before us, but with this new start time it should help alleviate the travel time to the new venue which is only 12 minutes away from Hilltingbury School. There is a foyer for parents too use during the class whilst waiting to collect students with some comfy seats.

### Grading

Don't forget that the month of March is the date for grading (A grading can be within any week of March so don't panic if you need another week to fine tune). It's the first time the new tag system will be used for all Mon grades. If the level of rank requires a tag the fee for grading is £8 and if the level of rank requires a new coloured belt the fee for grading is £8 plus the cost of a belt. If a student shows exceptional development within the first year of training then they maybe considered to double grade: in this case the fee for two gradings will be charged.

### Growing the Clubs

We would like to welcome the new members that have joined both the new junior club and the adult club at Swaythling. Please encourage your friends to come along as the more members we have the more we can organise competitions and courses. The first session is free to any new members.

# SEI-BU-KAN KOKUSAI KYOKAI

March 2011

## Gradings

March was the time for grading and below are the list of students who have graded well done to all and keep up the good work.

### Promotions

1. Jake Powell (Orange belt 1<sup>st</sup> Tag)
2. Harry Spanner (Red Belt)
3. Alfie Spanner (Red belt)
4. Adrian Edwards (Purple Belt)
5. Edward Stevens (Blue Belt)
6. Richard Marshall (Brown Belt)
7. Angus Chaplin Rogers (Brown Belt)
8. Stephen Brockhurst (Blue Belt 1<sup>st</sup> Tag)
9. Arran Gill (Red Belt)
10. Afzal Rahman (Orange Belt 1<sup>st</sup> Tag)
11. Sylvia Koperski (Purple Belt 1<sup>st</sup> Tag)
12. Jayanand Dulay (Purple Belt 1<sup>st</sup> Tag)



The hoodies have arrived and they really look and feel great. The cost for this special item is: Adults £37 and Children £32. This is a limited time offer price for the first six months of production, so now is the time to order. If you would like one then please contact: Chris at [chris.marshall@sei-bu-kan.com](mailto:chris.marshall@sei-bu-kan.com) to order.



Front Design



Back Design

Sizing Chart and Prices are shown

### Adults £37

|      |        |
|------|--------|
| XS:  | 36"    |
| S:   | 38"    |
| M:   | 40"    |
| L:   | 42-44" |
| XL:  | 46"    |
| 2XL: | 48"    |
| 3XL: | 50-52" |

### KIDS £32

|        |        |
|--------|--------|
| 5-6:   | 26"    |
| 7-8:   | 28"    |
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## News

# SEI-BU-KAN KOKUSAI KYOKAI

Please remember that we can supply all of your Karate needs from Gi's (suits) to wooden practice weapons and indeed for many other combative sports at competitive prices

Don't forget you can find the Sei-Bu-Kan group on facebook at: **Sei-Bu-Kan Kokusai Kyokai** or click the link: <http://www.facebook.com/#!/group.php?gid=134831671116> or type the name in to the facebook search bar and look for the badge!



My friends and training partners at Fleming Park Judo club are planning some sort of help for the problems that are currently affecting Japan, We are hoping that together we can help by collecting some money and sending it off through a charity I'll let you know more on this matter as I receive the information.

**Chris Marshall**

4th Dan Karate-Do

Chief Instructor

SEI-BU-KAN KOKUSAI KYOKAI

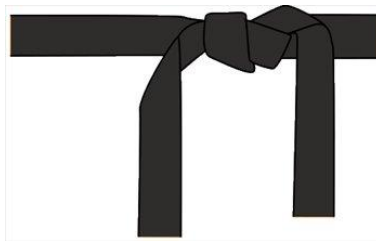


## News

# SEI-BU-KAN KOKUSAI KYOKAI

May 2011

Hello student and parents. Welcome to the latest newsletter for the Sei-Bu-Kan group. I hope that you all had a nice Easter and found lots of chocolate eggs to eat (not too many though) and that you are now setting your sights for the next grading in June which isn't too far away, Remember that you have the whole of the month in which to grade so if you're not quite ready at the start of that month hopefully with a little time and effort you will be before the end of that grading month so good luck and train hard!.



## F.E.K.O (Federation of English Karate Organisations) Report

We will be attending the FEKO Annual General Meeting to represent the association, and will be reporting back any significant news for us in the next newsletter.

