

NORMAN ROBINSON KARATE

Words of Wisdom
ASPECTS OF KARATE



Kata of the Month
Tekki Sandan

From Humble Beginning
by Norman Shiha



July Newsletter 2017



Karate Training Times

Monday: 5:00pm – 7:00pm (Beginners & Seniors)

Tuesday : 5:30am – 6:30am (Black Belts)

5:00pm – 6:00pm (PVT Classes)

Wednesday: 5:00pm – 7:00pm (Beginners & Seniors)

Thursday: 5:30am – 6:30am (Black Belts)

Friday: 5:30am – 6:30am (Black Belts)

5:00pm – 6:00pm (PVT Classes)

Saturday: 6:30am – 7:30am (Black Belts & Seniors)

The 5 Maxims of Karate (Principles)

1.Character

- Stots: Jinkaku kansei ni tsutomoru koto!
Strive for the completion of character.

2.Sincerity

- Stots: Makoto no michio o mamoru koto!
Protect the way of the truth.

3.Effort

- Stots: Doryoko no seishin o yashinau koto!
Foster the effort of spirit.

4.Etiquette

- Stots: reigi wo omanzuru koto!
Respect the principles of etiquette.

5.Self - Control

- Stots: Kekki no yu o imashimuru koto!
Guard against impetuous courage.

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Norman Robinson Karate Centre

The ultimate aim in karate lies not in victory or defeat but in the perfection of the character of its participants.”

Gichin Funakoshi



WORDS OF WISDOM BY NORMAN SHIHAN

ASPECTS OF KARATE



In our past newsletters I have shown you all the many weapons of hand, open hand, closed hand, forearm, elbows, feet, heel, side foot, instep of the foot, shins and knees. As well as many other aspects that the Karate Masters teach.

Japanese Masters teach two things to their students – first aspect is technical and second aspect is spiritual. This is very important to all Japanese Masters. This is not always accepted by Westerners because of the religions connotation. I teach two aspects of karate – first technical and secondly discipline. I teach students how to focus their mind and body, as well as respect, politeness and self control. The important factor in karate is structure, basic strong foundation and then hand and leg skills. Another important factor is flexibility and controlling ones emotions.

The above are all contributing factors to a highly skilled and developed karateka.

From Humble Beginning

According to legendary accounts, unified under king Shohanshi of Chuzan in 1429 and later during the Reign of King Shoshin an edict was issued prohibiting the practice of martial arts karate, it had to be practiced in great secrecy. The Akinawans - for them there was no alternative, and they developed it into deadly arts as we know it today. Not even the karateka's family would know they were practicing this art.

This persisted until 1905 when, in Shuri, the first middle school adopted karate as an official subject in physical education. Its devastating power must have been known to some extent, it was referred to as Reimyo Tote - meaning miraculous or mysterious karate. Tote came to be known as karate jutsu then. From 1929, Gichin Funakoshi took the step and changed the name to karate-do. Karate would thus be transformed from Okinawan te into a new Japanese martial art. During the 1920s and early 1930s self defence became very popular with people from all walks of life, of course young people and students were most enthusiastic. Businessmen and other martial artists became interested. Karate clubs and Universities started clubs all over Japan and the rest of the world. In 1930 with the arrival of Mabuni and Miyagi teachers from Okinawa, clubs were formed in the Osaka area. Karate was developed into a modern scientific martial art. In 1935 with the publication of Karate-do Kyohan (by master Funakoshi) karate-do became firmly established. A few years later various karate societies in Akinawa joined the Japan Martial Arts Association in Japan. Originally karate was only practiced with kata.

Funakoshi developed and divided the practice into three types, Fundamentals, Kata and Kumite. The young students went mad about kumite starting with ippon kumite then jiyu ippon kumite and finally jiyu kumite with no holds barred and kata became extremely refined. From this humble beginnings this is where JKS is today.

This is just a very short synopsis of where karate has developed from, Shotokan and JKS today.

Grading Results

March 2017

Mathias Ndoro Green 1
Neo Masimirembwa Orange 2
Hayden Campbell Orange 2
Suhail Aziz Orange 1
Keagan Cade Yellow 2
Joshua Freer Pre Yellow 2



From Left to right:
Neo Masimirembwa, Keagan Cade,
Joshua Freer and Mathias Ndoro

May 2017

Joanne Pyle 1st Kyu
Lishen Naidoo 2nd Kyu
Shyam Naidoo 2nd Kyu
Christo Abrie 4th Kyu
Leandro van Schalkwyk Purple 2
Rhys Potter Purple 1
Taylin Toweel-Moore Purple 1
Tyedon Toweel-Moore Purple 1
Daniel Duigan 5th Kyu
Nikira Maharaj Blue 2
Rahil Maharaj Blue 2
Rehal Maharaj Blue 2
Cameron Nunes Blue 2
Gabriel Potter Blue 2
Bili Tian Blue 2



Rahil Maharaj &
Mathias Ndoro



Nikira Maharaj &
Daniel Duigan



Bili Tian &
Leandro van Schalkwyk



Christo Abrie &
Rehal Maharaj



Leandro van Schalkwyk,
Bili Tian & Daniel Duigan
Mr. Miyagi

New Karateka



From Left to right:
Lisa Ceronio, Kellan White,
Sebastian de Klerk &
Matthew de Klerk.
Not in photo: Daniel Ceronio & Leo
Mhlongo

Ms Tourism SA

by Sashqia Boshoff



I was born in Zeerust, South Africa in 1989 and moved to a then small town known as Rustenburg at the age of one. I didn't enter my first beauty competition, but was entered by my parents and I won a baby beauty competition at the age of one. Perhaps my parents had high hopes for me from an early age.

