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KENDO AIKIDO NINJITSU KUNG FU ESCRIMA WRESTLING NEWSLEITIER PART UNIOS



Beginning inside this Spectacular First Issue! "The Origin of Black Belt High" Part 1

Black Belt Nutrition

by Bridget Benelam - Nutritionist

here does fast food get its name? Probably because it's ready to be served to you quickly but you can eat it pretty fast too. You don't have to sit nicely at a table with a knife and fork to eat your hamburger and fries or fried chicken.

This can be good when you don't have much time, the problem is the amount of energy that fast food can contain. Foods and drinks (except water) give us energy, usually measured in calories. We need a certain number of calories each day to keep our bodies going, to think, and to move around. The amount of energy your body needs depends on how old you are, how big you are and how much activity you do, but for most kids it's in the range of 1500-2500kcal (kilocalories) and your food during the day can provide you with this. If your body gets more energy than it needs then it stores this as fat. A little bit of fat is not a problem but having too much in the body is not good for your health.

Fast food can contain loads of energy, for example, a large burger, with fries and a large soft drink or milkshake can contain about 1500kcals, -nearly the amount you would need for a whole day, and it probably only takes about 15 minutes to eat. That doesn't mean you can never have fast food again, but be aware that having it all the time can give you too many calories. Many fast food restaurants have healthier options now, so you can check for these when you're there or have a look on their websites.

Across

- 4. What color are violets?
- 8. Look how _____ the grass and leaves are!
- 9. This is the color of snow.
- 10. Penguins are white and __

Down

- 1. The sunflowers are a bright____
- 2. This color is also a name of a fruit.
- 3. Many bears are this color.
- 5. The sky is _
- 6. Look at the ____ fire engine.
- 7. This is the color you get if you mix red and white together.

BONUS
CONFIDENCE
POSTER
INSIDE!

Winter 2011 1 Editorial Open letter to Par-2 ents 3 **Local Activities** 11 **News Coverage** Student of the Month 12 **Distance Program** 12 International News 13 20 Student Profile Instructor's Profile 23 **Promotions** 24 Service History 25 Fighting Karate 26 2010 World Cup 28 Feedback **Products** 34 2011 Sabaki Champs 36 International Recog-37 nition / Exposure Kaicho's Korner 38 38 Calendar Comics 39 Special points of interest:

- Senpai Nasiera's journey in Ashihara Karate.
- Fun & Games in Oudtshoorn.
- The competition heating up for -Who will be the next "Student of the Month!" What is the requirements.

Shugyosha—The magazine of Ashihara Karate

Editorial

WE DID IT!! Here is the latest edition of the Ashihara newsletter. This is the news letter for YOU, the student by YOU the student. It has been quite a while since Honbu has produced its last magazine and Shugyosha has been re-started to fill that void.

The term **shugyo** means pursuit of knowledge, studying, learning, training and discipline, etc. It is, a shortened version of the term "shugyosha" which is used to refer to someone who is a serious student of the Martial Way. The term is not constrained to a martial context; people can undergo "shugyo" in things like flower arranging and tea ceremony. Take the time to just scan through the magazine and you will notice the wide variety of information.

In this issue we have given coverage to the events of this year up until June as well as comments of our 30th Anniversary World Cup held in October of last year, including a calendar with the remainder of events planned for this year. This is a 42-PAGE jampacked issue with much coverage of our events and we've also devoted a section to International news. With branch dojo now in over 30 countries, we expect that this magazine will develop as our members start submitting more and more of their news. Starting with this issue we include a serialised version of a Black Belt comic. Future editions will include a serialised version of Kaicho's classic karate travel journal "My Karate Odyssey."

What! Me pay Ten Rand for a newsletter?" "If I pay that much, where does my money go? To a good cause?" Friends, I could tell you that the proceeds go to a good charity like the "Retirement fund for facially disadvantaged karate instructors", but no..... I won't try to con you into believing such a thing! The proceeds go to pay for printing. We don't expect any profit but maybe we'll make enough to cover the expenses. This edition will be distributed for only R10, by kind courtesy of several people (especially our sponsors listed throughout) who have contributed to the cost thus enabling us to sell it at this low price.

Included as a **centerfold**, is a **large poster** of **Kaicho** to boost your confidence with a bonus of two mini posters. Photo's that size alone, cost far more than the price of the magazine. Future editions will carry various posters of Kaicho and/or senior members.

Finally, if you have any ideas or articles you would like to see published please don't hesitate to send it to us c/o Honbu S.A. We can only improve with your support, so please start putting pen to paper and submit.



Open letter to Parents

Since opening this dojo in **September of 1980**, we, at Ashihara Karate, have viewed ourselves not only a sporting organisation, but primarily as an educational institution. Over the years we have developed into a community based organisation actively stressing the importance of scholastic performance. Children and adults are not only taught, but in most cases are shown by the example of their instructor the true meaning of decency in personal conduct and respect for all life and property in all ways.

Many parents do not realise the depth and scope of good karate training. It offers a lot more than just surface value. Along with proper guidance from Parents, the study of Ashihara Karate is an invaluable aid in creating a well adjusted human being.

" ... the early years of life are most critical in forming a child's opinion of him/herself. The self is formed from the experience woven in everyday life, concealed in everyday occurrences, hidden in the deep the way he/she is treated."

It is probably a common concept of most people that Karate is only for those who are interested in offensive and defensive physical situations. Also you might believe that the study of Karate involves a child only because he or she is going through a particular phase of growing up.

Without going into great length, we would like to tell you what Ashihara Karate teaches beyond Self Defence. There is nothing secret or mysterious about the principles and philosophy of Ashihara Karate. Basically the study of this art, like any other art or profession, demands strict control and discipline. A total discipline, that encompasses physical, as well as mental control under all conditions and situations.

There is some evidence to indicate that if Karate is taught as a compulsory program in Primary schools, that Juvenile delinquency and all that goes with it would diminish significantly. Children as well as Adults are not only taught, but in most cases are shown by the example of their instructor the true meaning of decency in personal conduct and respect for all life and properties in all ways. Physical exercise, decency, proper conduct, respect and discipline, and a sense of proper values are just a few of the important attributes a student must and will acquire during his or her study of Ashihara Karate.

At Ashihara Karate, your child will be exposed to a range of activities—from physical karate, training camps, outdoor hikes to socialising events such as our Games evenings, birthday parties and so on. Students are expected to bring their school reports which are monitored and those not performing are barred from promotions until they improve. Help is then also provided by the many parents who are in the teaching profession. A quick page through this magazine will show you the many things which you/your child will be exposed to whilst training in with us.

By making sure that your children attend regular classes you will be giving your child a head start in achieving a happy well-organised style of living. If any parent would like more information or has any questions, we encourage you to talk to your dojo instructor or write to or telephone or headquarters.

Formula for success in Ashihara Karate

Be determined! Be dedicated to your art! And have the desire TO WIN!



