

### SENSEI ANDY SHERRY 8th Dan

Chairman and Chief British Instructor to the Karate Union of Great Britain, which is the largest Karate association in the UK. Sensei Sherry has trained in Shotokan Karate for over 40 years, during which time he was many times KUGB kata and kumite champion. He was winner of the first European Karate Championships in Vienna, 1968.



### SENSEI TERRY O'NEILL 7th Dan

Senior member of the KUGB Technical Committee and a respected authority on World Martial Arts. He was many times KUGB kata and kumite champion. During his long international championship career he gained a reputation as one of the most exciting and spectacular fighters ever.



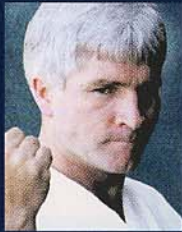
### SENSEI BOB POYNTON 7th Dan

Senior member of the KUGB Technical Committee. He began training at the famous Red Triangle Karate Dojo in 1965 and represented Great Britain with the KUGB and All Styles' teams over a period of 17 years. At the European Shotokan Karate Championships in Austria, 1983 and West Germany in 1982 he was voted 'The Best Technical Karateka'.



### SENSEI BOB RHODES 7th Dan

Member of the KUGB Technical Committee and was a Senior Member of both the KUGB and All Styles National Squads. His successful championship career spanned many years and he was a member of the Squad which beat Japan to win the World Championships in Long Beach, California in 1985. He is renowned for his creative applications to Shotokan kata.



### SENSEI BILLY HIGGINS 7th Dan

Member of the KUGB Technical Committee, his successful championship career has spanned many years during which time he was twice European All Styles champion and also captain of the British All Styles team who were victorious at the World Championships in 1985. He was Team Manager to the English Karate Board.



### SENSEI FRANK BRENNAN 6th Dan

Frank Brennan retired from competition with a record which is unsurpassed, having been numerous times KUGB Grand Champion, twice European Grand Champion, and 1992 World Shotokan Karate Association Kata Champion. The late Master Nakayama recognised his outstanding contribution to the art of Karate, by the presentation of a special award in 1980.



# SHOTOKAN KARATE VIDEOS

These Shotokan Karate videos were produced in 1985. They have proved a valuable learning aid for many students in their progress from beginner to Black Belt and beyond: although there have been some small changes in the Katas they will continue to do so. All the Katas are performed in a way that will aid observation and are an ideal way to supplement dojo training.

**VOLUME I** contains the following Shotokan Katas: KIHON KATA, HEIAN SHODAN, HEIAN NIDAN, HEIAN SANDAN, HEIAN YONDAN and HEIAN GODAN, TEKKI SHODAN, TEKKI NIDAN and TEKKI SANDAN. BASSAI DAI, KANKU DAI, ENPI, JION and HANGETSU

In addition, the Instructors perform and explain the following basic and advanced Kumite training methods: GOHON KUMITE (Five-step sparring) KIHON IPPON KUMITE (Basic one-step sparring) JIYU IPPON KUMITE (Semi Free-style sparring) KAISHI IPPON KUMITE (Reaction sparring) JIYU KUMITE (Free-style sparring)

**VOLUME II** contains the following Shotokan Katas: BASSAI SHO, KANKU SHO, NIJU-SHIHO, JITTE, JIIN, SOCHIN, CHINTE, WANKAN, ROHAI (Meikyo), GANKAKU, UNSU, GOJU-SHIHO DAI and GOJU-SHIHO SHO. In addition, some of the Instructors favourite competition techniques are demonstrated and explained.



# TRAIN WITH THE CHAMPIONS 2006

NOW IN ITS 26th YEAR!

## INSTRUCTIONAL KARATE COURSES & VIDEOS

Sensei Andy Sherry 8th dan

Sensei Terry O'Neill 7th dan

Sensei Bob Poynton 7th dan

Sensei Bob Rhodes 7th dan

Sensei Billy Higgins 7th dan

Sensei Frank Brennan 6th dan

THESE COURSES WERE DEVISED BY FORMER KUGB INTERNATIONAL COMPETITORS AS A WAY OF PASSING ON THEIR VAST WEALTH OF KNOWLEDGE AND EXPERIENCE - WHICH IS THE ORIGIN OF THE TITLE 'TRAIN WITH THE CHAMPIONS'. THE FIRST COURSE TOOK PLACE AT LANCASTER IN AUGUST 1981, AND THE KARATE SUMMER SCHOOL HAS CONTINUED THERE EVER SINCE. THE SPRING COURSE WAS ADDED IN 1985.

Students come from all parts of the British Isles and every continent, which adds an International flavour, and provides a great opportunity to exchange ideas with Karateka from other parts of the World.

Course costs have always been kept low and represent excellent value-for-money. Self-catering allows the individual to decide when and where they eat, and just as importantly, how much to spend. (Kids Camps provide meals, supervision and many extra activities.

Emphasis is placed on the correct learning and development of the fundamentals of Kihon, Kata and Kumite. There is training in the use of the Bo (Japanese Fighting Staff) by guest weapons expert, Ian Maclaren, as well as instruction in supplementary subjects such as fitness. Classes will be divided into groups in accordance with grades, so nobody should find themselves unable to cope. Those who attend a week's course benefit not just through increased knowledge, but will feel fitter and more confident in their future training.

There will also be the opportunity for KUGB black belts to be assessed at the courses for an Instructor Qualification.