I was brought up as a shy, well mannered farm girl who always had to put my best foot forward. As a little girl, I helped my dad in his small farm shop and he taught me to read the newspaper to him by the age of 5 even before I attended my first day of school. It could be that my current interest in marketing and sales developed there.

I now work as a marketing and sales manager for my father's property development company.

As a little girl, I was often teased at school for being a redhead. It affected my self confidence and my parents convinced me to enter beauty pageants in primary school with the hopes of my self confidence to improve. However, I preferred to rather focus my efforts on sport and academics.

At the age of 24 I was advised by the man in my life to enter pageants and he motivated me with endless words of encouragement. Unfortunately, corruption influenced many of the pageant results and I became discouraged to continue.

At 26, I focussed my attention on Netball and my career. I heard about a school known as Vogue Catwalk Models and I was soon coached by Miss International SA, Tharina Botes.

Ms Valerie Begbie, the owner and heart of Vogue Catwalk Models then took me under her wing and my whole pageant world changed around.

I won the Ms Northern Gauteng, Ms Celebrity Star, Ms July, Ms Queen of Rustenburg, Ms Royal Spring Queen and many more titles.

Soon after that, I won the Ms Tourism SA title, which was organized by Carolyn Botha of pageants SA. I was very excited when I found out that I would represent South Africa in the Philippines during October 2017 in the Ms Tourism International pageant. I was even more overwhelmed when Ms Carolyn informed me that I was also selected to represent South Africa in the Ms Global World International pageant, organized by Mr Mak Malik of Milestone Pageants.

I knew immediately that the pageants are not only about glamorous dresses, make-up and pretty hairstyles, but also mental, personality and physical attributes as well. I have to display a talent that "knocks theirs socks off".

I think that my involvement in charities and the protection of animals long prior to the pageant titles that I have been awarded, speaks of sincerity and the fact that I have always cared about those that cannot fend for themselves.

I am looking forward to meeting all the interesting people that are part of this wonderful pageant and I am looking forward to represent the country I am proud of and so dearly love and to make people aware of how powerful tourism can be to educate others about one's country, culture and generous hospitality to others.



Photos by Irma Palm

BIRTHDAY CORNER

July

18th Tyedon Toweel-Moore
21st Fenella Nunes
21st Shyam Naidoo
23rd Greg da Silva



August

6th Sebastian de Klerk
12th Cameron Nunes
27th Neo Masimirembwa

September

6th Norman Robinson
18th Keagan Cade

October

1st Matthew de Klerk
3rd Leo Mhlongo
21st Rhys Potter

November

9th Kim da Silva
12th Lisa Ceronio
18th Machiel Look
29th Lishen Naidoo

December

10th Mathias Ndoro
18th Bili Tian
20th Taylin Toweel-Moore
21st Nikira Maharaj
21st Rahil Maharaj
21st Rehal Maharaj
27th Suhail Aziz

2017 CALENDAR

July

25th Start of 3rd Term

August

5-9th GKF Ref/Coursed/seminar
9th KSA Women's Cup
12th JKS 3rd Qualification Test
30th-3rd Sep Common Wealth (Durban)

September

3rd Spring Gasshuku
4 -11th Kagawa Shihan Tour in SA
23-25th JKS National Grading
24th GKF Heritage Cup
27th End of 3rd Term
29th KSA Elite Championships
TBA Interclub Championships

October

9th Start of 4th Term
14th Interschools Karate Championships
21nd KSA Development Champ
26th - 29th WKF Cadet/JNR/U21 World
Championships (Cairo)

November

4th Dojo and Area Grading

December

4th End of 4th Term

**A BLACK BELT IS A
WHITE BELT THAT
NEVER QUIT.**



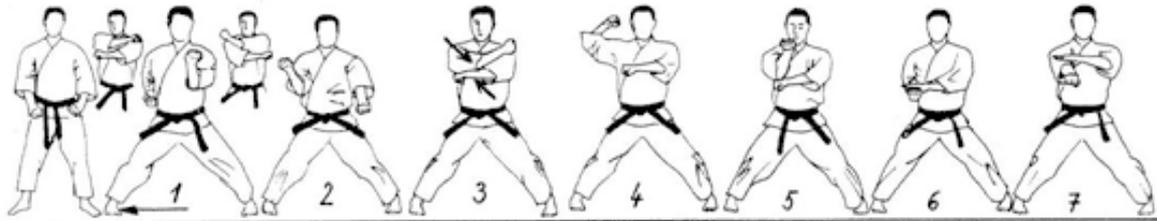
FREE CLASS

“Try a Free Karate Class”

