

Bilston Shotokan Karate Club

A brief history

The club established in 1991 under the instruction of sensei Morrison

My career

I started Karate at age 14 under Sensei Tam Hall (3rd Dan Black Belt) in free style karate 1975

In 1992 then I joined the Shotokan karate club, I was graded to Shodan 1st Dan Black belt by Kelvin Greenhaghse (4thDan) and John Orr (6th Dan)

On 10th of February 1992, I was graded to Nidan – (2nd Dan Black belt) by Sensei George Carruthers (6th Dan) and sensei Michael Cox (5th Dan)

In November 1994 I took part in an open weekend Shotokan karate course with Master Kanazawa from Japan (9th Dan) What an experience! After the course I met him, and we got a photo taken of us together. Master Kanazawa passed away in 2019 R.I.P.

In May 1995 I was graded to Sandan – (3rd Dan Black belt) by sensei Brian Seabright (6th Dan)

On the 14th of June 1999 I passed and obtained my E.K.G.B Instructor vocational qualification

In April 2000, I was graded to Yondan - (4th Dan) by sensei Andy Wilshaw (5th Dan) and sensei Ernie Wishart (4th Dan)

In February 2004, I trained on a one-day Shotokan Karate course run by sensei Kawasoe (8th Dan) Master from Japan. After the course I got a photo taken with Sensei Kawasoe.

In November 2007, I was graded Godan 5th Dan by Sensei Brian Seabright.

The Bilston Shotokan Karate Club restarted on 19th of July 2021, (in Honour of my late wife passed away with stage 4 cancer)

Every Thursday myself train once a week in a Shotokan Karate club keep up my own training.

My Instruction Course and Methods

I have been trained in Karate for 37 years and I had been teaching karate 20 years from 1991 until 2010 when, for personal reasons I had to stop. I resumed teaching in July 2021,

At Bilston Shotokan Karate Club we teach Traditional Shotokan Karate.

I am licensed under the British Karate Association under Sensei Brian Seabright (7th Dan) My students receive their licences from the same organisation

I teach Shotokan Karate on the basis of stances, hip movement, all the Kihon Techniques and kata as well, the aim is to give each student confidence and develop their mind and body through Shotokan Karate. We teach mutual respect. We prepare them to enter the world to deal with all challenges they may face in life.

I teach youngsters for the most part, but we have also have adults, two of the Adults are Shodan 1st Dan Black belt s.

Karate Classes at present we run classes on

Sundays from 1:45pm until 3:320pm

Mondays from 6pm: until 7pm

New members are welcome to come a long and train with the karate classes, kids, adults and in courage Family's to train in karate classes as well.

Coming soon self-defence classes for woman in 2022

THE Philosophy of karate by Sensei Morrison

Training in Karate teaches us not only self-defence but, to respect others as well as ourselves. We train ourselves to be strong and mind and spirit to be patient, to become the best human beings we can.

Karate is a spiritual endeavour, a way to develop as an individual what we learn in the dojo, or training hall, should be applied to everyday life.

Karate training is not always easy often it can be very difficult and demanding. This is also true of life. If we can overcome obstacles in our training, it enables us to have a strong character to do the same in our everyday lives.

The very essence of Karate- the main purpose of training- is all about improving ourselves. We must always work hard at this. When we take responsibility to become persons of good character and integrity, we will be doing our part to make the world a better place which in turn can help to bring peace to the world. This was the legacy of Master Gichin Funakoshi/

It is also my personal goal and the goal of Shotokan Karate to teach not only Karate techniques but moreover to do my best to guide our members in the understanding of what it means to be a true martial artist.

A true martial artist constantly strives to be a good human being, He or She is influenced by Shotokan' greats of the past such as Master Gichin Funakoshi and Master Masatoshi Nayama and it is their spiritual inspiration that gives me the determination and resolve to pass on to my students what has been passed on to me through engaging in Shotokan Karate These are principles front and foremost derived from our Karate training and which, I in turn will do the same for my students. It is clearly my sincere hope that all my members will do likewise by passing on Master Funakoshi's philosophy for generations to come.

As human beings we are all the same and have the same vulnerabilities. This is human nature; we can overcome many things if we first understand and accept this about ourselves

If We accept the good and bad about ourselves it is much easier to accept these things in others and to be a true martial artist, we must accept nature and continually work on perfecting our character. This daily process should be as routine as waking up in the morning, everyone has within them the power to be good human beings and bring this out in one another that is true power a good Karateka in Shotokan.

