

Andrew Rheeston Karate – February 2016 News

Hi everyone, so here we are after another month of excellent classes, we kicked off the month with a bang when my friend and teacher Mick Tully taught his seminar. A few new developments have also come round since the last newsletter which is great for the club, we've had more new people start so thank you to everyone that's recommending the classes to friends and family, I'm chuffed that everyone is still enjoying the classes and I am really excited for what is to come for the next year. I have now started teaching Jeet Kune Do and Kali classes for the adult students of a Thursday evening which is going really well, I have also been approached by a local school to teach a short self-protection after school club. Some new videos have been posted on you tube in preparation for the Iain Abernethy seminar in April and a slight change has been made to the Phil Norman seminar in June.

Enjoy the Read:

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1) – Class Write Ups

The family classes have continued to focus on all the aspects of the Andrew Rheeston Karate syllabus but this month we have emphasised Kata & Bunkai which everyone is picking up excellently and we are quickly moving towards the next grading's. The bunkai we've looked at encompasses techniques from all of the Pinan kata series. The adult's only karate classes have focussed around the Naihanchi and Rohai kata, which have included close range striking, grappling, takedowns and joint locking. Some of the Rohai techniques have been filmed at put onto our YouTube channel.

The Kali / JKD classes I have been teaching on a Thursday evenings have gone down really well. This month we've looked at single stick and double stick for the weaponry portions, western boxing and Jun Fan kickboxing as part of the striking portions. We've also looked at some of Bruce Lee's principles behind the JKD arts such as ABD (attack by drawing), ABC (attack by combination), SDA (single direct attack) and HIA (hand immobilisation attack / trapping). We've also had a play with some joint locks and takedowns. I can't wait to carry on teaching this art and I'm really excited about the future development of these classes for us.

2) – Seminars

On Saturday the 6th February my friend and teacher Mick Tully came and taught a 4 hour Kali seminar for us which had us looking at double stick, single stick, Jun Fan kickboxing, trapping and pad work. It was an absolutely brilliant seminar and we've already got Mick booked in to do another seminar next year. But I'm hoping to arrange another with him later this year too.



Iain Abernethy in Birmingham

After the success of last year's seminar I have invited Iain over once again to teach another seminar. This will be Iain's 4th visit to the club.

On Sunday the 24th April 2016 Iain will be teaching a practical karate / kata bunkai seminar in Birmingham. The seminar will be looking at the many Rohai kata. We will be examining bunkai for Wado's Rohai, Shotokan's Meikyo, Matsumora Rohai (often also called "Matsumura Rohai") and Itosu's Rohai Shodan, Nidan and Sandan. The comparing and contrasting of the various kata will make for an interesting day, regards less of style, and will hopefully expand understating of these kata regardless of which version is personally practised

The seminar will run from 11:30 - 15:30 and will be held at North Solihull Sports Centre, Chelmsley Road, Birmingham, B37 5LA. The cost of the seminar is £30 per person.

Phil Norman Ghost and Survive Seminar

On Sunday 26th June Phil Norman will be coming to teach a session on both his Ghost system and Survive self-protection system at John Henry Newman Catholic College from 10:30 – 14:30. Price of this seminar is £35 pre-booked and £45 on the day, spaces are limited so please contact me to book and pre-pay for you place. Payments can be taken through PayPal or via cheque, message me for PayPal or address details for payment.

Andrew Rheeston Karate Seminars

I will be delivering two seminars myself this year too, and as soon as the venue has been confirmed

I will share these details with everyone. Also if anyone would like me to come and teach a seminar for them then please get in touch.

3) – New Class Videos

As I said earlier I have added two new videos to our YouTube channel on some pair work for the Rohai Kata, these videos can be viewed using the following links:

<https://youtu.be/QSJCKA93upQ>

https://youtu.be/6aVCA_1hi3c

I hope you enjoy these videos.

Thanks for taking the time to read this I will have another newsletter available next month and in the meantime will add a few more videos to our YouTube channel. If you've got any questions or if you would like me to teach a class or seminar for your group then please contact me on andrew@andrewrheestonkarate.co.uk

Take care

Andy :)