Shotokan Karate The Path to Constant and Never Ending Improvement Training Times About Us **Latest News** Contact Us Testimonials Student Info **CCLG** Fund Kaizen Tigers Calendar Shop News 2015 | News 2014 | News 2013 | News2012 | News 2011 News2007-2008 News 2010 News 2016 News 2009 Press Archive Video Archive

Reminder: This site will soon be unavailable. Click here to learn more

Kaizen No-Michi News Archive 2010

Home

Saturday 11th December 2010

Kaizen No-Michi Christmas Karate-Doo and Annual Awards Presentation

Kaizen Tiger of the Year went to all three exceptional Tigers: Bethany Smith, Charlie Kershaw and Will Pykett. **Most Improved Student: Kevin Pykett Most Dedicated Student: Beckham Tuplin** Most **Outstanding Achievement: Luke Townsend** 

Kaizen No-Michi Student of the Year Award 2010: Alice Hylton Saturday 11th December 2010

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

gradings. Saturday 27th November 2010

North East Lincolnshire Sports Association Awards. Sensei Andrew was presented with the

NELSA Sports Coach of the Year Award by Ian Portas, Contracts Manager Sports and Leisure Management. A Big Thank You to Lewis, Luke and students of Kaizen No-Michi for nominating and supporting Sensei Andy. Oss **Sunday 14th November 2010** 

SCUKO Brown & Black Belt Course & Black Belt Gradings

Oak Park Leisure Centre, Walsall

The last SCUKO Brown and Black Belt Course of 2010. The course focused on the following Kata: Junro Shodan, Junro Nidan, Bassai Sho, and Hangetsu. The course was followed by

Black Belt Gradings. Congratulations and well done to Lewis Simpson and Alice Hylton on

achieving Shodan Black belt.

**Sunday 7th November 2010** 

Kancho Kanazawa 10th Dan Farewell Course

**Watford Leisure Centre** 

Sensei's Andrew and Jackie traveled to Watford to train with Kancho Kanazawa 10th Dan. He is the Chief Instructor of SKIF and sadly is to retire from world travel. This was the last

opportunity to train with the world reowned master of Shotokan Karate.

**Saturday 6th November 2010** 

JKS(GB) Open Championships

**Bilborough Sports Centre, Nottingham** 

Students Alice Hylton, Lacie Stembridge, LukeTownsend and Lewis Simpson competed at the JKS Open Karate Championships, held at Bilborough Sports Centre, Nottingham. Congratulations to Alice on taking Gold in Girls Kata and showing true karate-ka spirit in kumite. Well done everyone.

**Thursday 7th October 2010** 

**Kaizen Tigers Grading** 

Instructors Andrew and Jackie Jones at Kaizen No-Michi's first Tigers grading. **Sunday 26th September 2010 SCUKO Senior League Championships Round 2** Wolverhampton University, Walsall Campus, West Midlands

Congratulations to Bethany, Charlie, Ethan, Tyler and Will on achieving 15th kyu. All

students displayed an excellent performance and showed great karate spirit in front of Chief

Congratulations to Beckham Tuplin 5th Kyu and Danielle Souter 9th Kyu, both taking their next step to achieving black belt excellence. Many thanks to Sensei Steve Carless 5th Dan and Steve Spence 4th Dan.

Students and Instructors from local clubs and from around the country gathered together to train with SKIF World Champion, Sensei Pasq Mura 6th Dan. The course open to all grades was dominated by Black belts looking to develelop their own arsenal of techniques.

**Sunday 15th August 2010** SCUKO Brown & Black Belt Course (Walsall) with Sensei's Steve Carless 5th Dan, Andrew Jones 4th Dan, & Anthony

**Steventon 4th Dan** 

Students of Kaizen No-Michi travelled to Walsall to train with Sensei's Carless, Jones, and

Steventon on the SCUKO Brown & Black Belt Course.

The course is focused around the association syllabus to ensure thatstandards for higher

Friday 9th - Sunday 11th July 2010 **SCUKO Open Summer Camp Torbay Leisure Centre, Paignton, Devon** 

Students and Sensei's from Kaizen No-Michi, Walsall, Tamashii, and Seishin Schools of

2010 SCUKO Open Summer Camp.

Sunday 7 July 2010

Kaizen No-Michi On the Beach

The Fitties, Cleethorpes

Sunday 13 June 2010 FEKO 2010 Children and Cadets Open National Karate Championships Harvey Hadden Stadium, Nottingham

Students Luke Townsend, Alice Hylton and Lacie Stembridge travelled down to Nottingham

to compete at the FEKO Children and Cadets National Karate Championships. All three

showed good spirit and true sportsmanship, and even brought home two 3rd place trophies.