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Activities of the Year

KAWP Children, Cadets, Juniors & Seniors Champs/Trials held on 5 March



Some Full-Contact Competitors at the Western Province Trials



Rabia & Ayoob

Ridhaa Dien - Seienchin Kata

Uzayr Shira - Mawashi geri sanbon

On the 5th of March, the Karate Association of the Western Province hosted its trials to select a team that will represent the Region in the Western Cape Triangular Championships. The event included both components—Semi Contact as well as Full Contact. Students from Ashihara Karate, Kenpo, Kyokushin (All Japan Union), Kyokushin (Matsushima), Karate Confederation and others vied in kata, clicker and knockdown—displaying great standard and talent, but only the top four in a division could make it to the team.

Since then, six squad training sessions was held with **Senpai Gakiem, Abdul & Alex** as the appointed WP coaches for the Full Contact component. The team was taken through fitness and strategy and kata training was also conducted.









Games Evening No 1 held on 10 March



Braai!!!!!

Chess—Check & Mate!

Catch me if you can....lol!



LOL! We winning...



Can I challenge the winner?

Catch a fish & see what you get...

Green - Brown Belt Gasshuku on 1-3 April

Ashihara Honbu held a Seniors Gasshuku, at Strandfontein on 1-3 April

The aim of the Gasshuku was to prepare students for their **green** and **brown** belt promotions and detailed attention was given to the finer points of Ashihara karate viz **kihon**, **kata** and **sabaki**. Time was also allocated to weapons training which included **Filipino kali**, **bo** & **nunchaku**.





Tel: 021 706 8890 Fax: 021 706 1965 E-mail: uturn@adept.co.za

KSA Children's, Cadets, Juniors, Full-Contact Championships held on 9 April



WP Officials with Brian Lakey –KAWP Vice President & family

Several seniors of Honbu accompanied by Kaicho travelled to **Port Elizabeth** on the weekend of 09 April for the Karate South Africa (KSA) Under 21 Full Contact Championships. Our officials represented Western Province & their involvement contributed to the overall success of the event.

Winter Camp held on 13-15 May



Students at the Camp

Honbu hosted its Winter Camp at the Muslim Assembly Youth Park in Strandfontein on 13-15 May. Flavour at the camp was added by the presence of one the oldest active karateka in the country, **Shihan Joe van Rensburg** (5th Dan) of **Karate Confederation**. At the age of 77 years, Shihan Joe is still going strong in keeping the martial arts flame burning! His presence boosted the spirit of all. Also on the camp was **Senpai Masedisa Mojaki**, a Kyokushin black belter from Gauteng.

The camp was also graced by our newest Baby Senpai (in training) who kept everyone vying to hold her- from the students to parents present. And who was that—in her stunning PINK belt—it was the one and only Sadiya Narker! Kaicho's youngest daughter at 7 months old. (following in Rabia's footsteps). The gasshuku served as a grading camp and several students achieved promotions from 9 kyu to shodan, nidan & sandan.



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Sadiya Narker

Kali Sticks— Thaaqib & Isma'il

Ridaa & Senpai Mas





Some Seniors at the Camp

After beach training



Kihon—Grant & Kayde

Senpai Nasiera & Riyaad

Padwork—Yaaseen Ali & Thaakir



Senpai Sattar & Dominic

Bo Kihon—Senpai Andrew, Kaisan & others

Senpai Ebrahim



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Boland Hike on 28-29 May

Boland Hike

On the last weekend of May- 30 students & parents of Honbu dojo did the Boland Hike - traversing 26km over two days of walking. Even though we opted for the "easier" route, we had lots of moans and groans from the newer members, but imagine 8 year old's doing that? With continuous rain falling, everyone was drenched to the bone. It was a nice form of shugyo ... with a great socialising and bonding benefit.

The terrain was rugged and mountainous, with 1 300 mountain fynbos species and 110 bird species, not that we saw many due



to rain. We were well-equipped for extreme weather as during Winter, the rivers flood and all hiking routes are closed and we were the last hikers allowed before the trial closed.

Eastern Cape Gasshuku held on 3-5 Jun



Kume & Fumbata Senpai

Uitenhage Seniors with Kaicho

A special gasshuku was held in the Eastern Cape City of Uitenhage to prepare students for Dan promotions. As Kaicho had to attend a KSA meeting/Tournament, Honbu seniors including Senpai Sattar, Abdul Khaaliq & Francious accompanied him and they drove down.

Honbu staffs conducted classes whilst Kaicho was tied up, but he managed to also spend time to give advice to the participants.

Coniston Park Masjid Demonstration held on 10 June



Kata Application

Self-defence

Warm-ups and Stretching - Splits!

Tile Breaking





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Games evening No. 2 held on 17 June



Fuss Ball Table tennis **Twister**



Aunty Zulfa's Karate cupcakes!

Action packed Dominos

Game ON!

Western Cape Triangular Championships held on 25 June





Karate Western Cape

Western Province Full-Contact Team with Officials





Rabia Narker

Herschelle Buckenjohn

Nuhaa Hendricks

Shakeelah Schwartz

Thaaqib Salie





Mish'aal Shira

Daleel Hendricks

Nabeelah Anthony, Aziza Rawoot, Lee-Ann Philander



Ridah, Shamiel & Phaldie

Tania, Zulfa, Faadiyah, Waseemah, & Tahsheen

A very successful Western Cape Tri-Angular Championships was held at the De Jagers Sport Centre in Oudtshoorn on June 25th 2011. This was the 19th year of the event and a high standard, positive spirit, a venue filled with vibrant energy coming from athletes as well as spectators, was maintained during the day. The event included both Semi Contact & Full Contact with the FC component having over 100 competitors in kata, clicker & knockdown & served as the process to select the team to represent the Western Cape at the Champs of Champs scheduled for 22/23 October.

Host region SWD was well represented with the Western Province by far the largest team. Shihan Elias Jacobs, President of Boland Karate said: "We can only try to imitate what SWD has done with the Triangulars, but we assure you that we will rise to the challenge in 2012 and to not disappoint." The day prior to the tournament, the Karate Association Western (KAWC) held its elections and the following people were elected:

President - Mary Ann Landers

Vice President's - Desmond Maarman & Elias Jacobs

Secretary - **Hoosain Narker** (unopposed—serving since inception)

Treasurer - John Daniels (unopposed)



Uzayr, Ridhaa, Jason, Qadir

Isma'il

Fun Time in Oudtshoorn

Foefie Slide time for the adventurous! Ahem, what happened Nabeelah?



Kaicho! Gakiem Ridhaa Nabeelah Francious Qadir Imaan



The Emjedi's in a scene from Lawrence of Arabia The Boy's at the Cango Caves Pioneering Days!



Is that a guy with the Girls? eyes te maak vir Faadiyah

Yo-Yo vs Cricket

Fun time at the Camp

The Foefie Slide created strong kiai's from the parents—just check their expressions!!!



Ebrahim

Muhsin

Nadia A

Nadia E

Tahsheen

Rukaya

Waseemah

Who Dat?

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News Coverage

Honbu as one of its social commitments was involved in opposing the Development of a Mall at Princess Vlei. With that in mind, training was conducted for over one month during October/ November of last year on the banks of the Vlei to create an awareness of the campaign. With the vlei being next to the busy M5 Freeway, our students training in either dogi or tracksuit's created lots of exposure with cars either stopping or hooting as they passed. As the reporter came towards the end of 2nd class, those in that class and the 3rd class are featured below.

