



# Hartlepool Wadokai

More than just a Karate club

## Training Times and Fees

Monday		Cost	Venue
4:15pm-5:15pm	- Kids, (All Grades)	£2.50	St Helen's Primary School
6:00pm-7:00pm	- Family Class (All Grades, Kids & Adults)	£2.50 / £3.00	Owton Manor Primary School
6:00pm-8:00pm	- Family Class (All Grades, Kids & Adults)	£3.00 / £3.50	
Tuesday			
3:05pm-4:05pm	- Kids (All Grades)	£2.50	Brougham Primary School
5:00pm-6:00pm	- Kids (Beginners)	£2.50	
6:00pm-7:00pm	- Kids (All Grades)	£2.50	Belle Vue Sports Centre
7:00pm-8:30pm	- Adults (All Grades)	£3.50	
Wednesday			
6:00pm-7:00pm	- Family Class (All Grades, Kids & Adults)	£2.50 / £3.00	
6:00pm-8:00pm	- Family Class (All Grades, Kids & Adults)	£3.00 / £3.50	Owton Manor Primary School
7:00pm-9:00pm	- High Performance Class (Selected students only)		
Friday			
6:00pm-7:00pm	- Kids (Beginners)	£2.50	Belle Vue Sports Centre
7:00pm-8:30pm	- Kids (Advanced)	£2.50	

### In-School Karate

We work with a number of local Primary Schools running Curriculum time PE Karate Classes and/or After School Karate Clubs. Please speak to your child's school for more information.

**Beginners are ALWAYS welcome**

[www.hartlepoolwadokai.com](http://www.hartlepoolwadokai.com)

**Tel: 07984 798634**



# Hartlepool Wadokai

More than just a Karate Club

## Newsletter March 2010

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[www.hartlepoolwadokai.com](http://www.hartlepoolwadokai.com)

## Club Overview

Hartlepool Wadokai is a constituted **Non-profit karate club** based in various schools and sports centres in Hartlepool. The club is managed by a **voluntary** executive committee made up of Instructors, Parents and Students. All classes are taken by experienced, qualified and CRB checked instructors who are registered with the English Karate Federation and the Japan Karate Federation.

The club is a member of the Wado Aiwakai Karate Do Federation and the Wadokai England Karate Do Federation, headed by Sensei Sakagami 7<sup>th</sup> Dan. We are also a direct branch of the JKF (Japan Karate Federation)-Wadokai.

We aim to invite Mr Sakagami to the club at least once a year and we hold quarterly training & grading courses. We also hold an annual club-only competition, an annual inter-club competition and a number of national training events.

## Our Vision

*"Hartlepool Wadokai will be at the cutting edge of initiatives that enable local people to overcome disadvantages, disabilities and obstacles to achieve their full potential in karate, regardless of standard."*

## Our Mission

*"Our mission is to create a sustainable, not-for-profit; self governing organisation that caters to the needs of its membership, by delivering outstanding opportunities, coaching and support, Hartlepool Wadokai will provide the platform for its members to achieve success."*

## Key Objectives

- To always act with integrity – honestly; confidentially; legally and ethically.
- To extend access and increase participation in karate as a sport and a martial art at all skill levels.
- To adopt and maintain relevant codes of safety in the sport.
- To ensure that our members influence how and what services are delivered.
- To respond effectively to the needs of our members.
- To sustain the financial viability of the club and to provide value for money.
- To value our volunteers, and to harness their full potential.
- To deliver excellence, continually improve and provide a first class service.
- To only work with other individuals and groups that shares our Vision, Aims & Objectives.

# HARTLEPOOL WADOKAI



# MONKEY HANGERS

**Hartlepool Wadokai Squad T Shirts  
will soon be available with the above design printed on.**

Design by Steven Wilmot

## Equipment

Most Popular		
Product	Size	£ Each
 <b>BLITZ Lightweight Gi</b>	100	£10.00
	110	£10.00
	120	£10.00
	130	£11.00
	140	£11.00
	150	£11.00
	160	£13.00
	170	£13.00
	180	£14.00
	190	£14.00
200	£15.00	
	210	£15.00
 <b>BLITZ Red Mitts</b> XS,S,M,L,XL - £12	 <b>BLITZ Blue Mitts</b> XS,S,M,L,XL - £12	
 <b>Elastic Mitts</b> (not competition) £5.00	 <b>Gum shields Senior, Junior</b> - £1.50 (First one FREE)	
 <b>Shin Pads</b> (not competition) S,M,L - £7.00	 <b>Shin/Instep</b> (not competition) S,M,L - £8.00	
 <b>Cotton Belt All Sizes &amp; Colours</b> £2.50* *Free with Club Belt Test		

Other Equipment	
 <b>Hartlepool Wadokai Syllabus Book</b> £10.00	 <b>Club Badge</b> High Quality Embroidered £5.00 each £9.00 for two £12.00 for three* *Additional badges will be charged at £3.50 each. Discounts apply to the same household only
 <b>Kick/Punch Bags</b> Please ask	
 <b>Bat Target</b> £13.00	
 <b>Focus Mitts -pair</b> From £16.00	
 <b>Soft Round Focus Mitts</b> £14.00	 <b>Competition Shin Pads with removable foot</b> Red or blue £25.00
<b>All prices valid from Mar 1<sup>st</sup> 2010</b>	
 <b>Strike Shields</b> From £20.00	 <b>Deluxe Focus Mitts</b> £22.00

## Club Instructors

All of our Instructors are fully insured and qualified to teach. The FULL Management Team have undergone enhanced police disclosure checks to ensure their suitability for working with children and all are First Aid Qualified.