More about Shotokan karate

Shotokan Karate offers great benefits such as, great focus increased self-esteem. Increased self-discipline, calmness, and a more positive attitude toward life, as well as a knowledge of self-defence, the main focus of Shotokan karate training is the perfection of character.

There are as many reasons to engage in Shotokan Karate as there are people who engage in it. Each individual has his or her own reason for training in Shotokan Karate. However, three reasons stand above the rest.

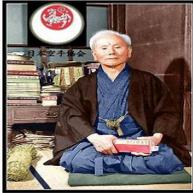
- A. Shotokan Karate Used as a pathway to self -improvement. Some people take up Shotokan Karate as a means to improve their Self-esteem
- B. Shotokan Karate can offer rigorous physical fitness training and of course, confidence.
- C. Shotokan Karate is also studied by some to enhance their inner peace and strength of mind and purpose

A great many people engage in Shotokan karate as a recreational sport, some take it to develop skill and technique (as demonstrated in the floor exercises or kata) while others who may enjoy competition, engage in it for the sparring (limited contact fighting against an opponent of Kumite) most people who begin Shotokan Karate training find that they enjoy both aspects of this sport.

In addition to there being regional and national competitions held throughout the country, the International Olympics Committee (IOC) has accepted Shotokan Karate as a future Olympic event.

Shotokan Karate is also training in self-defence, Shotokan Karate is a very effective way to counter an attacker. It teaches techniques to subdue or disable.

It conditions the reflexes to react instinctively if attacked, best of all no weapons are needed. Shotokan Karate can be used whenever and whenever necessary regardless of any initial reason for engaging in it. The Time invested in it will return a lifetime of benefits.



(Pic above is Gichin Funakoshi the founder of Shotokan karate)

THE HISTORY OF KARATE

Karate arose from the development of Te and even had an Okinawan system named after them as “Chinese Hands”

It was practiced into the 19th century

By 1868, the systems of Kobudo and Te had a high degree of efficiency and both systems seem to have survived side by side often merging around the edges, in this year, Funakoshi Gichin was born. A rather sickly child, his parents did not expect him to live much beyond his teens, thus, his parents and grandparents seem to have lavished attention on him and at a very early age asked a family friend to teach him “Te”

Funakoshi studied “Chinses Hands” or “Karate” under two Masters, Ankoh Azato and Ankoh Itosu, it was Itosu who developed pinan or Heian Kata as a

method of teaching Karate to ever increasing numbers in the late 19th century
The Japanese Government introduced conscription into the armed forces,

The medical examiners found that many of the conscripts had good physiques. This led to the introduction of Karate into the physical education system and Kara-te's secretive past was gone. Funakoshi, a schoolteacher by this time, was instrumental in developing the program.

A respected schoolteacher as well as a distinguished karateka, Funakoshi was asked to give a demonstration for the Crown prince Hirohito who stopped off in Okinawa before beginning a tour of Europe and the USA. This demonstration gave rise to others and Funakoshi was asked to demonstrate Karate in Tokyo in 1921.

At this time, he was instrumental in bringing about the change in Karate's name, the ideogram used meaning "Chinese" (also pronounced Kara) was changed to the ideogram for Empty.

Thus, the more familiar name Karate – "Empty Hands" came into being. After this demonstration, Funakoshi was inundated with requests for information and instruction in the Art.

Thus, Mr Funakoshi abandoned plans to return to Okinawa and began accepting students in Tokyo,

Mr Funakoshi was a classical scholar as well as a karate Master and would write poetry under the pen name of "shoto" which means pine waves. He chose this name, as he would often go for walks in the pine forest that covered the slopes of Mount Torao in Okinawa.

Although the initial years in trying to establish Karate in Japan were tough.

Mr Funakoshi was fortunate in that university students and several businessmen became his students by 1936 there was enough money raised by the students to purchase a place of land and build the first purpose-built Karate Dojo.

In Japan Mr Funakoshi students call this building "shoto's place" Shotokan.

Mr Funakoshi never called his Art anything except Karate but others, to classify Funakoshi style from the other styles that were making their way from Okinawa started calling his style the Shotokan Ryu or the style they practise at "shoto's place"

Funakoshi's second son yoshitaka, himself a student of karate, took on the main teaching role at the Shotokan and the lengthening of the stances is as credited to him as well as the introduction of "Fudo Dachi" – the rooted stance.