Southern Mail Wednesday November 10 2010

SPORT



Ashihara Karate Club have started a Save the Viei campaign by training at Princess Viei for the past month. They are against the construction of a mall at the Viei.

ojo says no to mall developmen

shihara Karate Club of A coice to the community Grassy Park added its driven campaign to prevent a shopping mall from being built at Princess Vlei, in Retreat.

Forty-seven members of the club, which celebrated its 30th anniversary on Thursday September 2, trained at the vici, a few metres from the M5 freeway on Wednesday November 3.

"We have regular outdoor training and for the past month we've been training here as part of our Save the Vlei Campaign," said the club's head coach, founder and chairperson Kaicho (World Head Master) Hoosain Narker.

Explaining that the club trained about 1 000 children a week at schools and crèches including Square Hill Primary and the Tiny Tots creche in

"We have very few natural places where we can train without having to travel too far, and the Princess Viei is on our doorstep. Training here students get a chance to appreciate the scenic beauty of the viei.

"The clouds, mountain, the ruffling of the reeds and the cries of the birds have a meditative value as they soothe and calm the mind while you train," said

"We feel we would benefit more by not having any commercial buildings in this environment, which should be preserved.

"If this viei area could be upgraded and maintained (by the City) similarly to Wynberg Park. we would be able to attract more members and train more regularly here. Now we train here once a month," said Narker.

Narker, who stays in Steen-

area, reminisced about the times when a little choo-choo train was operated at the viet near the spot where the recently-demolished fish market stood.

He could still vividly recall the luscious water-melons and other fruit and vegetables that were sold at a long gone farm stall, which was situated at the vlei, near Prince George Drive (M5).

He also said if the viei was upgraded and maintained like Wynberg Park, the many Parkwood Estate families who usually walk down the M5 to Muizenberg beach on Sundays, would be attracted instead to the Princess Vlei, which is within walking distance for their recreation.

Mr Narker said that the more people come to the vlei, the more informal trading opportunities, such as fruit selling, would be cre-



 Ashihara Karate Club head coach Kaicho Hoosain Narker, centre, guides karatekas Ridhaa Dien, 12, left, and Nasiera Abrahams, 14, during a training session at Princess VIei.

STUDENT OF THE MONTH

Every month, a student at **Honbu** gets selected as the **Student of the Month**. Some of the criteria that gets looked at is: **Attendance**, **Attitude**, **Effort**, **Enthusiasm**, **Performance**, **S**cholastic results and so on. These students are then contenders for the **Annual Awards**.



Distance Programme

Since the late nineties, Honbu initiated a Distance Program Course. Our first tape/dvd was done in 1997 with others following. Coupled with the various manuals Honbu has available, students from many countries around the world make use of this material. They then submit cd's or dvd's of themselves performing the requirements as per the student handbook and what impresses the Honbu staff when looking at those footages, is the startling progress made by those students who often train on their own without an instructor.



One of these students is **James Douglass**, based in **Sydney in Australia**. James have been training in Kickboxing and Muay Thai since 1992, fought competitively for several state titles, operated a small kickboxing club (Bulldog Gym North Sydney) teaching self-defence and training fighters. He is currently training in Brazilian Jiu Jitsu with Gracie Oceania obtaining a Blue Belt and winning a gold medal at the 2010 Asian Cup in To-kyo. He obtained Aikido Brown Belt in 2006 and is currently training small groups and private students and his home dojo and a local community club.

Two of his students are currently fighting in kickboxing and full contact Karate tournaments. James incorporated Enshin and Sabaki techniques and principles into his kickboxing training several years ago and more recently have further incorporated Sabaki principles through his training in Ashihara Karate with Honbu's assistance over the last 2 years working his way to Black belt.

On the 5th of June, his training partner, **Dennis Balen** took part in a tournament of **Kempo Ryu** under Kyokushin rules without sweeps. Dennis did well in the heavyweight division, pushing his opponent into an extension round, although finally losing the bout.

Next year, James reported that they will enter more students, including himself. With **Senpai Edgar Cupido**, former **Honbu Nidan**, now living in Sydney, plans have been made to so that they can train together and to develop Ashihara Karate in that region.



Dennis connecting with Mae Geri!

INTERNATIONAL NEWS



ALGERIA



Assalaam Allaykum



Greetings from Algeria. I'm fine Alhamdulillah! We are all healthy and well and trust the same on your end. And we have good training.

ASHIHARA-KARATE style is the coolest style Sabaki techniques and increases strength and flexibility. Our dojo continues to grow and I will soon send you the DVD of our performances.

I wish you happiness and contentment. Also wishing you well with the upcoming month of Ramadan. Thank you very much

DAZI Zahir - Branch Representative



AUSTRALIA





WEDDING BELLS

Honbu would like to congratulate **Shihan Mark Cousins** who got married to **Rizza** (Urisia) on 9 April. Shihan is a long time practitioner of Ashihara Karate having received his shodan in 1989. Kaicho & Senpai Aysha visited him in 2004 and since then his dojo has grown in leaps and bounds.

We wish the couple life long happiness and marital bliss.



COSTA RICA





Dear Kaicho

I went to Macapa (Brazil) for a tournament called the Kyokushin Fest. The seven students that participated all won. I am pleased with their progress. In November, I plan on hosting our Internal tournament and perhaps we can have Panama & Puerto Rico attending. I am planning on visiting South Africa in the near future and look forward to meeting and training with many of the Honbu seniors.

Fabian Merino Calvo— Shibucho

A saying: Every minute that you are angry, you lose sixty seconds of joy.



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HOLLAND



Erik with Shihan Harry

Attendees at the Piper Seminar

Erik Petermann (Honbu Senpai) visited Europe in June to teach seminars on the Piper knife system. In Amsterdam he met with Shihan Gorter and taught a class on this unique method. Shihan Harry said the training was perfect and that it was very different to the knife fighting system that they are used to. But they all liked it and will be inviting Shihan Erik back.



INDIA



Ashihara India (Western division), hosted their Ashihara Multisport Karate National Championship at Navranga Hall, Nashk, Maharashtra. This event included three other codes and was organised by Shibucho Chandpasha Tamboli.

SPORTS: 1. Belt Wrestling Alysh 2. Aerobics & Fitness 3. Ashihara Karate 4. Finger Wrestling

Date: 26 to 30 April 2011. Venue: Navranga Hall, Nashik, Maharashtra.



Competitors at the Indian National Ashihara Karate Champs



The Cool Cooldrink





Indian Sabaki Challenge—Power, speed, courage! Who will be the last man standing?

MAURITIUS



Ashihara Mauritius Dojo with Senpai Bilal

Senpai Bilal Monodee reports that the dojo is growing well and that some students recently placed in the Shin Kyokushin championships held in Port Louis. Senpai has a strong relationship with Sensei Aslam Jeewa the branch chief of Shin Kyokushin and they are establishing a joint structure for mutual benefit.

Much of Senpai Bilall's training was received whilst he was a student at UCT. He has visited Honbu twice after completion of his studies.



PAKISTAN



AKI wish to congratulate **Shibucho Kazim Ali Shah** and his wife on the birth of their son Hussein in August of 2010. Hussein will be one year old this coming August. Shibucho Kazim teaches at several schools and his membership is on the increase. Kaicho visited the Lahore dojo in 2010 and was very pleased with the growth. A further visit is planned for Dec/Jan 2011-2012.