Chief Instructor	Instructor	Instructor	Instructor	Assistant Instructor
 Lynne Jorgeson, 4th Dan	 Michael Jorgeson, 1st Dan	 Carl Jorgeson, 2nd Dan	 Amy Coulson, 1st Dan	 Vince Dawkins, 2nd Kyu

Lynne, Michael & Carl have all been training in Karate for over 20 years each. Amy started Karate 7 years ago and Vince has been training for 4½ years. Carl & Amy are members of the Wadokai England National Karate Team and recently spent a full year living, training and working in Japan. Vince is currently doing a Degree in Sports Science and is using his learnings to further improve the club.

## Club Management Team\*

Chief Instructor	Chairman	Development Officer	Parent Liaison Officer & VC	Training Officer	
 Lynne Jorgeson	 Vince Dawkins	 Carl Jorgeson	 Julie Salmons	 Michael Jorgeson	
Club Welfare Officer	Club Welfare Officer	Equipment Officer	Grants Officer	Press Officer	Squad Manager
 Diane Wilmot	 Erin Langley	 Sue White	 Julia Gowland	 Steven Wilmot	 Amy Coulson

\*Some Management Team Positions & Job Titles will be changing at the AGM (17<sup>th</sup> May 2010)

**Thank you** to the committee for all your hard work over the past year

## AGM – 17<sup>th</sup> May 2010, Owton Manor Primary School 6pm start

The Club Annual General Meeting (AGM) has been set for Monday 17<sup>th</sup> May 2010, starting at 6pm. It will be held at Owton Manor Primary School, Eskdale Road.

**Please Note:** There will be no Karate classes at Owton Manor on this date only.

The following posts are up for election:

- Chairman
- Vice Chairman
- Administration Officer
  - Combining the following former roles:
    - General Secretary
    - Treasurer
    - Development Officer
- Parent Liaison Officer
- Volunteer Co-ordinator
- Club Welfare Officer X2
- Secretary X4 (Mon/Tues/Wed/Fri)
- Grants Officer
- Press Officer
- Equipment Officer
- Squad Manager
- Training Officer

### Guidelines

All club members over 16 years of age and parents/guardians of students under 16 years of age are welcome to attend and stand for office. Candidates must be willing to be CRB-Enhanced checked and be willing to submit character references if requested.

All nominations for posts must be supported by another (un-related) member over 16 years of age or a parent of a member under 16 years.

### Items for meeting

Any agenda items for the meeting and any committee nominations need to be submitted no later than Monday 3<sup>rd</sup> May 2010 in compliance with the club constitution.

## Hartlepool Wadokai Student of the Month Awards 2010

Due to the ever increasing size of the club, we've decided that from 2010 onwards we'll be issuing a number of Students of the month awards.

### Junior Awards

- Student of the Month – Advanced Class
- Student of the Month – Beginners
- Award of Excellence – Brougham Primary School
- Award of Excellence – Throston Primary School

### Senior Awards

- Award of Excellence – Seniors

## Student's student of the year 2010

This is a **NEW** award that will be decided exclusively by you, the students.

Who is the one person that always helps you in class?

Who always tries their best at Karate in the club?

Who is a great role model?

Etc...

Every member of the club can vote for this award (except the instructors and committee) so make sure your vote is counted. No, you can't vote for yourself or your brother/sister/cousin/other relative!

**Voting slips will be available soon...!**

## **NEW Hartlepool Wadokai Referee & Table Official Training NEW**

We would like to get some Referees', Flag Officials and Table Officials trained up and qualified as soon as possible. This way we don't have to rely on external people in our competitions and we can further support our Association (Aiwakai) at their national events.

The following Club Qualifications are proposed:

- Table Official – Kata
- Table Official – Kumite
- Flag Official – Kata
- Flag Official Kumite
- Kata Referee
- Kumite Referee
- Junior Table Official – Kata
- Junior Table Official – Kumite
- Junior Flag Official – Kata
- Junior Flag Official Kumite
- Junior Kata Referee
- Junior Kumite Referee

In order to plan this training, we need to know the names of anyone who would be interested in these qualifications. Please speak to Carl for more information.

**Please note:** Parents and juniors who do not practise Karate will only be able to Qualify as Table Officials for obvious reasons. All Junior qualifications will be open to students who are 7<sup>th</sup> kyu Orange Belt or above only.

Anyone interested in this should give their name to one of the club officials as soon as possible.

**These Qualifications** can lead people onto Association (Aiwakai) Qualifications and then onto National Governing Body Qualifications (EKF).

## **A CALL TO ARMS!!! – Your club needs YOU!!!**

Would you like to help run your Karate Club? Not Sure how to get started? It's really simple, just speak to Julie Salmon – she's the one that's probably scammed money out of you during one of her many fundraising crusades. Julie is also the club's Volunteer Co-ordinator and will most certainly find a job for you!