**Sunday 6th June 2010** 

**SCUKO Senior League Championships Round 1** 

Wolverhampton University, Walsall Campus, West Midlands

Well Done to Luke Townsend and Lewis Simpson for Competing at the SCUKO Senior

Sensei Steve Carless 5th Dan

Congratulations to the following students, on passed their grades on 6th June: Tony Walker

9th kyu, Julian Saunt 9th kyu and

Beckham Tuplin 6th kyu. Many thanks to Sensei Carless, Sensei Spence and Karl Spence for

travelling up to Grimsby.

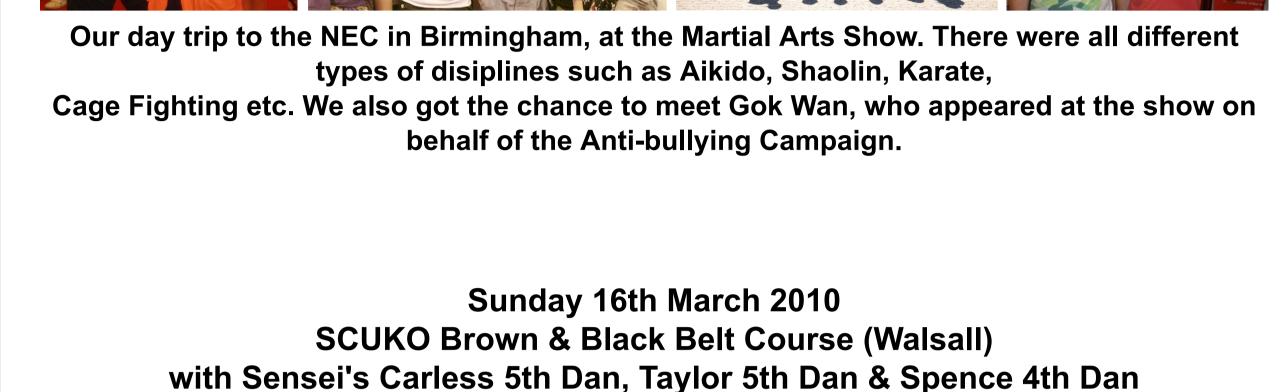
Sunday 23rd May 2010

The Martial Arts Show

at Birmingham NEC

COMBAT MARTIALARTSSHOW FIGHTER

Special fun training session on Cleethorpes Beach, with Sensei's Andy and Jackie.



March. Lewis Simpson 1st Kyu Wesley Ives 2nd Kyu Lacie Stembridge 2nd Kyu Beckham Tuplin 7th Kyu Ashley Drewrey 9th Kyu Leaha Anderson 9th Kyu Also Thank You to Sensei Carless for travelling to Grimsby to teach and conduct the Gradings. Saturday 13th March 2010

Kaizen No-Michi Keep Fit and Body Conditioning Class with

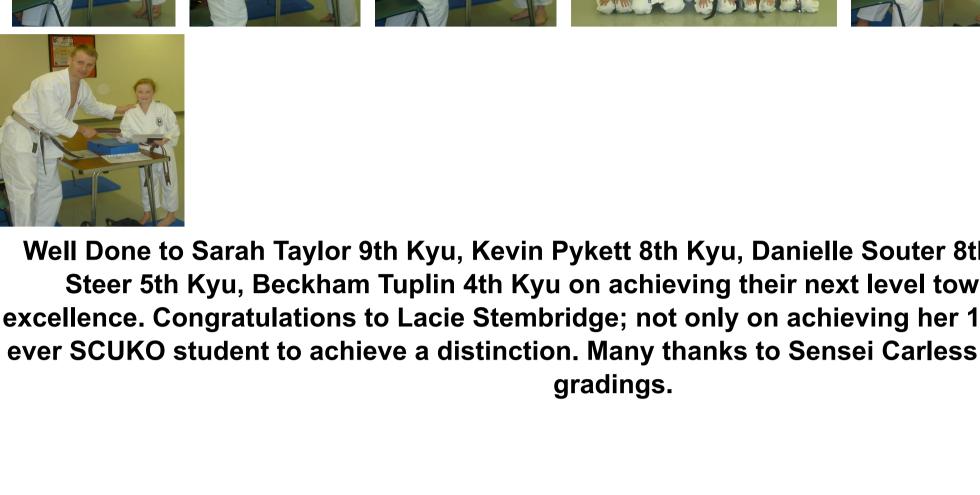
**Amanda Bailes** 

Congratulations and Well Done to the following students who passed their gradings on 20th