Shibucho Kazim

Hussein Shah

Shibucho Kazim Ali Shah & students



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PANAMA



Kaicho Hoosain Narker: -Dear Master.

My Dojo is growing slowly. We had a number of activities in which we are adding students. We also hold exhibitions in which many people are joining as we noted that crime in Columbus has grown which is why my concerted approach has been on the outskirts of the province where the crime, robberies and shootings are not as marked as in the center of the province. Below are some pictures taken by parents at of our events. It should be noted that our group despite not being so large, showed what they learned. This event had the participation of Sensei Zenón Cortez Nelson and Sensei Donaldo Fontalvo.

Zenón Cortez— Branch Representative





Ashihara Puerto Rico Sensei Carlos M. Parsons has had a number of activities to date. Assisted by several able black belt's, Sensei has competed in open tournaments with great success. Sensei joined the AKI in 1999 during Kaicho's visit to the North & Central America.



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POLAND



Ashihara Karate Poland hosted their XI ASHIHARA KARATE NORTHERN POLAND CHAMPI-ONSHIPS, on the 17th April 2011, at Darlowo. Competitors coming from a number of different styles namely Ashihara karate Ju Jitsu, just to mention a few. The tournament had several divisions including kumite, sumo-grappling and kata. Team results of the tournament were as follows:

1st place - Club Ashihara Karate & JuJitsu - Słupsk 2nd place - Club Ashihara Karate & JuJitsu - Darłowo 3rd place - Dojo Ashihara Karate - Kobylnica

Zbigniew Bielicz from Dojo Słupsk won the Best Male Competitor for the tournament.

Main judge of this event was **Shibucho Dariusz Winiarski**

Throughout the year, the dojo also competed in other tournaments and events





The Awards!

Sensei Darius at a Kyokushin tournament



SEYCHELLES



Senpai Laina Adrienne on La Digue writes that in their National Sports Awards in Seychelles, that for the second consecutive year a karateka from Ashihara La Digue dojo was a runner-up in the Sportsman Award in the Junior category. She says "We still have a lot to do and I hope this year we can do much better. "**Thanks for the support and for the words of encouragement**."



Sri Lanka Dojo under Shibucho Anil Hudasinghe has been making great strides in recent years.



SATAAR BUSINESS PARK, SACKS CIRCLE, BELLVILLE SOUTH. C*

TURKEY





Ashihara Turkey! With ties - Sensei Cetin Yilmaz (centre) & Senpai Ugur

Senpai Ugur Asal

Ashihara Karate Turkey took part in an All Styles tournament. With good results. The Turkish branch is led by **Shihan Hilmi Asal** assisted by his long time student **Sensei Cetin Yilmaz** & son **Senpai Ugur Asal**.



THAILAND



The Ashihara branch in Thailand, under **Shibucho Tavewat Kongsiriwatanakul** hosted a team from Ashihara Karate India led by **Shihan Chandpasha Tamboli** in March of this year. Also with the team was Sensei Anup Chakravorty of the Andaman Island and his son. A friendly competition was arranged between the Indian and Thai groups. The Thai branch is located in the biggest shopping mall in **Bangkok** and offers classes in a variety of martial arts.





Bucho Tavy, Anusheel, Bucho Tamboli

Indian students at Bangkok shibu

Planned as a holiday by the Indian group, but with their dogi as part of their luggage, the team clearly showed their seriousness as budoka. Other than the inter-dojo event, they also spent time training at the **World Kumite Organisation Honbu** dojo under **Sifu Robert McInnes**, the 8 Dan President. The WKO honbu reported that they were very impressed with the attitude and willingness of the team in training. **Well done Shibucho Tamboli!**



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Indian students outside WKO Honbu

Team India & WKO Honbu students



Training at the WKO Honbu

Smile!

Tamboli, Anusheel, Sifu McInnes



Shihan Sunit Gupta

Like Father Like Daughter!

Sunit Gupta—the Actor

Shihan Sunit Gupta who serves as the Chairman of Ashihara Karate USA, is by profession a Doctor of Meta physics. But not only that, he is a man of many talents including being an accomplished Singer & Actor and has featured in numerous movies including Seinfield and X-Files. His latest scenes includes being in CSI Miami and in the Outsourced TV Series. For the last six years he has produced an ½ hour Weekly Television program: Psychics: Myth or Fact?

Shihan hosted Kaicho several times during Kaicho's USA Karate Odyssey. Together with his daughter Hersheeta, Shihan have placed at several open tournaments in the Los Angeles area.





Student Profile

Nasiera Abrahams

2000 - 4 years old: Started training

2002 - 6 years old: Started competing in tournaments and made lots of friends from different clubs.

2003 - 7 years old: My first trip to Durban to attend the SKISA World Champs where I met Kancho Kanazawa (Grandmaster in Karate).

2005 - 9 years old: My first overseas trip to Europe was made great as we were warmly welcomed by the Dutch who arranged a surprise party for my 9th birthday. We attended the European Summer Camp in Holland & the World Championship in Germany. I managed to win two medals. Other countries we visited were England, Denmark, France, Spain and Belgium.





2006 - 10 years old: Graded for Brown belt & started training as a referee & judge.

2007 - 11 years old: KAWP FC Female of the Year.

2008 - 12 years old: My second trip to Swaziland where I was awarded with the title of "Lady of the Tournament" for outstanding performance in Kata.

2009 - 13 years old: I travelled to Port Elizabeth to officiate at the USSA (University Sports) tournament. I graded to black belt Shodan.

2010 - 14 years old: I competed and placed in several tournaments including winning at the Sabaki Challenge World Cup, Gichin Karate, Shotokan Karate International, WP, KSA Champs of Champs to mention but a few. WP FC Sportsperson of the Year.



2011 - 15 years old: I refereed at the University Karate Games & tested for Nidan (2nd Dan).

I would like to say a big thank you to all the parents, students & last but not least, a special thanks goes to my parents for always being there and to Kaicho for pushing me to this level.



Student Profile—Nasiera Abrahams



2002 Summer Camp

2005 World Cup in Germany

Q & A

1. Nasiera Abrahams, please tell us briefly who you are, things you like, the kind of person you are?

I'm 15 years old and am a student at South Peninsula High School in grade 9. I like sports such as soccer, cricket, swimming and karate. I enjoy being active and outdoors. I'm very sociable.

- 2. How long have you been practicing Ashihara Karate?

 I started in the year 2000; 11 years ago. (PS—Then my Dad started training a few years later)
- Do you have experience of any other style of karate?
 I have trained with many other styles such as Kyokushin, Goju Ryu, Shotokan and others.
- 4. With the exposure to other styles, why did you decide to train in Ashihara Karate? Ashihara Karate was my first style and why I am still here is because in Ashihara Karate it is not only about karate, we are like a big family; one's mother is a mother for all in good and bad times, that goes for the dads, sisters and the list goes on. We support each other in and outside the dojo. I can not put it in the right words, for the love that flows in the dojo for each other, it's just amazing. We also learn a lot of life skills, in the likes of leadership and others. In this dojo, our students are empowered with life skills and that is what makes me happy to be here.