#### TRAINING TIMES

At both courses karate training will take place in the morning with other optional activities in the afternoon and evening. There will be plenty of time for rest and recreation

#### FACILITIES

Both venues offer easy access to shops, banks, post office, chemist, laundrette, garage, restaurants, coffee shops and bars.

#### GRADINGS

Will be held at the end of each week's course for beginners, Kyu and Dan grades up to and including 2nd Dan. (KUGB Members only)  
All usual grading rules will apply.

#### CERTIFICATES

A high quality certificate, suitable for framing, will be presented to all students who complete a course.

#### LECTURES

There will be a number of supplementary lectures and seminars at the courses, including the series on the History and development of Karate by Martial Arts historian and author Ian Maclaren, 4th Dan.

#### ENTERTAINMENT

Will include a Disco or Social and a video evening with material from our comprehensive archives.

#### CRECHE

A free creche, if requested, will be available during all training sessions (Please inform us if this facility is required)

#### COST

Course with accommodation ... £190  
Course only ..... £90  
Accommodation only ..... £105  
Karate Kids Camp ..... £225

On receipt of your application and deposit you will be sent an acknowledgement and full details of the course, including, travelling directions, a timetable of events and some further information to help you enjoy your stay.

### THE SPRING KARATE COURSE AND KARATE KIDS' SPRING CAMP, PAIGNTON April 9th-14th

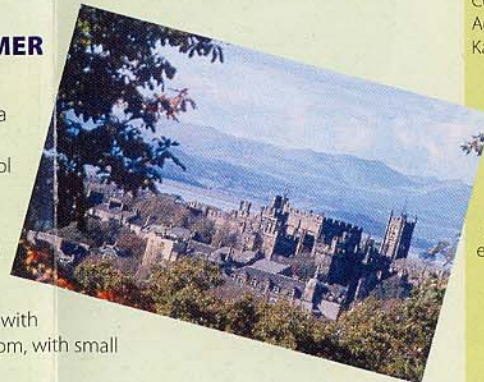
Paignton is one of the many beautiful coastal resorts to be found in this unspoilt area of Devon. The mild climate and numerous small fishing boats and private craft give the area a Mediterranean look, and its title of the English Riviera. If picturesque harbours and water-side restaurants don't appeal, there is the Devon countryside, where industry has not intruded, and where it is easy to feel you have stepped back in time to a more leisurely age. The course timetable will allow you plenty of time to enjoy both sea and country, and we will provide help and information on what's on and where. The accommodation for

the Spring Karate Course is self-catering with all the main facilities such as bed-linen, cooking and eating utensils, gas and electricity, being provided free of charge. The homes have

a fully equipped kitchen, shower, toilet and lounge with colour TV. Discount prices for families or groups are available on application

### KARATE SUMMER SCHOOL AND KARATE KIDS' SUMMER CAMP, LANCASTER UNIVERSITY August 6th - 11th

Lancaster University is situated at the southern tip of the Lake District, an area of outstanding natural beauty which attracts visitors from all over the World. For those looking for more thrilling diversions, the seaside resorts of Blackpool and Morecambe are within easy reach - Blackpool now has the biggest rollercoaster in the World. The University is a ten minute bus ride from the centre of Lancaster allowing easy access to many shops, restaurants, cinema, and the bus and rail stations. The course takes place at peak holiday-season, when accommodation in the area is extremely hard to find, and the venue provides an ideal base. The accommodation is again self catering, with all necessary facilities free of charge. Course members have their own bedroom, with small groups sharing kitchen, shower and toilet facilities.



## 2006 COURSE BOOKING FORM

PLEASE USE ONE FORM PER PERSON / PER COURSE. IF FORMS NOT AVAILABLE PLEASE PHOTOCOPY FORM OR SEND DETAILS ON SEPARATE SHEET OF PAPER

Mr/Mrs/Miss - Full name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_  
Please include std code

I WISH TO BOOK <small>Please tick relevant box</small>	Course with Accommodation	Course only	Accommodation only
Spring Karate Course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Karate Kids' Spring Camp	<input type="checkbox"/>	N/A	N/A
Karate Summer School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Karate Kids' Summer Camp	<input type="checkbox"/>	N/A	N/A

I enclose a deposit of £40 per person/per course    
OR Full amount of £

COURSE CHEQUES & PO's PAYABLE TO: 'TWC COURSES'

VIDEO CHEQUES & PO's PAYABLE TO: 'TWC VIDEOS'

#### VIDEO POST & PACKING\*

U.K. and Eire - £2.00 per tape, £3.00 for two or more  
Europe - £3.00 per tape, £5.00 for two or more  
Outside Europe - £7.00 per tape, £5.00 per extra tape  
Overseas tapes are sent by Air Mail

PLEASE NOTE THAT ALL PRICES ARE IN £ STERLING

#### PLEASE RETURN TO:

The Organiser, 20 Waterford Rd, Oxtou, Wirral CH43 6UU  
Tel: 0151-652 6062

## VIDEO ORDER FORM

Mr/Mrs/Miss - Full name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_  
Please include std code

#### I WISH TO ORDER THE FOLLOWING TAPES

Quantity	<input type="text"/>	Volume I	@	£16.99	Total £	<input type="text"/>
Quantity	<input type="text"/>	Volume II	@	£16.99	Total £	<input type="text"/>
Quantity	<input type="text"/>	Set(s)	@	£30.98	Total £	<input type="text"/>

Special Offer  
BUY BOTH TAPES  
FOR ONLY  
£30.98 + p&p

PLUS Post and Packing\* £

GRAND TOTAL £