



# SIDEKICKS!



## Tournament News!



Please join us in congratulating four of our AKC students who participated and placed in the **Grand Prix Tournament on March 15th at MSVU**. Many thanks to Sensei Palmer (*back row, left*) and Sensei Wright (*back row, right*) for their support and coaching during this event. The results were:

- Emma Power - Bronze - Kata (*2nd from left*)
- Gabriel Manuel - Silver - Kumite (*Far Right*)
- Megan Beamish - Bronze - Ninja Turtles (*Far left*)
- Joel Manuel - Silver - Ninja Turtles (*Front*)



We encourage everyone to come out and give the next tournament a try! (see below for details) It's a great opportunity to have some fun, practice what you've learned and get to know what other students in the Province are up to. You might even make some new friends!

And if you aren't ready to "go it alone" why not try **team kata**? Team kata can help a shy student get used to being in front of crowds or an unsure student stay on track. Doing kata in front of your peers let alone a whole gym full of people is an intimidating experience; it can be good practice for doing school presentations or simply to build confidence. When picking members for team kata try to keep them around the same age and skill level; this is not an absolute must but it will be easier to score and more likely to do well at a tournament. Team kata is all about having all three members of the team synchronized in their movements and timing. Funny since in class we always teach that everyone is different therefore everyone will do things at a their own pace. Get used to the contradictions - karate and life are full of them.

## Coming Events



- **Sensei Golz Clinic** - Sensei Golz will be holding a clinic on **April 19, 2008**. Details will be available on the NS Chito-Ryu website at <http://www.nscra.ca/events.html> in the weeks to come and also posted on the Dojo bulletin board.
- **Future Colour Belt Testing** - Sensei MacLean will be giving a colour belt test on **April 26, 2008**. Children's testing will start at 9am and adults at 10:30am. Please submit your application and payment to Kathy Maddelena **no later than April 14**. Please refer to last month's issue of this publication for the grading fee schedule.
- **2008 Atlantic Championships** - The Nova Scotia Karate Association will be hosting the 2008 Atlantic Championships to be held **May 3<sup>rd</sup>, 2008** at L'Ecole du Carrefour, Dartmouth, NS. You can pre-register on-line at <http://www.novascotiakarate.com> (click on-line forms) or register at the door from 8:30 am to 9:30 am. For further information, please check the NSKA website or contact the Tournament Coordinator: Dave Kelly Tel.: (902) 861-3622 or Email: [dave.kelly@nspower.ca](mailto:dave.kelly@nspower.ca).
- **Higashi Sensei Clinic** - Sensei Higashi will be holding a clinic at the Rothesay High School in Rothesay, NB from **May 16 to 18, 2008**. For more information and/or accommodation booking, visit the NB Chito Ryu website at <http://www.nbchitoryu.com/events17May08.html>.
- **All Styles Work Out** -The NSKA will host this event on **May 24<sup>th</sup>, 2008** at L'Ecole du Carrefour, Dartmouth, NS. This event presents a great opportunity to gather as a large family and share in the knowledge of many types of martial art styles in our association. Please register at the door between 8:30 am to 9:00 am and be ready to train at 9 am. For more information please check the NSKA website in the future or contact Cherry Whitaker at [Whitaker@ca.inter.net](mailto:Whitaker@ca.inter.net).

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### AKC Executive

- **President**  
Stephen Beamish
- **Vice President**  
Gerard MacCormack
- **Secretary**  
Tabatha Palmer
- **Treasurer**  
Kathy Maddalena

### AKC CRESTED CLOTHING FOR SALE!!

If you are interested in purchasing a winter jacket, fleece sweater or tracksuit (jacket and/or pants) please contact **Gerard MacCormack at 405-0246**.

DON'T FORGET TO REMOVE YOUR FOOTWEAR BEFORE ENTERING THE DOJO !