Student Profile—Nasiera Abrahams

Has your personal perception changed / deve -loped over the years?

No, I've come to realize even more how Karate has made molded me me into a more confident and responsible person. I constantly see the benefits in being involved in this martial art.

6. What are the qualities for a student to become proficient in the art?

I would say you need to have discipline, dedication, determination, motivation and you have to love what you are doing.

7. Now, tell us what do you prefer, kata or kumite? I enjoy both. I really do not have a favorite.



2004

8. As a black belt holder, how does it affect your life in and outside the dojo?

I've learnt to be stronger. It has disciplined and matured me is so many ways that I could write a book on that. I have to be careful it speaking hastily as others consider me a role model and I need to show that I am a better person.

9. As a role model to the students at the dojo, what would your advice be to them, in order to achieve what you have achieved?

Listen to your Senpai and keep on trying to be better all the time.

10. Where do you see yourself in the future?

I see myself studying and after completion, go work but still be active in karate, teaching the future generation the benefits of the art of karate.

Your final words, please.

Practices makes perfect. Set out goals and work on achieving them. The Ashihara Karate training hall oath (dojo kun) is my final words!

Future editions will profile (have they've grown?)



and the many other upcoming stars ...



Instructor Profile

Chandpasha Ahemadhusen Tamboli Shibucho - Ashihara Karate India

Date of Birth: 01-02-1962

Address: Sr. No.59 / B, Purandar Colony, Shrinagar,

Rahatni, Pune - 411017, India

Tel Fax: + 91 20 27270030 Mobile: + 91-9823077512. Email: catamboli@gmail.com

Employee: 512 Army Base WSKP Kirkee, Pune 411003, Ministry of Defense Government of India.

Organisational Portfolio:

1976 - Started Sports Career

1977: Team Captain - University Kabaddi.
1984: Founder - Cobra Martial Arts India.
1987: President - Maharashtra Karate Association.

1987-2006: President & other Posts - Civilian
Defence Employees of 512 Command IEME.
1992: President - Kyokushin Kai Karate India.

1997: President - Zen-Do Kai Martial Arts India. 2000: Working President - Maharashtra Kickboxing

Association.

2001: Asian Director - International Non-Olympic

Committee - INOC.

2001: Secretary - Floorball Federation of India.

2001: President - Floorball Association of Maharashtra.

2002: President - Indian Sports Aerobics & Fitness Federation.

2002: Treasurer - International Tennis Volleyball Federation.

2002-2007: President - Maharashtra Dance Sports Association.

2002-2007: Joint Secretary - Indian Dance Sports Federation.

2005: Development Committee Asian Region - International Super Cricket

Committee ISCC.

2005: Second Vice President: World Sports Karate Federation.

2005: President - Pune District Tennis Ball Cricket Association.

2006: Technical Secretary - IAKO / WAKO India.

2006: International Referee - WAKO World Championship, Croatia.

2007: International Referee - WAKO World Championship, Portugal.

2007: Jury Member - 2nd Asian Indoor Games, Macau, China - Kickboxing Sports.

2008: Secretary Selection Committee - 1st Asian Martial Arts Games - Kickboxing Sports.

2009: President - Indian Finger Jousting Federation.

2009: Jury Member - 3rd Asian Indoor Games, Vietnam - Kickboxing Sports.

2010: Member - World Kumite Organisation.

2010: President - Ashihara Karate India.

2010: President - Crossbow Shooting Federation of India.

2010: President - Indian Belt Wrestling Alysh Federation.

2011: FILA International Referee - 1st Indian to be licenced for Belt Wrestling Alysh

Officially Recognized Coach - Sports Authority of India in Karate (Govt. Of India)
Coach for Indian Army Personnel & Police

Present Rank

6th Dan Black Belt Indian Ass. of Kickboxing Organizations (IAKO), World Kumite Org. (WKO)
5th Dan Black Belt World Association of Kickboxing Organizations (WAKO)

Ashihara Karate Involvement

2002 - sent 3 students to South Africa to compete in the Sabaki Challenge

2004 - visited South Africa with a team and had a interdojo competition with Honbu

2005 - visited Shihan Dadi Bulsara with a view of becoming a member of Ashihara Karate

2010 - hosted Kaicho in Pune after which he became a member of AKI. With the blessings of Kaicho & Shihan Dadi Bulsara, formed Ashihara Karate India (west) and joined the AIKF.

- brought a team to South Africa for the 30th Anniversary World Cup.



Promotions



AUSTRALIA, SOUTH AFRICA & USA



Shihan Mark Cousins (Australia) & Shihan Sunit Gupta (USA) was awarded their Godan (5th Dan rank) and title of Shihan at the World Kumite Championships held in Thailand in 2010.

Congratulations to both Shihans!!!!! At the WKO championships, **Kaicho** was promoted to the **Executive Council** and served as one of the supreme judges of the event.

In Australia Leanne Mitchell got her sandan & shihan's son Bradley— his nidan. In 2004, Kaicho personally tested Leanne for shodan and Bradley for a junior mudansha rank.



SRI LANKA



Shibucho Anil Hudasinghe held his promotion tests for kyu grades and many students succeeded in moving up the ladder. Throughout the year, he has had various Japanese Sensei visiting his dojo and thus far he has received several compliments for the standard of his students.

Kaicho had visited Sri Lanka in 1997 and since then the Sri Lankan branch has developed several yudansha rank students.



SOUTH AFRICA



Two students of Honbu were promoted to Shodan-Ho (Apprentice 1st Dan Black Belt) from the left Ridaa Dien and Byron Wessels.

To get full shodan, they have to complete a minimum of fifty (50) hours teaching time and spend some time during vacation as **Uchi Deshi** at Kaicho's home.

Other promotions awarded this year includes nidan to godan level ranks.





HOLLAND

Far left - October 2010, when Shihan Harry Gorter brought a team to the Ashihara Karate World Cup, he was promoted to 6th Dan (Rokudan) & Franco Tigele to Sandan

Middle - Shihan Gorter conducted a black belt grading in May in where **Dennis Bergervoet** received his shodan. Several others received kyu ranks.

Service History

Ashihara Karate in Southern Africa is fortunate to have many seniors who have stood the test of time with years of hard training behind their belts. Below find a few of these stalwarts who continues to motivate the younger generation and who assists Kaicho with developing the organisation.

20 + Years of Training



Gakiem Hayzer



Sattar Khan



Erik Petermann



Ebrahim Abrahams



Aysha Narker



Ricardo Fourie



Godfrey Kume



Michael Jibiliza



Stanley Ngcobo

15 + Years of Training



Andrew Philander



Rohina Diedericks



Victor Gwebu



Junaid Ellis



Haashim Mullins



Kaisan Schwartz



Francious Williams



Yaaseen Osman



Rene de Klerk



Abdul Dlamini

10 + Years of Training



Vuyile Fumbata



Nasiera Abrahams



Joseph Hardenburg



Byron Wessels

Street Fight Karate - Ashihara Style

Karate with a difference?

