

# Newsletter

## Relaunch

*Sensei Shiomitsu has asked for the Academy newsletter to be re-started, it is to be published twice a year to provide information for all Academy members.*



Sensei Shiomitsu has asked that the Academy newsletter is relaunched so that academy members can keep abreast of events and issues that may concern them. This is in addition to the Wado Academy web site ([www.wadoacademy.com](http://www.wadoacademy.com)) and the official Wado Academy forum ([www.wadokarateforum.com](http://www.wadokarateforum.com)).

Those Academy members who are interested in putting articles in this newsletter on events they have organised or on their ideas about karate training in general or Wado Ryu in particular are asked to send them to Rob Howells at [iero@roaec.detsa.co.uk](mailto:iero@roaec.detsa.co.uk)

### M Shiomitsu 9th Dan Hanshi Shihan

Sensei Shiomitsu has studied Karate since the age of 15, though it was only at 18, when he went to university that he took his training seriously. As he has said his training in Wado Ryu in those early years consisted mostly of fighting, both inside and outside the dojo. He only practiced kihon and kata on winter and summer courses.



However, over the years his understanding of Wado Ryu has deepened and he continues to strive to perfect his technique as taught to him by the first Grand Master.

### DAN GRADING COMBINATION TECHNIQUES CHANGE IN THE NEW YEAR

Sensei Shiomitsu has decided to shake up the current Wado Academy dan grade syllabus by introducing new combination techniques for the 2012 dan grade syllabus. He has done away with the need to perform combinations in pairs and at the same time introduced new combinations. The reason for this is that he was dissatisfied with the way students performed these



techniques in pairs. He felt that they were being performed by rote and that students did not really practice the principles of Wado Ryu (Ma, Maai and tai sabaki) when performing these techniques. The new combinations are a departure from the type we are used to in the rest of the Academy syllabus, so ask your Sensei for guidance or attend an official Academy course.

## 2012 Dan Grade Syllabus Ren Zoku Waza (Combination Techniques)

1. Okuri ashi jun no jodan chudan nidozuki – okuri ashi gyakuzuki jodan – okuri ashi hizageri chudan – okuri ashi jun no furiken uchi jodan kiri kaeshi te jun no uraken uchi jodan – okuri ashi gyaku no age zuki chudan – okuri ashi hizageri chudan jun no shuto uchi jodan kirikaeshi te shuto suihei uchi jodan – okuri ashi gyaku empi uchi chudan – okuri ashi hizageri chudan - *do the same technique again in the opposite stance*
2. Okuri ashi – ayumi ashi junzuki jodan – okuri ashi gyakuzuki jodan – okuri ashi maegeri chudan – okuri ashi nagashi junzuki jodan – okuri ashi gyakuzuki jodan – okuri ashi mawashigeri chudan – okuri ashi jun no uraken uchi jodan – okuri ashi gyaku no furiken uchi jodan – okuri ashi jun no ageuchi chudan - *do the same technique again in the opposite stance*
3. **(Imagine an opponent on all four sides)** Uchi okuri ashi junzuki jodan – okuri ashi gyakuzuki jodan – okuri ashi maegeri chudan – junzuki gyakuzuki junzuki san ren zuki – tsugi ashi ushi-rogeri chudan – ushiro geri chudan – okuri ashi maegeri chudan – okuri ashi nagashi junzuki jodan – gyakuzuki chudan – feint to one side, other side tsugi ashi sokutogeri chudan – jun no uraken uchi doji ni gyaku no furiken uchi jodan - tsugi ashi mawashigeri chudan – ushiro e tsugi ashi de gedan no sabaki – ayumi ashi junzuki jodan gyakuzuki jodan renzuki – mawate okuri ashi maegeri chudan – okuri ashi mawashigeri chudan – onaji ashi de ashibari – jun no uraken uchi jodan – gyaku no furiken uchi chudan – jun no furiken jodan – hizageri chudan – *do the same technique again in the opposite stance*

### ***Wado Academy Championships 2011***

On Saturday 15th October 2011, the Wado Academy National Championships was held at the Bradley Stoke Leisure Centre in Bristol. This year there was an added dimension to the event with the inclusion of an international match between England, Italy and Norway.