## ATLANTIC KARATE CLUB

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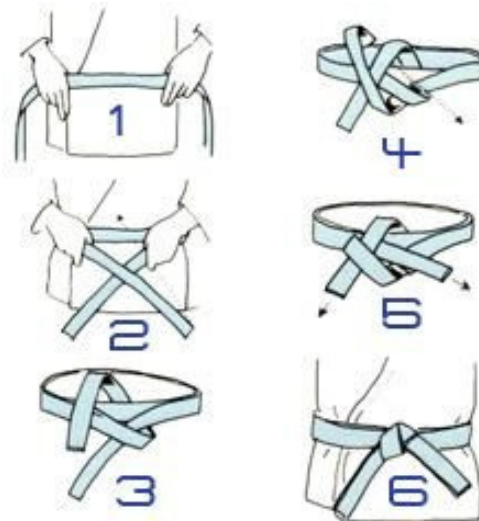
## Grading Results

Congratulations to all of our juniors who were successful at their most recent grading on February 23rd, 2008:

Laura Cairns	Blue
Emma Power	Blue
Sydney Jessiman	Green 2 Stripes
Craig Wallace	Green 2 Stripes
Ashley Forgeron	Orange
Alex Thompson	Orange
Kim Fancy	Yellow 2 Stripes
Doug Stewart-Good	Yellow 2 Stripes
Jah Sara Gardner	Yellow 1 Stripe
Elizabeth Wallace	Yellow 1 Stripe
Katie Stewart-Good	Yellow
Abby Beamish	Yellow
Megan Beamish	Yellow
Dominik Drozdowski	White 1 Stripe

## How to Tie Your Belt

Below is a diagram which demonstrates the correct method for tying your karate belt.



## Karate Concepts - Hikite

Written by Charles C. Goodin and Masatoshi Nakayama, Modified by Gerard MacCormack.

Karate concepts are a body of principles and techniques that pertains to Karate. Some concepts are hikite (pulling hand), kime (focus), ma-ai (distancing), tai-sabaki (body movement), kuzushi (breaking the balance), go-no-sen (re-taking the initiative), sen (taking the initiative), are sen-no-sen (an initiative taken against an initiative) that we may see in our everyday chito-ryu training. These concepts are the building blocks in improving your Karate if you don't use these ideas or principles your Karate then becomes weak, useless and inefficient. This article will look at one of the Karate concepts known as Hikite (pulling hand).



Hikite refers to the pulling or returning hand. Hikeru means to draw toward you. Te means hand. When you punch with your right hand, you typically pull your left hand back to the side of your body. This is called "chambering" by some Karate people.

The withdrawing hand (hikite) leads the rotation of the hips. When executing a technique, the withdrawing hand must move strongly, quickly and sufficiently. If not, the technique will not reach its maximum effectiveness. Another important point is that both arms must move at exactly the same time.

If a technique is being executed with the right hand, it is usual for the left elbow to be drawn straight back. However, when blocking in the half-front-facing position, it is better if the elbow comes back somewhat in the direction of the spine, rather than straight back.

When striking in a wide arc, the withdrawing arm should also describe a wide arc. In other words, if the technique is executed in a straight line, the other arm withdraws in a straight line. If the technique is arc like, the other arm travels in an arc.

There are several reasons for the hikite. New students are taught that the returning elbow can be used if someone grabs you from the back. The elbow strikes this attacker. This is true, but there are more practical reasons for hikite. There is a saying that you should not bring your hand back empty. This means that you should grab and pull something -- hair, clothes, an ear, the neck, etc. You pull with one hand and strike with the other. This makes it more difficult for the attacker to escape or dodge your strike.

The hikite can also be used after the application of a joint lock or hyperextension (stripping or wrenching) -- you do not just pull back your hand, you are unraveling or breaking the joints of the attacker's arm in the process.

I will strengthen this point that the hands must work together. One goes out, the other comes back, and the process repeats itself. With proper body dynamics, one body motion will generate the power for both the punch and the returning hand. They are not separate motions.