Are Japanese karate teachers afraid of imparting the original art of karate to practitioners outside of Japan? Or more to the point, is Japan itself now becoming a major exporter of non-traditional martial arts? Has the time arrived for an abbreviated karate, different in intent and emphasis from that taught by the masters? Is there a need in South Africa for a style taught with pleasant vestiges of traditionalism and a boiled-down number of techniques to make the learning go quicker?

In some ways, of course, South African karate teachers have been asserting and teaching such an approach. In fact, what's new about the approach taken by **Hoosain Narker**, a **Black Belt** with more than 30 years of experience and **International Director for Ashihara Karate**, is largely that it is being employed by a martial artist trained and educated primarily in South Africa.

According to Narker, the main concept behind Ashihara Karate is "Karate without Tears." Narker took pains to point out that his karate does not believe in combating force with force. Instead it believes in capitalising on the opponents strength. "The aim is to punch without being punched", said Narker smashing his fist against an imaginary opponent after side-stepping the blow. "Never meet an opponent head-on. Always move around him and attack from the side or back where he is the most vulnerable. This way you will avoid injury to yourself."

In some styles of karate, confrontation with an opponent is a relatively rare occurrence. Not so in the Ashihara Karate schools directed by Hoosain Narker. Indeed, it would seem that the heart of this system is built around the idea of facing at least the simulated hostility of another student. In explaining how his system differed, he stressed the importance of lateral movement, teaching the student to handle himself at three different ranges, the use of the knees and elbows, use of the legs to block kicks and the importance of punching through the intended target.

Ashihara Karate has been influenced by Aikido evasive techniques and this has lead to the development of Ashihara's Sabaki principles. Narker stated "That in this style of karate you never come straight in. You angle, get in a position where you can do harm but he cannot". Some styles do some Tai Sabaki, but with Ashihara total emphasis is placed on it as everything revolves around it. Most combinations, etc. are done by the stepping out or absorbing principles. So important is the concept of angling that the Ashihara logo illustrates it.

The Ashihara reverse punch is another difference to traditional Japanese Karate. With Ashihara stylists, the rear heel is lifted off the floor, for one thing, and the punching shoulder is allowed to rotate towards the target. When you are hitting, you want to punch through the target to penetrate. You do not, for instance, see a lot of back fists or ridge hands, and certainly no showy blocks. Instead you have the relatively high, short stances of the professional kick boxer - along with the kick boxer's fondness for elbow and knee strikes. Whilst the Ashihara punches show a clear boxing influence, the style itself prefers a hooking elbow smash to the standard boxing hook.

At close range, the Ashihara style inevitably proceeds towards a take down. And whilst there are a variety of trips and sweeps employed for getting the man down, once he is down he is finished off with punches and stomps. At a medium range, the adept makes use of shorter kicks and longer punches. At long range, the emphasis shifts to roundhouse kicks and evasive and gap closing counters.

Anyone wanting more information on Ashihara Karate or in wanting to join a branch school, may contact the Headquarters at +27 21-7011701 or contact any of the branch instructors listed on www.ashiharakarate.org.

Sabaki against Front Kick.....









- 1. Ready Position.
- 2. Defender steps to right and block front kick down and away.
- 3. Defender steps into attacker's blind spot by executing joint kick.
- Defender counter-attacks with spinning back round kick.

Sabaki against Right Punch.....









- 1. Ready Position.
- 2. Defender steps to outside and blocks punch.
- 3. Defender now in opponent's blind spot push arm down and away.
- 4. Defender counter-attacks with right roundhouse kick.

Sabaki against Roundhouse kick......









- 1. Ready Position.
- Defender steps to outside right and blocks kick (kyushu).
- 3. Defender now counter-attacks with Uchimomo geri.
- 4. Defender continues with left spinning back roundhouse kick.



Held in **October of 2010**, our **30th Anniversary World Cup** had teams from **15 countries** in attendance including competitors from schools from all over the country.

In Kaicho's message, he wrote ..."Our First tournament was held in a Civic Centre before a handful of people. Since that time, that number has increased tenfold. The slate of fighters this year represents a broader range of styles and locations ... Judges come from all participating schools .."

This could not have been better said and it was a tribute to 30 years of hard work and a vision that made it all possible. Take the time to read the comments from so many different people and decide for yourself how it was. And then ... make a point not to miss the next one!!!!

AKI 2010 World Cup — Comments and Feedback



Host Team Members

Dutch Team

ZULFA HENDRICKS – Ashihara Honbu

WAKAWAKA AY AY! The soccer did it but the **ASHIHARA KARATE WORLD CUP 2010** did it even better. An honour and great privilege to have been part of this event. Well done Kaicho Hoosain Narker on hosting a SUCCESSFUL EVENT and may your club go from strength to strength Insha Allah! A legacy for the kids & truly memorable. ASHIHARA ALL THE WAY!!!!!!!!

BRIAN LAKEY – Vice President Karate WP

It was a pleasure to be part of your **WORLD TOURNAMENT** I really enjoyed myself by the spontaneity. I was so proud when Rabia did her kata as if she were my own.

ELIAS JACOBS – Ryushinkan Karate/General Secretary KSA

What a fantastic event. Well done Hoosain

JOHAN ROUX - Founder Karate-Zen

This special event displayed all the typical Kaicho Hoosain Narker capabilities. The 30th Anniversary World Cup had all the diverse age, cultural, race, colour, language & gender elements of the human karate family of planet earth condensed in one huge show of passion & dedication. The mixture of these elements brought together by the opportunity to test each participants skills in a controlled environment resulted in a resounding win for karate.

Kaicho's personal attention to each detail of the tournament made everyone feel special from the youngest to the oldest karate participant. "Kaicho Hoosain, the Ashihara Karate Family is in safe hands, with you at the helm."



Team India Afghanistan!



Director Mark Seale of UWC Welcomes All US Consul General

Well-trained Table Officials

HARRY GORTER – Shihan of Holland

Dear Kaicho, We are back at home. I would like to thank you, your family, students and friends for everything you did. You accorded us great, warm hospitality. We will never forget!

ABUBAKR PETERSEN – Kyokushin Africa

Osu Sempai. Shukran for the opportunity of being involved with the tournament. As always it was a positive learning curve for which I am grateful.

BRETT CORREIA – Kenpo Karate

It was an honour and a privilege to be invited to your 30th anniversary event. The event was very well run, the competition of a high standard and the hospitality top class. It was a joy to see Hoosain Narker's 4 year old daughter performing kata and weapons kata. She is without a doubt a future star. I had the pleasure of meeting and speaking with dignitaries from India, Pakistan, Afghanistan, Iran and Holland to name but a few. Kaicho, You are a shining example of what a karateka aspires to be at the HIGHEST level. OSU

GERHARDUS DE LA MER-IFKSA Pretoria

Osu, Kaicho. The event was a great success! I am more than impressed. The level of fighting was of a high calibre. All I can say is that Kaicho Hoosain Narker can be extremely proud of this event! It was my first time going to one of the Ashihara events, and definitely this will not be my last. Never have I met such hospitality! The officials you had, were the most helpful bunch, helping out regardless of what the circumstance were. Pushing a two day event into one day, made me feel apprehensive, but when we left there I felt that everything was run extremely well.

MUNIFA CANTERBURY - Motobu Ha Manenberg

Dear Sensei Hoosain shukran for a fantastic well run tournament my students, parents and I thoroughly enjoyed it. Thank you for taking the time to shake my hand and thank you for being a good role model to us younger instructors.