## Summer Picnic

We are going to be holding a summer picnic on the 3<sup>rd</sup> July and hope that you will all attend for some fun, games and of course lunch. Please bring toys, games and food. Hopefully the weather will be kind so a good social day can be had by all. The picnic will be held at either Fleming Park where the old golf course used to be (Kingfisher Road, Eastleigh, Hampshire, SO50 9LH) or at Itchen Valley Country Park (<http://www.eastleigh.gov.uk/leisure-and-culture/countryside/itchen-valley-country-park/visiting-ivcp.aspx>) we intend to meet at around 11.45.

## The Martial Art Show Live

The Martial Art Show Live is a huge expo on everything Martial Art related and is on the 7<sup>th</sup> and 8<sup>th</sup> of May this is a 2 day event be held at the N.E.C Birmingham. These promises to be a really good day or weekend out for all Martial artists, Tickets are available through [ticket master.co.uk](http://ticketmaster.co.uk) or visit the website for more information at [www.themartialartsshow.com](http://www.themartialartsshow.com)

## News

# SEI-BU-KAN KOKUSAI KYOKAI

The Club's closing/Opening dates are below:

Southampton Please see club instructor for details

Eastleigh Please see club instructor for details

Fareham Please see club instructor for details

Portsmouth Remaining open throughout the holidays

## Announcements

Trevor Streets is moving to London as from May and as so will no longer be able to teach at the club in Portsmouth regularly. This club is now being run by Andy Purtil and Billy Holden: both of whom have been with the group for a very very long time, and have extensive experience teaching Sei-bu-kan karate.

Trevor is the current Honorary Secretary for the Association and has been with the group ever since I can remember. He has always been near to the boss and former Chief Instructor Sensei Evans and his services and commitment to the group have been second to none. We would like to thank Trevor for all that he has done and wish him well for the future. Kim Bezzant is taking over the role of Honorary Secretary for the group and we wish her well in her new position.

The hoodies have arrived and they really look and feel great. The cost for this special item: Adults £37 and Children £32. This is a limited time offer price for the first six months of production, so now is the time to order. If you would like one then please contact:

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**Chris Marshall**

4th Dan Karate-Do

Chief Instructor

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**News**

# SEI-BU-KAN KOKUSAI KYOKAI

## June Newsletter

Hi and welcome to the June edition of the news letter. It was never intended for the newsletter to be monthly, more quarterly, but so far the news hasn't stopped or slowed down (fatal last words!)

### June Grading

Grading time is here again! I hope that everything for your grading goes well and that you all come out passing and ready for the next grading in December. Remember if you're not quite ready at the start of the grading month you have until the end of that month in which to grade, so good luck and train hard.

### F.E.K.O (Federation of English Karate Organisations) Report

The main news from the FEKO A.G.M is that from now onwards the wearing of blue gloves is to be no more. This rule has been phased in over the last 3-4 years but from now on the rule is to be enforced and all competitors are to have white gloves as well as Red, Other news is that the New National Coach will be holding squad sessions away from the main base in Wolverhampton so you all have to chance to train with the national team. When a session comes up near us I will notify the club instructor's **if you are interested in knowing more about FEKO use the link below**

<http://www.feko.co.uk/>

### Picnic time!



The date and venue have been confirmed for the picnic. I hope that you all come and have a good time eating, playing, eating and having a laugh as an Association, meeting other members of the group that you may not know, and making friends, the date will be the 3<sup>rd</sup> of July; the venue is Itchen Valley Country Park. The meeting time will 11.45am you can stay as long as you want but parking will need to be paid for. (Although this isn't very much. Please bring toys and games Footballs, Baseball/Rounder Frisbees etc; and not forgetting food and drink.

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# SEI-BU-KAN KOKUSAI KYOKAI

## New website

Sei-Bu-Kan has a new home on the internet; the new web address is [www.sei-bu-kan.co.uk](http://www.sei-bu-kan.co.uk). Although the old website is running for now nothing new will be added to it from this present time.

## Training in June

As stated in the last news letter, some of the clubs may not be open in the half term. Please check with you club instructor for more information.

## Licenses

Please bring your license with you every time that you train. The little book contains your insurance slip and grade ranking. Should it ever need to be check you must be able to produce it when required. Random checks will begin shortly.

