



Kazoku Kai International

Canada 2007

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On Saturday 26th May Sensei Derek Ridgway accompanied by sensei Peter Collins and sensei Alex Bell left a sunny Manchester airport on route for Vancouver Canada.

The flight arrived on time and Sensei Mike Scales was there to greet us at Vancouver airport. Mike took us to our hotel called the Executive Plaza which was in the Coquitlam area of Vancouver, we had stopped there on previous trips and they always give us good service and look after us well. Due to the time difference (Vancouver 8 hours behind UK) we were starting to get tired but we knew we had to try to stop awake to allow our bodies to adjust to the new time zone. After meeting Mike and his wife Liz for a meal in the local pub called the foggy dew, we met up with James Johnson from Karate B.C. It was now getting late and we were very tired so we said our good nights and got some much needed sleep.

Next day was a rest day and we had been invited to Mike's house for a barbecue. As ever Mike and Liz were the perfect hosts serving up superb local salmon from the barbecue. We all ate our fill some of us too much I think washed down with wine and beer. After thanking our hosts we caught a taxi back to our hotel and retired to our rooms to relax and take an early night. Monday was also a rest day with the time spent doing shopping and later in the evening we went down town to a blues club called The Yale where we saw some fine live music.



Tuesday saw us starting the training sessions with the first one at Mike's dojo at Nestor school Coquitlam. It was a very good turnout with the gym full of students all come to train with Sensei Ridgway and Collins. The lesson was to cover the continuous bunkai from Heian Shodan/Nidan. The students responded well and by the end of the lesson most had got the rudiments of

the two continuous kata bunkai's. After training we returned to our hotel where a few students joined us in the hotel pub for a meal and a chat. Then it was off to our rooms next day was very busy with Sensei Ridgway teaching at sensei Sato's dojo and sensei Collins teaching at sensei Andy Holmes dojo. Today Sensei Ridgway was teaching at sensei Akiro Sato 8th Dan Shito-Ryu. This is a very great honour for sensei Ridgway as Sato sensei gets in the line and trains with his students whenever sensei Ridgway teaches at his dojo. Such is the regard he has for sensei Ridgway and his Karate! It had been requested that the lesson should cover one of the continuous bunkai from the pinan kata. Then that the kata Chatan Yara Kushanku be re-covered as sensei Ridgway taught it on his last visit. Sure enough once the lesson had started all students including Sato sensei were getting stuck in with pinan bunkai. Later as requested Chatan Yara Kushanku was covered several times and finally sensei Ridgway demonstrated the bunkai on a very unfortunate Alex Bell. After loud applause from all present the class was brought to a close. Sensei Sato told the class that he thought sensei Ridgway was one of the best instructors of bunkai he had seen any where. Praise indeed from such a senior Karate-ka. After training we were invited for a meal with Sato sensei and his students. We were treated to a fine meal and talked long into the night obviously about karate! Sensei Sato's student Andreas had very kindly picked us up from our hotel and duly returned us back safe and sound. We thank you all from Seiko-Kai hombu especially sensei Sato for looking after us so well and we look forward to seeing you all again soon.

Thursday saw us back at Mike Scales's dojo where kata Shisochin had been requested. While sensei taught this kata to the seniors sensei Collins taught kata Gekisai Ichi to the junior grades. By the finish of the session most people had the order of the kata and were getting to grips with its movements. It was explained that both kata were of Naha-Te origin so they were bases around the principles of Sanchin kata. It was stressed that to do any Naha Kata and not to practice Sanchin was like swimming without water and that Sanchin must be understood properly before the other kata from Naha can be done correctly.



Friday was an early start with Mike picking us up from our hotel and driving us up through the Rockies to Kelowna where we were to teach on our annual weekend camp. The drive takes around 5 hours and goes through some of the most beautiful countryside in British Columbia. As is customary we stopped in the town of merit for lunch and then finally got to our hotel in Kelowna around 3pm. The camp was to be held at Sensei Tom Mah's superb dojo and the first session was to be taken by sensei Ridgway that evening. The session was to cover heian Yondan continuous bunkai. This is the most complicated of the 5 bunkai's developed by sensei Ridgway but after 2 hours most people had got the rudiments and could perform the whole kata with a partner. After training we went for a meal with tom and some of the students. We then retired to our hotel as Saturday was to be a busy day.