Poise!

Ready 4 Action!

Ouch! Stop catching me!

The love!

Full-Contact Action





The Prizes! Team Bangladesh! Iran!

THOMAS MOLOI – African Enshin Pretoria

We would like to thank you for giving us an opportunity to participate in this spectacular event. The introductory part of the tournament was classic and kept all the spectators standing...that was marvellous and emotional. The management team prepared it as if it will never take place again... we talk about proper planning, hard work and effort you name them. I had to ignore my injuries, put my Gi and participate least I can say "I was part of the history in 2010".

BIRGIT SMIT – Funakoshi Karate International

Hallo Sensei I want to compliment you on a very successful World Cup. I know it probably feels like ages ago, but we still talk about it.

TREVOR RUSTIN - Kyokushin

Dear Sensei Hoosain. Thank you for sharing some of your memories of your World Tournament and CONGRATULATIONS! I feel disappointed that I could not be there to experience and witness what must have been a "true" world cup on African soil. The number of countries and specially the number of African Countries bear testimony to this. We will embark on the road travelled by you and hope to achieve some of the successes you have.

MODIRI TAGWA - Oikado Botswana

A good event, well organised and managed, Osu!

ANTONIO BUSTILLO - USA

A nice mix of traditional kata, sabaki competition. And looks like a pretty good turnout.

SHAUN BURGESS - Kenshikai Johannesburg

Osu Kaicho, thank you for this weekend's event. Great, great event, tough competition, great knockouts.



The National Anthem!

Competitor line-up!

The treats





Ouch! I didn't see that

Duck—High Kick coming!

Breathe!

DILLON VAN RENSBURG - NIKO-SA

The tournament was well organised and had great assistance from the parents and other karateka. Good logistics in place to assist visitors, dignitaries and VIP's. Floors were well controlled.

SASHA JAFTHA - New Balance

Thanks Hoosain. It was an awesome day we really enjoyed ourselves.

ZAMILE TOM – African Enshin

Osu no seishin was displayed at its best, from the administrators to the participants of the Sabaki. Many lessons learned.

DYLAN VAN WYK – IFKSA Praetorians Dojo

Osu Kaicho! Just wanted to commend you on the World Cup! I was very impressed with the standard. You have very good fighters and we learned a lot from the experience! We hope to make this a regular event on our tournament calendar!

SOLLY SAID – Hanshi of Kenfuderyu Karate

CONGRATULATIONS on a very successful Tournament.

GWENDOLINE GEWERS – Motobu Ha Mitchells Plain

The tournament was well organised and a huge success!! Thanx again for inviting us!!!!





The Admin Team

Of the crèche kids that took part

MASEDISA MOJAKI – Kyokushin Matsushima Gauteng

Osu Shihan, Thank you once more for everything. The event was much more than anything I had ever attended – around SA that is. I was greatly honored and I thank you again for everything.

WILLIE PRETORIUS - Lawyer

Saw some good fights. Well organised tournament and seems well supported as well. You guys can be proud and you have done South Africa proud as well. Well done to you and your team!

CASSIEM DAVIDS & WALLY FORTUIN - Shihan of Motobu - Ha Shitoryu Western Cape

We must congratulate you on your wonderful successful tournament. Our parents and children enjoyed them very much. A lot of them made new Karate friends and also gave us the opportunity to meet other Sensei's, especially those from Bangladesh, Iran and Afghanistan.

JAHANBAKHSH MORADI - President of IBK Iran / Kamakura in Asia

Dear Kaicho Hoosain Narker, Many thanks for your hospitality. I hope I can participate at your championships regularly and will certainly invite you in Iran if any champions will be held. We have a lot of common things as Culture, Religion, and understand each other completely. Osu

ANDRIES DOUGLAS - Shorinryu Shorinkan Ceres

Good morning. Congratulations and thanks for a well organised tournament! We really appreciate everything and it means a lot to our Shorin Ryu students.

KENJI NAKAZAWA – Shihan of Japan

Ohayo Gozaimasu, Hoosain Sensei **Omedetou Gozaimasu**. It looks like your Ashihara Karate World Cup went well with a big success. Congratulations to you. It looks like many people from many different countries participated in your tournament. You really have accomplished your mission for the year.



Punch! Focus The pain! Oops – how could I miss?

Ashihara Karate Products



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ASHIHARA KARATE



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Tog Bags - Two Side Pockets



Track Suits

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Ties









Key rings & Magnets

Dogi Badges

Embroidered Belts

Blazer Badges

Ashihara Karate Products

DVD













Blue Belt 1

Blue Belt 2

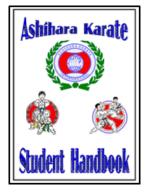
Sabaki

Kata 1

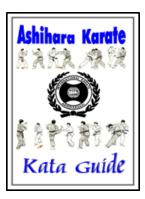
Basics

Practicals

Manuals



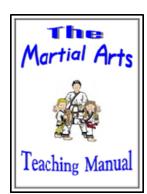




Kata Guide



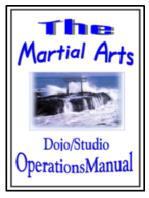
Preparing for Black



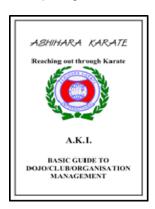
Teaching Manual



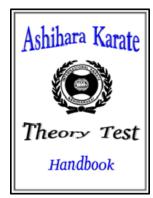
Tournament Planning



Operations Manual

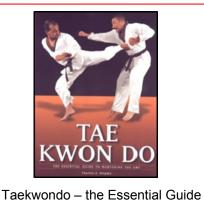


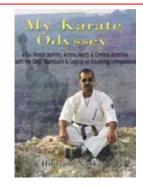
Admin Manual



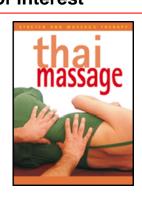
Theory Test

Other books of interest

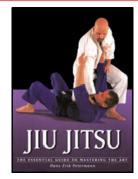




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Weapons Kata







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R30 **R20**

Saturday from 9am



Contact Info Hoosain Narker: 021 701 1701 info@sabakichallenge.org

WWW.SABAKICHALLENGE.ORG



International Exposure/Recognition



World Kumite Organisation, Thailand



Since 2008, Ashihara Karate has been involved with the World Kumite Organisation. Starting off as an Associate member, Kaicho was inducted 2 years later as an Executive Member of the Supreme Council joining other greats such as Sifu McInnes, Kancho Sugihara, Shihan Hasegawa and a handful of others.





Kaicho as one of the Supreme Judges

The WKO Executive & Winners of the 2010 Kumite



All Kyokushin Karate World Tournament, Hungary



In October of 2009, Kancho Hatsuo Royama's Kyokushin Kan invited leaders of the major Full Contact styles to Hungary as the first step to creating greater unity. Kaicho was honoured by having the AKI and his name etched into the stone memorial of Mas Oyama, the only one outside Japan.