## **Process for new starters**

### **After SIX lessons or SIX weeks (whichever is sooner)**

Students must apply to become members of Hartlepool Wadokai Karate Club. Club membership allows students to continue practising Karate with the club and apply for a Karate licence.

Club Membership costs £10.00 and is a once-only payment. Students also receive a FREE lesson on the day they become members.

### **After TEN lessons or TEN weeks (whichever is sooner)**

Students must apply for a Karate Licence. This is a very important document because:

- It provides personal insurance cover against injury and Third Party liability whilst practising karate.
- It provides individual membership to the Karate Governing Body, the English Karate Federation (EKF) and with it all the benefits of EKF membership.
- It is mandatory for grading.
- It is an official grading record.
- It is required for participation in all competitions and training courses.

A standard Karate licence costs £25.00 and like all insurance is renewable annually. Students who train within one of Hartlepool Wadokai' After School Clubs can apply for a discounted *After School Licence*. This document gives exactly the same level of insurance cover and all other benefits of membership, but is available for £10.00.

*After School Licences can only be issued to students who are 11 years and under, in their FIRST YEAR of practising Karate at a registered after school club*

### **Belt Tests**

Once a student is a member of the club and has a Karate Licence, they may be selected for Belt Tests. The first belt a student will try for will be the red belt (9<sup>th</sup> Kyu), to do so a student must get two black *tags* on their white belt. The first tag shows that the student can perform the basic requirements of the test; the second tag shows that they are making progress in Kumite (sparring).

A belt test will usually consist of two parts, the first part is a training course or lesson where a student will be reminded of what they need to do during the test. The second part is the actual test. A typical belt test can take anywhere from 30 minutes to 2 hours depending upon how many students are grading.

If you have any further questions, then please speak to a club instructor or official.

## CLUB NEWS - JANUARY 2010

### West Park Primary School, 8<sup>th</sup> January 2010

The club recently started running a 6 week trial for two PE Karate Classes for 4-5 year olds at West Park Primary School. This is the youngest age group that we've ever taught so we were a little nervous about it, though Sensei Carl & Amy helped teach kids from 3 years old in Japan!

At the end of the successful trial, Sensei Lynne & Sensei Carl attended a full school assembly. The kids were then given a certificate of participation & offered a free karate lesson at one of our community classes once they turn 5 years old.

### Start of Year Training Course

Due to spell of truly rubbish weather, the club had to cancel its first Friday class of the year (9<sup>th</sup>) and its planned Start of Year Training course on Saturday 10<sup>th</sup> January. This was done with student safety foremost in our minds.

### Brougham Primary School, 12<sup>th</sup> January 2010

Sensei Lynne & Sensei Carl attended an assembly at Brougham Primary School. We were there to talk to the students about Karate and to promote the After School club there. This was a success with the Brougham After School Class almost tripling in size straight away!

### Technical Kata Seminar – Birmingham, 23<sup>rd</sup> January 2010

Sensei Carl & Sensei Amy took Lewis Muldown and Bailey Reed to this Kata Seminar that was taught by Sensei Peter May, 6<sup>th</sup> Dan and Sensei Lee Minion, 5<sup>th</sup> Dan at the Cheslyn Hay Leisure Centre in Birmingham.



It was a very good seminar, with everyone being put through the fundamentals of moving correctly. The instructors also worked on the dos and don'ts of Kata techniques, explaining what Kata judges look for in competition. I think this type of course is invaluable to students, especially those interested in competition!

Hartlepool Wadokai are hosting one of these courses on Saturday 17<sup>th</sup> July at the Belle Vue Sports Centre – put it in your diary!!!



### Hartlepool Wadokai accepted into membership of HSA!

Hartlepool Wadokai was very recently accepted into membership of the Hartlepool Sporting Association (HSA). The HSA is an ambitious new partnership of organisations and clubs dedicated to promoting sport and health, bringing together the talent of today, and finding and supporting the talent of tomorrow.

The HSA is an umbrella organisation for a range of sports clubs exhibiting exceptional practise across the town. Hartlepool Wadokai is one of the first new sports clubs to be accepted into the HSA and the first Martial Arts club. Hartlepool Wadokai joins the following founder member clubs:

- Hartlepool HEAT Basketball Club
- Hartlepool St Francis 2000 FC
- Hartlepool Table Tennis Club
- Hartlepool Cricket Club
- Oaksway Netball Club
- Hartlepool Rovers (Rugby) Football Club

In real terms, the HSA gives Hartlepool Wadokai access to the resources and experience of the town's largest sixth form college which is also a partner of Teesside University - *The Times* University of the year and one of the best universities for Sport in the UK! HSA membership will also help the club fulfil its own objectives of '*extending access and increasing participation in Karate as a sport and a Martial art at all skill levels*'.

The HSA were particularly impressed with the clubs dedication to best practise and the progress that the club has made establishing links with local Primary Schools. The club works with six local schools to offer After School Karate Classes and curriculum time PE Karate Classes.

These 'feeder' schools then drive students into the Community Karate Classes and from there the club selects students for its Elite program.

