

# Chris Denwood Open Seminar 2008: Lancaster

Saturday 30<sup>th</sup> August

St Martin's Karate Club ([University of Cumbria Sports complex](http://www.stmartinskarateclub.org.uk))

Start 11.00am - Finish 4.00pm

*Chris Denwood, 4th Dan, is Chief Instructor of the Eikoku Satori Karate-Do Kyokai and a Senior Instructor with the British Karate-Do Chojinkai, one of the most successful karate associations in the UK. With over 20 years experience in martial arts, he is a regular contributor to the UK's leading martial arts magazines 'Combat' and 'Traditional Karate', with his articles gaining very positive reviews. His enthusiastic approach to karate has been driven by a genuine urge to uncover the core principles surrounding the art and his thought-provoking work is fast becoming popular with people of all ages and backgrounds.*

## Morning session (11am to 1pm): The 3 technical stages of *kata* analysis

*"Every part of every movement in every kata holds a valuable lesson in the development of pragmatic combat for self-protection and more. Each of these lessons need to be learned, then understood and then expanded positively with the open questioning attitude of 'what if'? Only then can we experience the traditional forms fully and come to enjoy a shining glimpse of the true potential they hold."*

Commonly regarded as the 'heart of karate', the traditional forms are full of lessons on how to express your body and mind to significantly improve not only your self-protection skills, but also the way in which you control your own self and sub sequentially, live your own life. The analysis of *kata* can be broken down into the three stages of *omote*, *henka* and *ura*. When properly understood, these allow you to practice *kata* in the way in which it was originally intended and quickly validate the historic truth that just a single form can represent a complete fighting system!

## Afternoon session (2pm to 4pm): The fundamentals of tactile awareness

*"Your two closest friends in self-protection are 'distance' and 'time'. The more you can maximize these, the safer you'll be. Unfortunately, the harsh fact is that 'distance' and 'time' are also huge luxuries that are seldom enjoyed out on the street!"*

Almost every aspect of karate was designed around gaining competence at close-range. Out of all of our five physical senses, touch awareness is the only one that can support sufficient reaction time within these hazardous combat distances inside of arms length. Hence, it stands to reason that tactile reaction drills are a very useful component to traditional karate training and thus should not be ignored. In order to experience the beauty of karate fully, we must first come to accept and fully understand those pragmatic ranges to which the art was originally designed to cater for.

**Make sure that you book in advance to avoid any disappointment!**

£15 for I.A.B.C. members, £20 for non-members (if paid for in advance)

£20 for I.A.B.C. members, £25 for non-members (if paid for on the day)

**Buffet lunch included**

**A valid Martial Arts Licence and insurance will be required.**

Visit [www.stmartinskarateclub.org.uk](http://www.stmartinskarateclub.org.uk) or Contact Ian, on (01524) 849695  
for more details, or, to book your place.

*Alternatively, visit the E.S.K.K at [www.eskk.co.uk](http://www.eskk.co.uk), where you can find out more information, view pictures, read articles, download useful media and join our free newsletter!*