IAMODICAL HOMOUGHLING ORDENIN SPIBUKAL NUTERINATIONAL PEDWEATION OF KARATE MTERNATIONAL BUDG KAT STITLARA KANATEAKT BLD APATEUR SPORT EIGEBOXING ORGANIZATION REPRESENTATION NAMED IN INTERNATIONAL STORUSHINGAL KARATE ORGANIZATION KANCHO TETYUS A

KAI CHO TORU TEPUKA B DAN SHIRAN SHIGERU TABATA 7 DAN . S SESSAN YORGO NISHIDA ZDAN HANGIG STEVE ARNESL 9 DAN KANCHO GERARD GORDEAU BOAN KANCHO ADEMIR DA COSTA FDAN KANGHO HIDEYUR! ASHIHARA TO DAN KAI CHORODSAIN NADOR ROAN SHIRAN DAVE JONNERS EDAN KANCHO YOSHDI SEERO SEAN SHIRAN RICHARD GILLES YEAR BELAHATTIN BEYTHLE HANSHI DIL HARNOS EMPE 40 DAR SANCHO HENK RUIPERS SINN



Kancho Rovama's speech

Recognised organisations & leaders names engraved!

Let's be united!



With Henk Kuipers, Jon Bluming

With Dave Jonkers, Semmy Schilt

International Friendship





Kaicho's Korner

WE WILL PURSUE KARATE.....

The last statement in our dojo kun states that "We will pursue Karate as a means to know the way of life itself." Please take a moment to think about what this means.

Training in Ashihara Karate helps a student to condition his or her body, to become stronger, to learn techniques that are effective means of self-defence. A student in Ashihara Karate learns discipline and respect and the importance of challenge in the dojo.

But the student of Ashihara Karate must remember that what is learned in the dojo is not just for the dojo. That training offers us many disciplines that help us in our lives outside of the dojo, no matter who we are, or what we do. I urge you to think about ways that your training can help to provide you with the strength and alertness and focus and compassion that you need as you meet the challenges that face you in your daily lives.

Until next time.....Osu!

Kaicho

Something to think About

THE WINNER & THE LOSER.

The winner is always part of the answer. The loser is part of the problem.

The winner has a challenge.

The loser has a problem.

The winner sees an answer for every problem.

The loser sees a problem in every answer.

The winner always has a plan.

The loser always has an excuse.

The winner says it may be difficult, but possible.

The loser says it may be possible, but too difficult.

Karate's Septuagenarian

A person between 70-79 & Ashihara Karate is fortunate to have 2 such very strong & able senior karateka as supporters & tomodachi. Future editions will profile these two WINNER Shihan budo-ka!



Neville Paulsen



Joe van Rensburg

Remainder of Events for the Year

06 Aug KSA FC Seniors Champs Gauteng

30 Sept Games Evening Sid G Rule

8 Oct International Champs & Sabaki Challenge Belhar

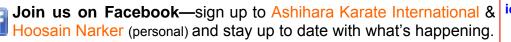
22-23 Oct KSA Champs of Champs Rustenburg

2-4 Dec Summer Camp Strandfontein

10 Dec Pool Party Steenberg



Who is this? The first person to correctly identify the above gets a free beanie & DVD



Black Belt Comics



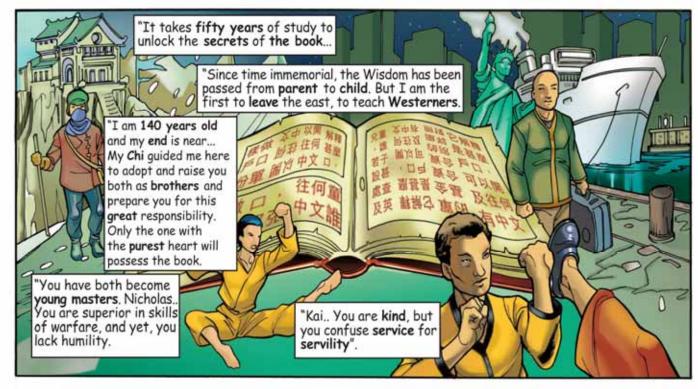












Black Belt Comics





















Confitured next Issuel

Poster



Poster

Western Cape Triangular Championships Oudtshoorn June 2011



Ashihara Winter Camp 2011



BLACK BELT MUDD

Be Confident and Believe in Yourself

Confidence is feeling good about yourself and your belief in succeeding at what you do. When you are confident, it is easier learning a new skill, meeting new people or facing difficult situations.

To be a confident person, you must first, believe in yourself! Find out the things you are good at and then focus on them by spending more time developing these interests. Occasionally, you will fail or become discouraged, but look at setbacks creatively. Each time something doesn't quite go your way, don't criticise yourself, learn from it and move on!

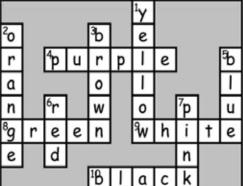
Did you know there are twice as many words in the English language to describe negative or bad emotions, than there are for positive or good ones? Words are tools for thought, therefore we have more tools to think and feel bad about ourselves than we have to think and feel good. So it's easier to become an insecure and negative person.

Defeat Negative Thoughts with Black Belt Mental Discipline!

✓Pin to your bedroom wall or carry around a note with quotes like, "I'm special", "I'm okay", "I can accomplish things" or whatever goals you want to achieve. This will stamp on your mind a mental picture of you succeeding and cancel out the negative thoughts of doubt. ✓Do more things for yourself and try to do them better. ✓Improve on your homework. ✓Have a clean and tidy appearance. ✓Speak in front of groups. ✓Train to be better at the Martial Arts.

Follow these simple exercises now and your confidence will soar through the roof!

ANSWERS TO PUZZLES O A E M I A H T Y A U M F D R I R Y M T U V B B O D U N X V A W D C A G T A B J Z S R X C F O N A X E I J T A Y A D E I E S K T O I T Z P O S L K A U S E J E A O P C T W E N U A U D F E O R S O Z G X U I G O I D I E N A F Y Y J J A R N M R D E U O D I K I D E A W O A L G N I X O D K G A





Successor

[suk-ses-er]

A person who takes the place of another in their absence.

Immemorial

[im-mem-maw-ree-ul]

Extending back beyond memory, record or knowledge.

Humilit

[hyoo-mil-le-tee]

The quality of being humble. Having a modest opinion of one's own importance.

Servility

[sur-vil-le-tee]

Slavishly submissive

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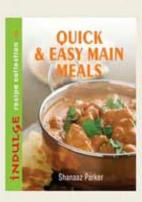
"Believe you can do it, act as if you can do it and in no time you will be doing it."

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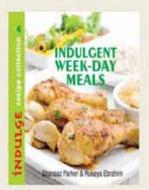
INDULGE RECIPE COLLECTION

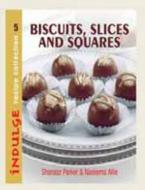
8 NEW BOOKS NOW AVAILABLE



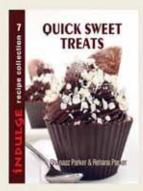


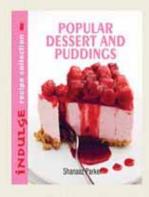












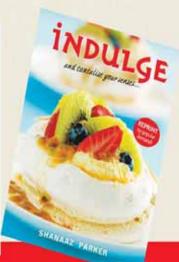
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