For more information on the HSA, please go to [www.hartlepoolsport.com](http://www.hartlepoolsport.com)

For more information on Hartlepool Wadokai, please go to [www.hartlepoolwadokai.com](http://www.hartlepoolwadokai.com)

## 2010 Events

### August

- 9<sup>th</sup> All classes closed due to the Wado World Cup  
– **Exact club holidays to be confirmed**
- 14<sup>th</sup> & 15<sup>th</sup> Wado World Cup, Nagoya, Japan
- 21<sup>st</sup> & 22<sup>nd</sup> JKF-Wadokai Nationals, Tokyo, Japan
- 25<sup>th</sup> All classes resume as normal

### September

- 4<sup>th</sup> & 5<sup>th</sup> The 3 peaks Challenge Expedition... Adults only
- SUN 19<sup>th</sup> Aiwakai Way to Excellence
- SAT 25<sup>th</sup> Wayne Otto Kumite Seminar, hosted by TASK Stockton
- MON 27<sup>th</sup> Hartlepool Wadokai Club Grading**

### October

## Hartlepool Wadokai Karate Championships

Sunday 17<sup>th</sup> October

Belle Vue Sports Centre, Hartlepool

**ONLY OPEN TO MEMBERS OF HARTLEPOOL WADOKAI**

- SUN 17<sup>th</sup> 7<sup>th</sup> Hartlepool Wadokai Cup 2010,**  
Belle Vue Sports Centre, Hartlepool
- SUN 24<sup>th</sup> Aiwakai Way to Excellence

### November

- 27<sup>th</sup> & 28<sup>th</sup> Aiwakai Way to Excellence, Party, Dan Test,**  
Belle Vue Sports Centre, Hartlepool

### December

- 4<sup>th</sup> or 5<sup>th</sup> Aiwakai Competition, details to be confirmed
- SAT 18<sup>th</sup> Hartlepool Wadokai End of Year Training Course**
- SAT 18<sup>th</sup> Hartlepool Wadokai Christmas party**
- MON 20<sup>th</sup> Last training session of the Year, Owton Manor
- TUE 21<sup>st</sup> Last training session of the Year, Belle Vue

### Aiwakai Way to Excellence Course, Alfreton Leisure Centre,

24<sup>th</sup> January 2010, Finishing off a Karate training weekend with over 700 miles of travelling, Sensei Carl & Sensei Amy attended the first Aiwakai Way to Excellence of the year.



The Way to Excellence program is an innovative and unique approach to Dan Grading in England. Students attend a number of national training courses where they are continually assessed to see if they are ready to attempt their next black belt grading. These courses are open to all ages and grades and students will learn a lot about their Karate and themselves by attending.

Sensei Keith Walker kick started the session with one of his legendary warm-ups that had most people gasping for breath and wishing that they were chilling out at home instead. This baptism of fire is probably the best way of getting rid of the last of the Christmas cobwebs and we all definitely felt better for it... ok not straight away, but eventually!

After the monster warm-up Sensei Sakagami, 7<sup>th</sup> Dan took the full class and had us work on tons of stuff. The thread throughout the session was getting the hips and shoulder to work correctly to maximise power. We worked through all the Pinan Kata, Kushanku and Seishan and then went onto partner drills.

I can honestly say that I learned tons from this session and I think that most of our students would benefit from attending these sessions and training with Sensei Sakagami.



**Sensei Sakagami, 7<sup>th</sup> Dan** is the Chief Instructor for the Wado Aiwakai Karate-Do Federation and Wadokai England. He is considered to be one of the best Wado Instructors in the world and teaches seminars all over Europe.

## CLUB NEWS - FEBRUARY 2010

### St Helen's Primary School, 2<sup>nd</sup> February 2010

Sensei Lynne & Sensei Carl attended a school assembly at St Helen's Primary School on Hartlepool's Headland. We've had after school classes there since September and this assembly was organised to promote the classes there. We talked briefly to the students, asking them what they knew about Karate and then we called up a few of the students that attend our class to demonstrate some pad work. A special mention must go to Jake Norman who was the only student brave enough to wear his Karate suit for the assembly 😊.

### Fens Primary School, 3<sup>rd</sup> February 2010

Hartlepool Wadokai continues to go from strength to strength with the addition of another After School Karate Club. Fens Primary School is the latest club to sign up to the Hartlepool Wadokai After School Karate Program.



### Sports Coach UK Coaching Qualifications

4<sup>th</sup> February 2010, Sensei' Michael, Carl, Amy, Vince all attended a SCUk Equity in your coaching training course at Teesside University. This qualification forms part of the Hartlepool Wadokai coaching program.

### Belle Vue Sports Centre Fundraising Event, Saturday 6<sup>th</sup> February 2010

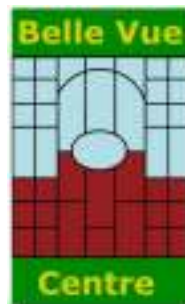


Since before our Karate club even got started, the Belle Vue Sports Centre and the great team there threw their support behind us as a club and have never stopped helping us achieve our goals. To celebrate its 25<sup>th</sup> birthday this year the centre has a number of

fundraising ideas.

On the 6<sup>th</sup> February members from Hartlepool Wadokai took part in the Belle Vue centre's ambitious fundraising scheme of rowing & cycling all the way around Britain – in the middle of the Middleton Grange Shopping Centre! The club could only be there on the morning as we were hosting an Aiwakai Squad Training session on the afternoon.