Unfortunately, yoshitaka was not a well man and suffered from tuberculosis this lead to his death in 1943. in 1945, the Shotokan was destroyed during an air raid. After the war many of Japans traditional Martial Arts were banned for time by occupation forces, However, Karate escaped the ban, he was asked to give lessons at various Armed forces bases in Japan.



Pic above is Masatoshi Nakayama

It became clear to him that if karate were to become an international sport (a term Funakoshi disliked) a governing body would be needed. He tried unsuccessfully to form a National Body that would unite all the various styles of Karate. However, only his own students were to follow his lead. In 1955, the Japan Karate Association was incorporated by the Ministry of Education, Master Funakoshi was appointed as its chief Technical Director.

About this time one of the students at Takushoku University was beginning to build quite a reputation and he came under the wing of Funakoshi

Senior student – Masatoshi Nakayama. (pic above is Nakayama)

Following a disagreement about the direction of karate, some of the senior students of Mr Funakoshi left the JKA IN 1956 to form the Japan karate do shotokai

Master Funakoshi remained as head of Both organisations and kept teaching until his death at the age 89 in April 1957.

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Karate training is not always easy often it can be very difficult and demanding. This is also true of life. If we can overcome obstacles in our training, it enables us to have a strong character to do the same in our everyday lives.

The very essence of Karate-the main purpose of training- is all about improving ourselves. We must always work hard at this. When we take responsibility to become persons of good character and integrity, we will be doing our part to make the world a better place which in turn can help to bring peace to the world. This was the legacy of master Gichin Funakoshi.

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Promoting Shotokan Karate in Scotland

Karate is allied to Karate United Kingdom and Scotland, there many karate styles (Shotokan) is the most popular, many competitions are held. For example, Shotokan, kyokushin karate sport competition

Wado Ryu sport karate competition

Shuko Kai sport karate competition

How karate become a sport, the martial art was spread to the United Kingdom by various Karate Masters, Organisations like Karate Britain were established to spread the martial art.

The martial art was initially controversial due to Anthony Creamer using Karate to commit a murder in 1967.

The Japan Karate Association sent many karate master's to Britain to spread the Shotokan style of Karate

Other styles of Karate become established in the UK such as Wado Ryu through Tatsu Suzuki and kyokushin via Steve Ameil.

The National board, the British Karate Federation (BKA) is the largest Karate association in the United Kingdom. it is a member of the British Olympic committee The BKF is also a member of the European umbrella organization, the European Karate Federation as well as the World Karate Federation (WKF)

Karate Organisations

On the part of the British Olympic committee the BKF is the only Karate association authorised to send athletes to the Olympic Games international competition. Traditionally, the United Kingdom has been considered a world power in sport karate especially from 1970s to 1990s.

Today karate is one of the most popular martial arts in the United Kingdom. In Scotland, it is especially popular among young teens girls,

Shotokan enters Kumite and Kata competitions as well as other karate styles. Within Scotland there are Shotokan karate clubs in Edinburgh, Glasgow, Dundee, Perth,

East Lothian, Midlothian, some of those instructors are members of the Japan Karate Association and some of the Scottish Karate Governing Body, other clubs come under the Shotokan karate international federation which was set up by the late Shihan Hirokazu Kanazawa (10th Dan) R.I.P.

Each Shotokan instructor has their own teaching method when instructing their students. Its simplicity and effectiveness, one might say that Shotokan techniques are based on the correct application of body dynamics. Instructors also learn to apply patience, discipline,

co-ordination and balance in concert with the delivery of Shotokan techniques.

The harmonious use of mind and body is constantly emphasised. At the heart of traditional Shotokan karate training is the development of character as well as the conditioning of one's body.

In karate Do respect for others, calmness and perfection of character take priority over physical skills.

Even though Shotokan's techniques can produce very effective results, Shotokan karate is much more than a form of fighting. It is a discipline for some, it is a catalyst that impacts, sharpens, and

improves all aspects of their lives, Shotokan karate has also become known as the sport with a purpose and might be considered as the most ideal physical exercise for children and adults of all ages.

Sensei Morrison

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Karate classes

At present we run classes on

Sundays from 1:45pm until 3:20pm

Mondays from 6pm :7pm

(we are introduced self -defence classes for females in 2022)

New members

Kids and adults and new beginners are welcome to come along and train in the classes we run.