Saturday 20th February 2010 Kaizen No-Michi Open Shotokan Karate Course with Sensei Howard Taylor 4th Dan

Many thanks to Sensei Taylor and students of Walsall School of Shotokan Karate for travelling up to Grimsby and supporting us. The first session consisted of kion basics and gyaka tzuki no-kata, followed by advanced kumite techniques in the second session.

During Sensei Andrew & Jackies Holiday in New York, they seized the opportunity to train



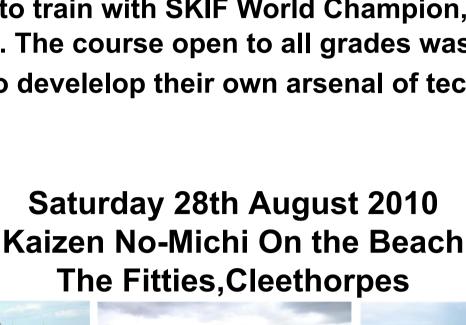


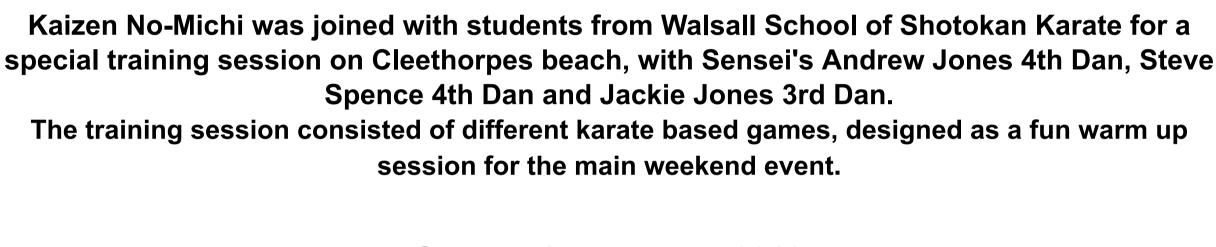


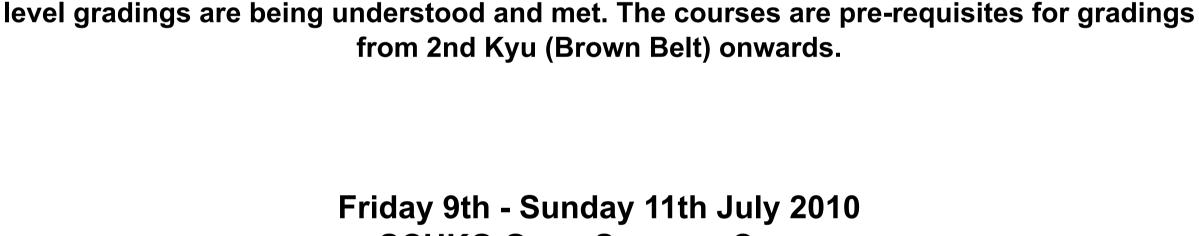
with Sensei Richard Amos 6th Dan. Sensei Amos is the Chief Instructor of WTKO and is the second westerner ever to complete the JKA instructors program in its 50 year history.

Well Done to Luke Townsend and Shelly Moug for competing at the SCUKO Senior League **Championships Round 2.** Luke achieved 3rd place in Mens Kata. Shelly achieving 3rd place in Ladies Kata and Kumite. Saturday 4th September 2010 Kaizen No-Michi Training Session and Gradings with Sensei Steve Carless 5th Dan











League Championships. Luke acheived a respectable 4th place in Kata and gained invaluable experience along with fellow team mate Lewis against some seasoned competitors. Saturday 5th June 2010 Kaizen No-Michi Training Session and Gradings with

Students of Kaizen No-Michi travelled to Walsall to train with Sensei's Carless, Taylor and Spence on the SCUKO Brown & Black Belt Course. The course is focused around the association syllabus to ensure thatstandards for higher level gradings are being understood and met. The courses are pre-requisites for gradings from 2nd Kyu (Brown Belt) onwards.

Saturday 20th March 2010

Kaizen No-Michi Training Session and Gradings with

Sensei Steve Carless 5th Dan