Pic: Lewis Muldown watches Daniel & Paul White working on the rowing machines



## 2010 Events

### April

**THUR 15<sup>th</sup>**

SUN 18<sup>th</sup>

SUN 18<sup>th</sup>

**MON 19<sup>th</sup>**

24<sup>th</sup> & 25<sup>th</sup>

SUN 25<sup>th</sup>

### Hartlepool Wadokai Executive Committee Meeting

EKF Coaches Certification Course, Thornaby

WKE Squad Training, Ikon Centre, – WORLDS SELECTIONS

### Hartlepool Wadokai Club Grading

EKF National Karate Championships, Ponds Forge, Sheffield

Aiwakai Way to Excellence

### May

8<sup>th</sup> & 9<sup>th</sup>

SAT 15<sup>th</sup>

SAT 15<sup>th</sup>

SUN 16<sup>th</sup>

**MON 17<sup>th</sup>**

**SUN 23<sup>rd</sup>**

SUN 30<sup>th</sup>

Sensei Shingo Ohgami Training Course, Teesside Venue

Aiwakai Kumite Squad Training, Loughborough University

Wayne Otto Kumite Seminar, hosted by TASK Stockton

Budo Course, Cheslyn Hay Leisure Centre

### Hartlepool Wadokai AGM

Aiwakai Nationals, Alfreton Leisure Centre

CE Wado Kata Championships, Bilston College

### June

5<sup>th</sup> & 6<sup>th</sup>

Aiwakai Summer Course, Way to Excellence & Dan Grade

## Hartlepool Wadokai White & Red Belt Karate Championships

**SAT 19<sup>th</sup> June**

Belle Vue Sports Centre, Hartlepool

**ONLY OPEN TO MEMBERS OF HARTLEPOOL WADOKAI**

SAT 26<sup>th</sup>

SUN 27<sup>th</sup>

**MON 28<sup>th</sup>**

Wayne Otto Kumite Seminar, hosted by Aiwakai

Central England Karate Championships

### Hartlepool Wadokai Club Grading

### July

10<sup>th</sup> & 11<sup>th</sup>

**SAT 17<sup>th</sup>**

BKF International Open, Kelvin Hall, Glasgow

**Sensei Peter May & Sensei Lee Minion Technical Kata Seminar,**

Belle Vue Sports Centre, Hartlepool

#### CATEGORY 28

- 1<sup>st</sup>
- 2<sup>nd</sup>
- 3<sup>rd</sup>
- 3<sup>rd</sup>

#### Ladies MASTER Kumite, Open Weight, Open Grade, 35yrs+

Lynne Jorgeson	Hartlepool Wadokai
Lysa Blair	Kihon-Do Karate Club
Jenny Bradley	Kihon-Do Karate Club
Linda Glover	Leeds Wadokai

#### CATEGORY 29

- 1<sup>st</sup>
- 2<sup>nd</sup>
- 3<sup>rd</sup>
- 3<sup>rd</sup>

#### Men's Team Kumite

<b>Kobukan</b> - Tim Walker, Aaron Tarleton-Hodgson, Josh Hooker
<b>Hartlepool Wadokai A</b> - Vince Dawkins, Jon Wilmot, Gary Desborough
<b>Kihon-Do Karate Club</b> - Tim Dawson, Tony Marshall, Chris Blair
<b>Derby C</b> - Sukhdev Atwal, Stef brown, Leigh Veldeman

### 1<sup>st</sup> Hartlepool Wadokai Inter-Club Invitational Karate Championships,

Sunday 21<sup>st</sup> March 2010

This was the first inter-club competition that our club had ever held and it's hoped that this event will inspire other clubs to run their own versions of it. This will hopefully lead to a national network of Inter-Club competitions *just* for Wadokai Karate.

Because of these high hopes, the pressure was on the club to make sure the event was a success – both in terms of entries from other clubs *and* perhaps more importantly how well the event was organised.

We invited 15 other clubs and 9 submitted entries making a total of 10 clubs. There were 159 individual entries, and with most entries in two or more individual categories we knew that the competition was big, bigger than some national championships we've been to!



The event started on time at 10am and was ran as well as humanly possible, but the sheer number of entries meant that we were always going to struggle to meet our guesstimated finish time. The Men's Team Kumite was the last event of the day and finished at 8pm.

I'd like to personally thank all of the volunteers that helped at the competition – far too many of you to mention, it's the simple truth that our club is able to run events such as this because of the fantastic team of people behind the scenes, doing often thankless jobs and having to put up with me trying to whip them to work faster and longer. Our support team is the envy of many clubs and you should all be proud of the great job you all do. Thank you.

Carl

**UNCLAIMED RAFFLE PRIZE: TICKET – BLUE 136-140 – Please speak to a club official to claim the prize**

### Aiwakai Kumite Squad Training, Saturday 6<sup>th</sup> February 2010



Hartlepool Wadokai hosted the first Aiwakai Kumite Squad Training of 2010 at the Belle Vue Sports Centre. Sensei Keith Walker, 5<sup>th</sup> Dan was eager to put everyone through their paces and as always, ensure that students felt as though they'd just done 12 rounds with Tyson! – only kidding!!

The course was well attended with over 30 students, though the majority were juniors, it was only reasonable that the session should be mostly geared towards this younger age group.

Sensei Walker led the warm up himself, putting students half his age to shame with his stamina. He had some great warm ideas such as team leapfrog - which soon got everyone buzzing (and cheating!) to win and avoid the *prize!*



Through the session we worked on different ways of moving to close the distance with an opponent, various fighting drills and combinations that got the mind and body working well, various take downs and pad work to get those explosive shots out.