Under the direction of Sensei Arthur Meek and supported by officials from all 3 countries the event proved a tremendous success.



At the end of the international competition Sensei Shiomitsu presented a Hayakawa Cup to the best fighter from each country. These individuals were:

***England: James Bolton***

***Italy: David Galinella***

***Norway: Martin Heede***

Our congratulations to all competitors for their fine performances. ***Results page 3***

### **WADO ACADEMY DATES 2012**

**Saturday 7th January 2012**

**Wado Academy New Year Training and Party, London**

**Wednesday 22nd – Sunday 26th February 2012**

**Wado Academy Winter Course with Grandmaster Ohtsuka Sensei II, Guildford**

**Saturday 14th and Sunday 15th April 2012**

**Wado Academy UK and Overseas Instructors Course, London**

**Saturday 28th July – Wednesday 1st August 2012**

**Wado Academy Summer Course, Lymington**

**Sunday 14th October 2012 JMAC Martial Arts Course, Birmingham**

**WADO ACADEMY CHAMPIONSHIPS AND  
INTERNATIONAL COMPETITION  
RESULTS**

<b>8/9 Years Mixed Kumite</b> 1st G Beck Seishinkan 2nd J West Holte 3rd B Smith Budo Juku	<b>8/14 Yrs Mixed Kata 3 Kyu+</b> 1st C Prole Devon WR 2nd M Moares Budo Juku 3rd C Simpson Budo Juku	<b>Senior Men Kumite 3rd Kyu+</b> 1st G Jones Worcester 2nd A Gatto Italy 3rd B Nash
<b>10/11 Years Boys' Kumite</b> 1st E Champion Budo Juku 2nd T Olding Devon WR 3rd J McCulloch Devon WR	<b>15/17 Yrs Mixed Kata 3 Kyu+</b> 1st B Welch Seishinkan 2nd S Oplin Seishinkan 3rd K Cox Budo Juku	<b>Interntional Cdt Team Event</b> 1st England 2nd Norway
<b>10/11 Years Girls' Kumite</b> 1st L Davies Seishinkan 2nd G Shanahan Budo Juku 3rd C Stapleton Devon WR	<b>Senior Mixed Kata 9/4 Kyu</b> 1st A Kingman Haslemere 2nd R Liwag Ohku Kai	<b>International Snr Team Event</b> 1st Norway 2nd Italy 3rd England
<b>12/13 Years Boys' Kumite</b> 1st B Hartles Holte 2nd R Kelford Holte 3rd J Foy Holte	<b>Senior Men Kata 3 Kyu +</b> 1st C Hill Devon WR 2nd P Hedden Devon WR 3rd J Bolton Devon WR	
<b>12/13 Years Girls' Kumite</b> 1st C Simpson Budo Juku 2nd M Fox Holte 3rd K Clewer Holte	<b>Senior Female Kata</b> 1st J Olpin Seishinkan 2nd T Lock Seishinkan	
<b>14/15 Years Boys' Kumite</b> 1st A Brazier Budo Juku 2nd M Moares Budo Juku 3rd B Squires Budo Juku	<b>Senior Men Kumite 9/4 Kyu</b> 1st R Liwag Ohku Kai 2nd G Robertson Worcester 3rd G Bradshaw Budo Juku	
<b>8/14 Yrs Mixed Kata 9/7 Kyu</b> 1st C Stapleton Devon WR 2nd J Casling Seishinkan 3rd R McCulloch Devon WR	<b>16/17 Yrs Male Kumite</b> 1st G Kallhoud Norway J McCann Devon WR 3rd S Herron Worcester	
<b>8/14 Yrs Mixed Kata 8/4 Kyu</b> 1st D Wright Seishinkan 2nd M Fontera Farnham 3rd G Beck Seishinkan	<b>Senior Ladies' Kumite</b> 1st J Olpin Seishinkan 2nd M Champayne Seishnkn 3rd T Lock Seishinkan	