## Licence and membership fees

Licence and membership fees are currently being reviewed for the coming year just like anything in this world we need to cover the association cost's to provide a good service to the students and make everything work legally as well as the health and safety side of things.

Regards

Chris

### **Chris Marshall**

4th Dan Karate-Do

Chief Instructor

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## News

# SEI-BU-KAN KOKUSAI KYOKAI

## July Newsletter

Hi and welcome to the July edition of the news letter. This month every club was visited by the Chief instructor to conduct the gradings. All the students performed well and passed under the new tag system which allows the students to grow and learn in a much more suited environment to them. Please see below student's names and grade attained. The next grading month will be September so get training ready for that important time.

### July grading passes:

#### Eastleigh Club

8<sup>th</sup> Mon (Yellow Belt) Arran Gill,

5<sup>th</sup> Mon (Blue Belt 2<sup>nd</sup> Tag) Stephen Brockhurst,

4<sup>th</sup> Mon (Purple Belt 2<sup>nd</sup> Tag) Sylvia Koperski, Jayanand Dulay,

7<sup>th</sup> Mon (Orange Belt 2<sup>nd</sup> Tag) Afzal Rahman

#### Southampton Club

9<sup>th</sup> Mon (Red Belt)

Gabriella Marshall

Dagmara Depta

Gabriela Duda

Wiktoria

Wiktor

#### Portsmouth Club

8<sup>th</sup> Mon (Yellow Belt)

Alfie Spanner

Harry Spanner

Riley Joyce

Finlay Read

5<sup>th</sup> Mon (Blue Belt 2<sup>nd</sup> Tag)

Thomas Moore



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4<sup>th</sup> Mon (Purple Belt 1<sup>st</sup> Tag)

Lisa-Marie Manser

Kayley Manser

## Picnic time!



Sunday 3<sup>rd</sup> July was the date for the first social event of the year a picnic at Itchen Valley Country Park and what a glorious day we were given to hold the event. Around thirty members and family showed for the event and everyone had a great time sharing food, playing and chatting not forgetting that game of rounders that had nearly everyone involved (even Kim played wicket keeper for both teams) students came from Southampton & Portsmouth clubs to meet maybe next year I can add the Eastleigh club to the attended list as they missed out on a great day.



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## **KWEAP COURSE**

On Monday 4<sup>th</sup> July the KEWAP course was held for the Eastleigh club: a report will be in next months news letter, hopefully the course will have been held at each of the clubs by the end of next year. The course deals with knives and the problem they can cause for everyone involved with such items. Tis course does not promote the use of knives or edge weapons but deals with what the world presents to us sometimes.

## **New Advertising Campaign**

The start of a new advertising campaign has begun with flyers being placed at the Eastleigh club and a large vinyl banner going up at the training venue in Southampton we are also in the process of having some new Sei-Bu-Kan caps made hopefully before Christmas please see below for a draft of the caps and the new posters:

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New Sei-Bu-Kan caps draft (cap colours not final)



New Southampton Banner



New Eastleigh Flyers

## News

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Also don't forget the face book page for the group where you can view some video's of the group [www.facebook.com](http://www.facebook.com) and search for: SEI-BU-KAN KOKUSAI KYOKAI.

## Licenses

We are waiting on the pink slips from FEKO to replace the old ones in your license when this happens you will have your license returned to you with a new pink slip ASAP don't panic as everyone is still covered by the group.

## Licence and membership fees

Licence and membership fees are currently being reviewed for the coming year just like anything in this world we need to cover the association cost's to provide a good service to the students and make everything work legally as well as the health and safety side of things. Any price rises will be kept to an absolute minimum

Regards

Chris

**Chris Marshall**

4th Dan Karate-Do

Chief Instructor

SEI-BU-KAN KOKUSAI KYOKAI



## News

# SEI-BU-KAN KOKUSAI KYOKAI

## News update

Hot news the group are about to make an order for the first ever Sei-Bu-Kan Hoodie as you can see below these tops are black with the badge on the front with the kanji written across underneath, The back design has the name of the group in English across the top and the kanji running down the centre back in a larger font. All of the design is embroidered with a full length zip running up the front.



The cost of these tops and the prices are below:

### Sizes

#### Adults

£37

|      |        |
|------|--------|
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