The training was really good, with everyone working hard and learning loads. We would like to thank everyone from the club who turned up to support the training session.

**The club has some exciting plans for rolling out its own regular Squad Training program from May 2010.**



## Wadokai England Squad Training, 14<sup>th</sup> February 2010

Sensei Carl & Sensei Amy spent their valentine's day at the Ikon Centre in Wolverhampton with the Wadokai England Squad. The attendance wasn't great at this training session but those there were worked hard by the squad coaches.

## Hartlepool Wadokai Club Grading, 15<sup>th</sup> February 2010

18 students from the club recently passed their 9<sup>th</sup> Kyu (Red Belt) test. The students were put through an hour training session and then the belt test followed. Despite the students getting tired as the night wore on, they all performed admirably with some even managing to get a 1<sup>st</sup> class pass!



The successful students are as follows:

- Kain Halcrow
- Adam Cowan
- Trinity Johnson
- Eve Parker
- Lauren Cowan
- Charlotte McKenna
- Saffron Stabler
- Lucy Downes
- Jasper Alison
- Reese Stabler
- Luke Rowntree
- Archie Baker-James
- Jake Norman
- Megan Dougherty
- Ellie Heward
- Georgia Reed-May
- Dylan Brown
- Louis Hold

## Aiwakai Winter Course & AGM, 20<sup>th</sup> February 2010

Sensei Lynne, Carl & Amy attended the Saturday of the Aiwakai Winter Course held at Alfreton Leisure Centre. Sensei Lynne, still being injured was taking notes throughout the session and occasionally laughing at our misfortune during the more strenuous parts of the course.

It was another good course, with lots of topics covered by Sensei Sakagami, Sensei Peter May and Sensei Keith Walker. It was also great to catch up with some of our Karate friends that we hadn't seen for some time.

The Aiwakai Annual General Meeting (AGM) followed the training session and was chaired by Hartlepool Wadokai' Carl Jorgeson. The full minutes can be downloaded from the Aiwakai website [www.aiwakaikarate.co.uk](http://www.aiwakaikarate.co.uk).

## Tyne & Wear Open Karate Championships, Sunday 21<sup>st</sup> February 2010

To finish off another full weekend of Karate, Sensei Amy and Sensei Carl entered this year's Tyne & Wear open championships which were held at the Crowtree

### CATEGORY 14

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Children's Kumite, 12 - 13 yrs

**Luke Smith** Derby Karate Academy  
**Ruby Pickup** Leeds Wadokai  
**Connor Dougherty** Hartlepool Wadokai  
**Jasmin Langley** Hartlepool Wadokai

### CATEGORY 15

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Boys Kumite, 14 - 15 yrs

**Ryan Minion** Derby Karate Academy  
**Will Parkin** Ripley Aiwakai Karate Club  
**Alistair Lumbar** Derby Karate Academy  
**Christian Caswell** Kihon-Do Karate Club

### CATEGORY 16

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Girls Kumite, 14 - 15 yrs

**Abby Tarleton-Hodgson** Kobukan Darlington  
**Beth Gray** Hartlepool Wadokai  
**Charlotte Westerman** Leeds Wadokai  
**Jessica Johnson** Hartlepool Wadokai

### CATEGORY 19

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Children's Team Kumite, 12 yrs and under

**Hartlepool Wadokai A** - Jasmin Langley, Daniel White, Joel Copeman  
**Hartlepool Wadokai C** - Paul White, Bailey Reed, Adam Cowen  
**Derby A** - Brandon Carr, Callum Street, Harry Greatorex  
**Ma-Ya Karate Academy/Derby/Hartlepool Wadokai**  
Hollie Ford (Ma-Ya), Jordan Carr (Derby), James Allott (HW)

### CATEGORY 20

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Children's Team Kumite, 13 - 15 yrs

**Derby A** - Luke Smith, Ryan Minion, Alistair Lumbar  
**Hartlepool Wadokai B** - Roy Salmons, Nicholas Gowland, Jessica Johnson  
**Hartlepool Wadokai A** - Luke Dawkins, Connor Dougherty, Beth Gray  
**Leeds A** - Sian Westerman, Harry Preval, Ruby Pickup

### CATEGORY 22

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Ladies Kumite, Under 60kg

**Faye Armstrong** Kihon-Do Karate Club  
**Amy Coulson** Hartlepool Wadokai  
**Kate McCaffery** Hartlepool Wadokai  
**Nicole Wardell** Kobukan Darlington

### CATEGORY 24

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Men's Kumite, Open Weight, 4<sup>th</sup> Kyu and below, 16yrs+

**Leigh Veldeman** Derby Karate Academy  
**Tony Marshall** Kihon-Do Karate Club  
**Mike Cripps** Satori Karate Academy  
**Josh Hooker** Kobukan Darlington

### CATEGORY 26

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Men's Kumite, Open Weight, Open Grade

**Tim Walker** Kobukan Darlington  
**Aaron Tarleton-Hodgson** Kobukan Darlington  
**Vince Dawkins** Hartlepool Wadokai  
**Josh Hooker** Kobukan Darlington

