

Kaizen No-Michi School of Shotokan Karate

The Path to Constant and Never Ending Improvement

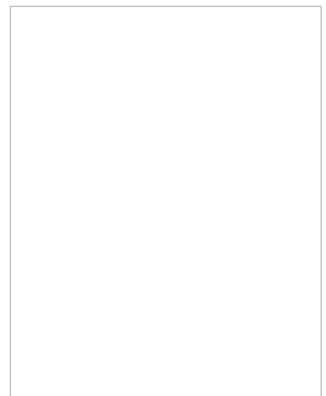
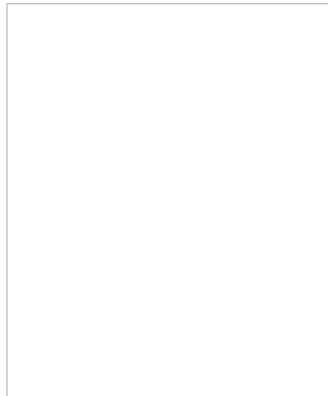
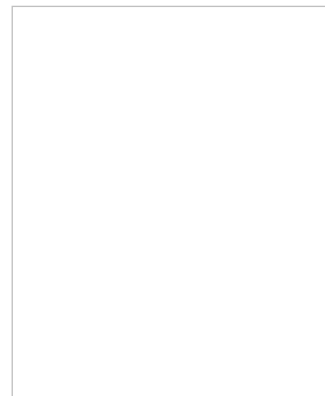


Home	About Us	Latest News	Contact Us	Kaizen Tigers	Training Times	Calendar	Testimonials	Shop	Student Info	CCLG Fund	
News 2016	News 2015	News 2014	News 2013	News2012	News 2011	News 2010	News 2009	News2007-2008	Press Archive	Video Archive	

Kaizen No-Michi News Archive 2009

Saturday 12th December 2009

Kaizen No-Michi Christmas Party and Annual Awards Presentation



On Saturday 12th December we held our Annual Christmas Party. Everyone joined in with the karaoke and the for ever popular 'Funky Kata' competition. The students also received a special visit from Father Christmas.

Every year at our Christmas party we present awards to recognise students with outstanding performance during the year.

Congratulations to Lewis Simpson, Lacie Stembridge and Wesley Ives.

Saturday 28th November 2009

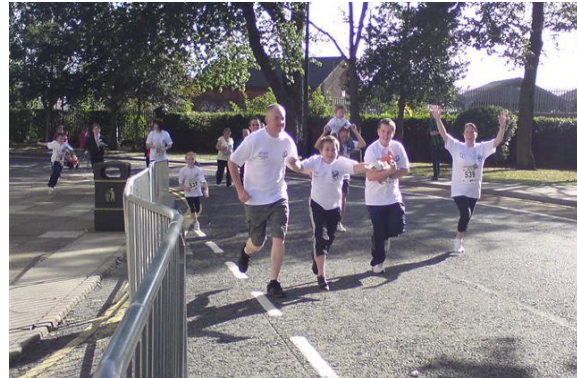
Kaizen No-Michi Training Session and Gradings with Sensei Steve Carless 5th Dan



Congratulations to Tomasz, Beckham, Lacie and Lewis on achieving their grades. Thank you to Sensei Carless for travelling up to Grimsby, to teach and conduct the gradings.

Sunday 19th September 2009

Lumbard Fun Run



On Sunday 19th September, Students and Friends of Kaizen No-Michi entered the Lumbard Fun Run. All our proceeds went to support the [Emily Bailes CCLG Fund](#).

Saturday 18th August 2009

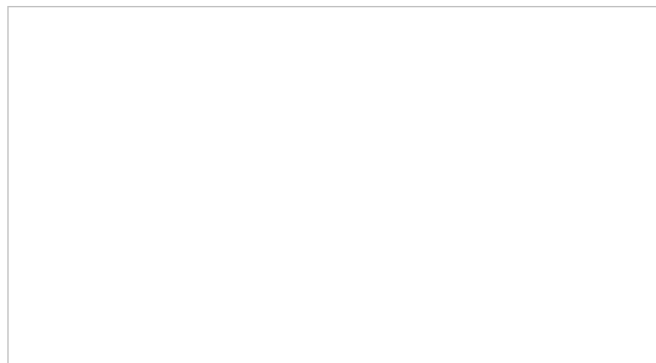
Kaizen No-Michi Training Session and Gradings with Sensei Steve Carless 5th Dan



Taking there next step up to achieving Black Belt Excellence: Beckham Tuplin, Kevin Pykett, Robert Meakin, Lacie Stembridge and Wesley Ives.

Friday 8th July - Sunday 10th July 2009

SCUKO Open Summer Camp Torbay Leisure Centre, Paignton, Devon



SCUKO Summer Camp with Sensei's Ken Organ and Steve Carless