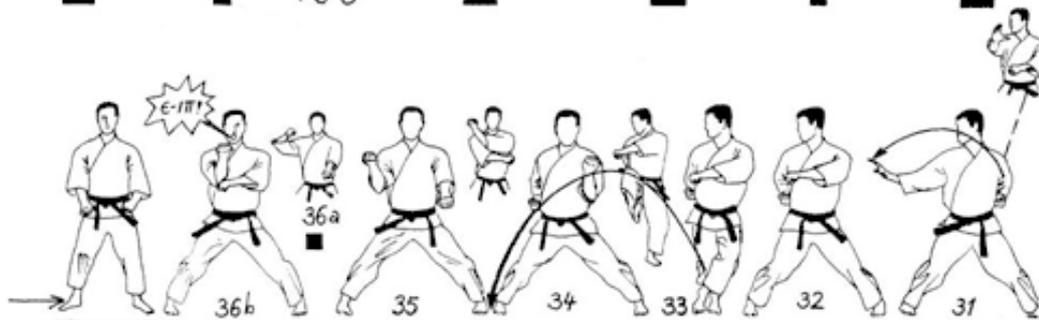
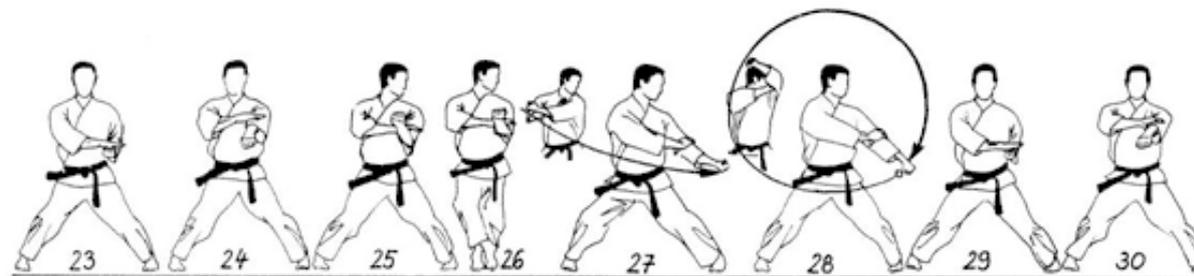
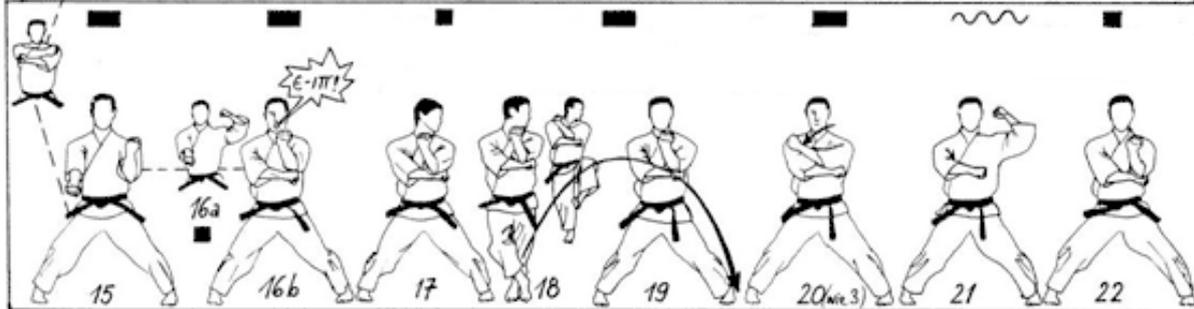
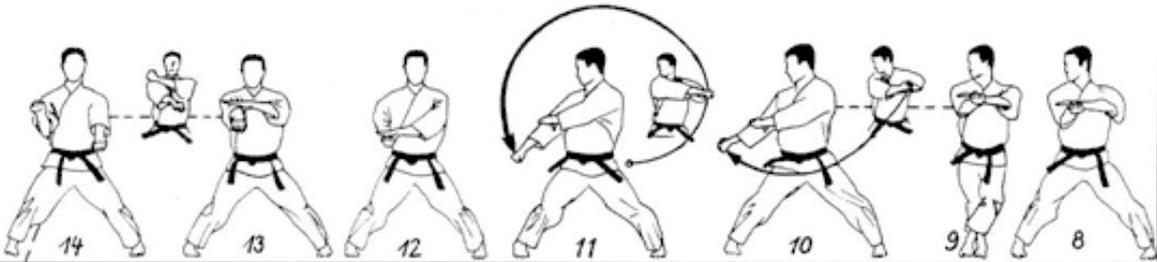
**Call Kim
0828415695 to book**

KATA OF THE MONTH

Tekki Sandan



Yoi!



Yame!