### CATEGORY 27

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Men's MASTER Kumite, Open Weight, Open Grade, 35yrs+

**Keith Henry** Leeds Wadokai  
**Finlay Smith** Derby Karate Academy  
**Vince Dawkins** Hartlepool Wadokai  
**Stef Brown** Derby Karate Academy

**CATEGORY 5 Children's CHAMPION Kata, 15 yrs and under, National Team Members**

1 <sup>st</sup>	Ryan Minion	Derby Karate Academy
2 <sup>nd</sup>	Abby Tarleton-Hodgson	Kobukan Darlington
3 <sup>rd</sup>	Luke Smith	Derby Karate Academy
3 <sup>rd</sup>	Brandon Carr	Derby Karate Academy

**CATEGORY 6 Senior Kata, Beginner – 4<sup>th</sup> kyu, 16 yrs+**

1 <sup>st</sup>	R Lloyd	North Yorkshire Wadokai
2 <sup>nd</sup>	Emily Birks	Satori Karate Academy
3 <sup>rd</sup>	Paul Walsh	Leeds Wadokai
3 <sup>rd</sup>	Robert Doughty	Hartlepool Wadokai

**CATEGORY 7 Men's Kata, Open Grade**

1 <sup>st</sup>	Aaron Tarleton-Hodgson	Kobukan Darlington
2 <sup>nd</sup>	Robert Doughty	Hartlepool Wadokai
3 <sup>rd</sup>	Vince Dawkins	Hartlepool Wadokai
3 <sup>rd</sup>	Stefan Halan	Leeds Wadokai

**CATEGORY 8 Ladies Kata, Open Grade**

1 <sup>st</sup>	Shannen Ryan	Ripley Aiwakai Karate Club
2 <sup>nd</sup>	Hannah Stamp	Kihon-Do Karate Club
3 <sup>rd</sup>	Amy Coulson	Hartlepool Wadokai
3 <sup>rd</sup>	Kate McCaffery	Hartlepool Wadokai

**CATEGORY 9 MASTER'S Kata, Open Grade, 35yrs+**

1 <sup>st</sup>	Lynne Jorgeson	Hartlepool Wadokai
2 <sup>nd</sup>	Lysa Blair	Kihon-Do Karate Club
3 <sup>rd</sup>	Paul Walsh	Leeds Wadokai
3 <sup>rd</sup>	Vince Dawkins	Hartlepool Wadokai

**CATEGORY 10 Pairs Kata**

1 <sup>st</sup>	DERBY A - Ryan Minion & Luke Smith
2 <sup>nd</sup>	HARTLEPOOL WADOKAI & KOBUKAN A - Amy Coulson & Nicole Wardell
3 <sup>rd</sup>	DERBY B - Taylor Brown & Brandon Carr
3 <sup>rd</sup>	RIPLEY A - Alice Richards & Kim Nolle

**CATEGORY 11 Children's Novice Kumite, 10 yrs and under, Beginner – 9<sup>th</sup> kyu**

1 <sup>st</sup>	Saffron Stabler	Hartlepool Wadokai
2 <sup>nd</sup>	Adam Cowen	Hartlepool Wadokai
3 <sup>rd</sup>	Amber Hearn	Hartlepool Wadokai
3 <sup>rd</sup>	Daniel Spires	Hartlepool Wadokai

**CATEGORY 12 Pee Wee Kumite, 9 yrs and under**

1 <sup>st</sup>	Harvey Kerridge	Hartlepool Wadokai
2 <sup>nd</sup>	Brogan Malone	Kihon-Do Karate Club
3 <sup>rd</sup>	Thomas Hunter	Kihon-Do Karate Club
3 <sup>rd</sup>	Annalise Briscoe	Kihon-Do Karate Club

**CATEGORY 13 Children's Kumite, 10 - 11 yrs**

1 <sup>st</sup>	Joel Copeman	Hartlepool Wadokai
2 <sup>nd</sup>	Daniel White	Hartlepool Wadokai
3 <sup>rd</sup>	Phil Salmons	Hartlepool Wadokai
3 <sup>rd</sup>	Adam Cowen	Hartlepool Wadokai

Leisure Centre in Sunderland. Carl had to pull out of the competition due to an ongoing injury but Amy once again did very well, her results are as follows:

**Amy Coulson** 3<sup>rd</sup> Senior Ladies Kata  
3<sup>rd</sup> Senior Ladies Kumite -60kg

**CLUB NEWS - MARCH 2010****Sports Coach UK Coaching Qualifications**

9<sup>th</sup> March 2010, Sensei Lynne and Carl attended a SCUUK Working with Disabled performers training course at Teesside University.

10<sup>th</sup> March 2010, Sensei Michael and Vince attended the same SCUUK Working with Disabled performers training course this time at Hartlepool College of FE, provided by the Hartlepool Sporting Association (HSA).

This qualification forms part of the Hartlepool Wadokai coaching program.

**Taisho-Do Karate Association Inter-Club Championships,**

13<sup>th</sup> March 2010, A small contingent of the Aiwakai Squad consisting of Nicole Wardell (Kobukan Darlington), Amy Coulson (Hartlepool Wadokai) and Carl Jorgeson (Hartlepool Wadokai) attended this local competition run by our friends at Taisho-Do (TASK).



