



SIDEKICKS!



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Tournament News!

Last weekend, the NSKA hosted the 2008 Atlantic Karate Championships at L'Ecole du Carrefour in Dartmouth. The AKC was represented in each of the events and our students came home with a number of medals! Great job everyone!!! Many thanks to Sensei Palmer for coming out to coach the team and cheer them on and to Steve Beamish for volunteering.



TEAM KATA: Laura Cairns, Emma Power & Megan Beamish - **GOLD**

INDIVIDUAL KATA: Emma Power - **GOLD**

KUMITE: Megan Beamish - **4th PLACE**

NINJA TURTLE: Jah Sara Gardner - **BRONZE**

Tournaments: A Competitor's Point of View

Submitted by: Emma Power

Tournaments are sometimes nerve wracking but can also be very rewarding. Going to the one this weekend was no different.

When I got there, there must have been at least 100 kids and I was nervous. When I saw Laura and Megan I felt a bit better but I was still shaking. We decided to practice a bit, you know, to warm and get ready for team kata. It turned out that team kata was first and the guy calling out names told us to line up with our teams and practice a little if we wanted. As we waited for the event to start we practiced and figured out our timing while Sensei Palmer told us to "slow down" and other things that would make our kata better. Just then, as we were standing in line, the head judge told us to bow to the front and then to him, which meant that it was time for the event to start.



My heart started to race and I had to take slow breaths. Then the judge called our names. We walked up to the mat and bowed then took our formation and Laura called the kata. I did that kata the best I could. When we finished, the judges revealed their scores, my heart swelled with pride. Our team did an amazing job! When all the teams had gone, they revealed third and second

place. We all knew what was coming since there was only 3 teams. "First place, team of Laura Cairns!" called the judge. I was more proud of all of us than I'd ever been! The win boosted all of us up but the tournament wasn't over yet.

I spent the next hour waiting for what was going to happen. Megan's kata came first so we cheered her on. Then it was my turn again. And again I had nerves!

I stood at the edge of the mat and the head judge told us to bow in the same sequence as before. I was last to do my kata and I have to admit the other girls were good. I went to the front concentrating on my kata the best I could, thinking, slow it down, slow it down, the whole time. When I finished I was happy with myself (and this is the reward part). I won FIRST place! I was very excited because this was the highest I had ever placed. You see, I think tournaments are really fun and if you can get over the fact that sometimes they can be a bit scary (and by the way, I'm always nervous for tournaments) then it can be a wonderful and rewarding experience!

AKC Executive

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

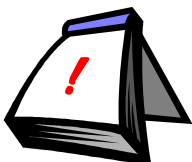
AKC CRESTED CLOTHING FOR SALE!!

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

We're on the Web!
www.atlantickarateclub.ca

Coming Events

- **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 24th, 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.

- **Future Color Belt Testing** - Sensei MacLean will be giving a color belt test on **June 28th 2008**. Children's testing will start at 9 am, and adult testing is at 10:00 am. Please submit your application and payment to Sensei Kathy Maddalena no later than **June 16th 2008**.

ATLANTIC KARATE CLUB

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Grading Results

Congratulations to all of our students who were successful at the grading on April 26th



Juniors:

Joel Manuel Green 1 Stripe
Gabriel Manuel Green 1 Stripe
Kim Fancy Orange
Jah Sara Gardner Yellow 2 Stripes

Adults:

Steve Beamish Green
Connor Gallant Yellow

Announcements

- A reminder that there will be **NO CLASSES** on Saturday, May 10th (Mother's Day Weekend) or Monday, June 30th (Canada Day Weekend). Please also note that Saturday classes will not be held over the summer - the last one is Saturday, May 31st.
- Many thanks to the **MAT CREW**: Steve, Swavek, Andre, Megan & Tabatha for helping out last week with repairing the mats:
- On behalf of the club we would like to say **WELCOME BACK** to Sensei Jamie Creelman who has been working in the Sudan for the last six months.
- The AKC would like to say **CONGRATULATIONS** to Lee Godfrey for graduating from University with a Bachelor's Degree in Science and Geography. We wish Lee the best in his future endeavors and training in Chito-Ryu Karate.
- For those interested in ordering **MARTIAL ARTS SUPPLIES**, some suggestions are: you may contact one of the Sensei's and we can put together a group order through Kamikaze, but shipping charges will apply (the larger the order the better, to make shipping charges worthwhile) OR you can obtain items at *Spirit Martial Arts* in Dartmouth. The owner, Mary, is very knowledgeable and helpful. Feel free to check them out at <http://www.spiritma.com>.

Karate Concepts - Terminology

Submitted By : Sensei Jamie Creelman

In this edition of Sidekicks I would like to introduce you to two sets of terminology that you will commonly hear at clinics and more advanced training sessions. The first you should hear often and at all levels of training is the principle "Ichi Gan, Ni Soku, San Tanden, Chi Riki", and the second is "Muri, Mura, Muda". These terms will not be found in the Chito-Ryu Manual, but are integral in Chito-Ryu training.

Gan, Soku, Tanden, Riki: If you have been studying martial arts for more than one month you will undoubtedly recognize part of the saying as numbers - ichi is one, ni is two, san is three, and chi is four. These numbers have been coupled with the principle in order to remind the karateka of the order in which the principles must be applied to get the best results. This should become a mantra for karateka as they enter the dojo. To remind oneself the karateka should repeat these terms before any training.

Ichi Gan: Gan is translated as "eyes". It is the eyes that are the reflection of the spirit and demonstrate mental acuity. The eyes will show focus and clarity of mind.

Ni Soku: Soku is translated as "feet". The intent of this principle is to ensure that the karateka is stable and has a good foundation.

San Tanden: Tanden is translated in two ways. One being, "guts or courage", and one being the "centre". While they are two different principles they both, in my experience, are applicable in the right circumstances. In basic Chito-Ryu training the translation centre is focussed on. The intent is that the karateka is balanced and the entire being is centred.

Chi Riki: Riki is translated as "technique". This principle is last because if the karateka does not first achieve the above three principles then their technique will be lacking.

Muri, Mura, Muda: These three little words are really the essence of karate. To understand their meanings will give enlightenment to the karateka. It might not make their karate any better, but it will give them insight as to why their karate is not where they would like it. Remember, there is no substitute for training!

Muri: Roughly translated this means "no reason". In other words you must ask yourself "why am I doing a particular movement or technique". If there is no reasonable answer then I suggest that you should not be doing that movement or technique, at least at the present time in your training. This is not to say that because you cannot come up with a viable answer on your own that you should discard the movement/technique out of hand. What I am trying to say is that you should research those movements/techniques that cause you pause.

To truly understand if you should be doing a particular movement or technique you should first look at the history of martial arts, and specifically the history of Chito-Ryu. When researching Chito-Ryu I would encourage you to focus on O'Sensei's personal philosophies. Once you are looking through O'Sensei's eyes then you will begin to see the reason for movement and technique. Briefly though, O'Sensei felt that karate was for everyone, and that anyone could study Chito-Ryu. Given O'Sensei's era, O'Sensei felt that economy and purpose were two key components of a martial art. With that said, everything has a reason.

Mura: This translates approximately to "wasted movement". How does this differ from no reason for a movement you ask? Well, the major difference is that the movement has a purpose, but is too large. Again I encourage you to study your history of Chito-Ryu.

Muda: "Wasted energy" is the best translation for this term. Conservation of energy is a necessity in terms of fighting a battle. A karateka must learn to use just the right amount of energy to complete any given technique under the given circumstances. This will allow the karateka to maintain the highest level of energy throughout the engagement. Thus, allowing the best odds of a successful engagement by the karateka. Not only does this mean conservation of energy, but when too much energy is applied it can sometimes have a very negative effect on the resultant technique.

Conclusion: The essence of this article is to encourage karateka to have a balanced approach to their karate. Everyone has strengths and weaknesses. The goal of your training should be to enhance the weaknesses at the same time as maintaining the strengths. When doing anything in the dojo apply the critical approach of "Muri, Mura, Muda" in combination of the four key training principles of "Ichi Gan, Ni Soku, San Tanden, Chi Riki" to whatever it is that you are doing and you will begin to see the true Chito-Ryu as Dr Chitose intended.