It was a very successful day, with the trio bringing back trophies in every category they entered! The results were as follows:

**Amy Coulson** 1<sup>st</sup> Senior Female Kumite 5th Kyu+,  
1<sup>st</sup> Senior Female Team Kumite  
3<sup>rd</sup> Senior Mixed Kata 5th Kyu+

**Nicole Wardell** 1<sup>st</sup> Senior Female Team Kumite  
3<sup>rd</sup> Senior Mixed Kata 5th Kyu+  
3<sup>rd</sup> Senior Female Kumite 5th Kyu+

**Carl Jorgeson** 3<sup>rd</sup> Senior Mens Kumite 16yrs+ 3rd Kyu+  
3<sup>rd</sup> Senior Mens Team Kumite

Carl narrowly missed out on the final in Individual Kumite. The match went to 'Sai Shiai' and went right down to the wire with Carl missing out by one point. In the team, Carl won both his matches but the team missed the final by one point.



## 1<sup>st</sup> Hartlepool Wadokai Inter-Club Invitational Championships, 21<sup>st</sup> March 2010

### Bridging the Gap, Sunday 14<sup>th</sup> March

This was the third in a row of courses ran by Sensei' Peter May & Sensei Lee Minion designed as the name suggests to 'bridge the gap' between what you know and do in the dojo, and what may happen in the street. The tag line for these courses is *'add to what you know to make it really count'*. This is really appropriate as the courses *do exactly what they say on the tin!*

Despite being held on mother's day, the attendance was still ok with a mixed ability class from 9<sup>th</sup> kyu juniors right up to 'old boy' Dan grades. Sensei Michael and Sensei Carl attended from Hartlepool Wadokai.

The session was started with some light jogging and quickly went to the subject matter including some interesting uses of those giant balls you often see if gyms. Lots of methods of insertion and separation, Pad work, Tie-ups, Takedowns and Groundwork and all encompassing the close quarter distancing you would expect from a 'street' situation.

The session was enjoyed by everyone, and you could tell that people had a great time whilst working hard and challenging themselves. The session overran by about 30mins because the instructors were trying to cover as much as possible. With this sort of course, one topic naturally leads to another and I personally can't wait to get to the dojo to practise some of those finer points learned.

### Hartlepool Wadokai Club Grading, 22<sup>nd</sup> March 2010

6 students from the club recently passed their 9<sup>th</sup> Kyu (Red Belt) test and 3 students passed their 7<sup>th</sup> kyu (Orange Belt).



As usual, the students were put through an hour training session and then the belt test followed.

The successful students are as follows:

- Jake Kitching, 9<sup>th</sup> Kyu
- Caitlin Wormhold, 9<sup>th</sup> Kyu
- Harvey Weegram, 9<sup>th</sup> Kyu
- Jaxon Bartle, 9<sup>th</sup> Kyu
- Amber Hearn, 9<sup>th</sup> Kyu
- Luca Hearn, 9<sup>th</sup> Kyu
- Connor Butterfield, 7<sup>th</sup> Kyu
- Graham Hind, 7<sup>th</sup> Kyu
- Rachel Iley, 7<sup>th</sup> Kyu

## FULL RESULTS

	KATA Totals			KUMITE Totals			GRAND TOTAL		
	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd
1st Hartlepool Wadokai	2	3	8	7	13	14	9	16	22
2nd Derby Karate Academy	3	1	4	6	4	6	9	5	10
3rd Kobukan Darlington	2	2	1	5	1	3	7	3	4
4th Ripley Aiwakai Karate Club	3	0	3	0	1	0	3	1	3
5th Kihon-Do Hartlepool	0	3	2	1	3	7	1	6	9
6th Leeds Wadokai	0	0	4	1	1	5	1	1	9
7th North Yorkshire Wadokai	1	1	0	0	0	0	1	1	0
8th Satori Karate Academy	0	1	0	0	0	1	0	1	1
9th Ma-Ya Karate Academy	0	0	0	0	0	1	0	0	1
10th Shin-Tai-Do Karate Club	0	0	0	0	0	0	0	0	0

#### CATEGORY 1

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Children's Novice Kata, 15 yrs and under, Beginner - 9<sup>th</sup> kyu

Amy Lamb Kobukan Darlington  
T Parkinson North Yorkshire Wadokai  
Daniel Spires Hartlepool Wadokai  
Dylan Brown Hartlepool Wadokai

#### CATEGORY 2

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Pee Wee Kata, 9 yrs and under

Alice Richards Ripley Aiwakai Karate Club  
Aravynd Atwal Derby Karate Academy  
Anjalee Dhaliwal Kihon-Do Karate Club  
Luke Steele Kihon-Do Karate Club

#### CATEGORY 3

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Children's Kata, 10 - 12 yrs

Joel Copeman Hartlepool Wadokai  
Jasmin Langley Hartlepool Wadokai  
Luke Gannon Kobukan Darlington  
Oliver Richards Ripley Aiwakai Karate Club

#### CATEGORY 4

1<sup>st</sup>  
2<sup>nd</sup>  
3<sup>rd</sup>  
3<sup>rd</sup>

#### Children's Kata, 13 - 15 yrs

Bethan Coombs Ripley Aiwakai Karate Club  
Christian Caswell Kihon-Do Karate Club  
Beth Gray Hartlepool Wadokai  
Charlotte Westerman Leeds Wadokai