First up to teach on Saturday was Sensei Collins who taught combinations and then pair work from Sensei Kase's style of Shotokan karate. Soon everyone was sweating and having a good time getting stuck in with each other. After a fine lunch provided in the dojo we moved on to a session with sensei Mah. He was to teach Hen Shu Ho which is pair work from the Chito-Ryu style of Karate. Before being taught these techniques we all practiced break falls as there are many throws and take downs in the Chito style. Sensei Mah taught 10 pair works and most people were glad that they had practiced their break falls as there were many throws and take downs in the 10 pair sequences that sensei Mah taught. Later in the evening we were all invited to a fine barbecue at a house by the lake side. It was a beautiful evening and the perfect setting after a hard days training.

Next day was Sunday and again training started early with sensei Mike scales teaching Bo. He first explained the principles then we went on to learn the Bo kata called Kongo. This was originally developed by Master Shinken Taira. This version mike explained was from the Shito-Ryu style of karate. The kata is not too long by Bo kata standards but still longer than most karate kata so a lot of people did struggle at first. However, sensei Mike showed great patience and made sure that all present could at least get through the kata by the end of the session. After another fine lunch in the dojo the last session of the camp was to be taken by sensei Ridgway. He explained that this session was to cover kata Niseishi (Nijushiho) Shito-Ryu version and bunkai. As it had been a long weekend most people were now getting tired but sensei Ridgway soon motivated them all and got them going with learning the form of the kata. After everyone had got the order we then moved on to bunkai with lots of frightfully painful and effective techniques being shown by sensei Ridgway. The camp was then drawn to a close with all instructors getting much deserved applause for what had been a very successful camp.



Monday was to see us doing some sight seeing around Kelowna which is a beautiful place with its lake and harbour and surrounded by mountains. That

evening we were booked to teach at sensei Elizabeth's dojo just outside Kelowna. She had requested Heian bunkai so Sensei Ridgway taught bunkai from heian sandan. Again everyone had a great time finding out some of the applications hidden within the kata. Later we went for a meal with sensei Elizabeth and thanked her very much for a fine evening.

Tuesday saw us drive back to Vancouver to our hotel then straight out again and down to Mike scales dojo for the Tuesday evening session. Tonight sensei Ridgway was to teach bunkai from kata Shisochin which he taught the previous week. Soon people were getting to grips with how effective the kata can be if you know how to apply the movements effectively. While this was going on sensei Collins was teaching bunkai from kata Gekisai ichi to the lower grades. By the time we got back to our hotel we were well tired so after a meal in the Foggy dew pub we all retired to our rooms.

Wednesday we were to visit sensei Andy Holmes at his dojo near Vancouver. Andy who was originally from England from the same town as Mike and trained at the same YMCA club as both Mike and Peter. Andy had asked for Sensei Ridgway too show some bunkai from Jion kata. Not one to shirk a task we were soon we were soon being shown all manner of locks, takedowns, strikes, throws, etc from the moves within kata Jion. We then all went with Andy for a pub meal and a good chin wag about karate and old times.

Thursday saw us back at mikes dojo for our last session before we were to head off back to the UK. Tonight was to be re-cap time with all that had been covered over the last 2 weeks. There had been an awe full lot of information given out over the last fortnight and lots of questions were asked and answered. Highlight of the night was the announcement of promotion of sensei Derek Ridgway to 7th Dan and Sensei Peter Collins to 6th Dan much deserved to both of them. Later we all went to the foggy dew pub for a meal and a few drinks together.

Our last couple of days were spent sightseeing, shopping and just relaxing after a tough schedule. Friday night we went back to the Yale blues club, Mike came this time and we had a really good night. Our last day Saturday, we were invited out with Mike and his wife Liz for a meal in Gas town which is the oldest part of Vancouver.

Sunday we were duly picked up by Mike from our hotel around noon. Then taken to catch our flight back to the UK. We all thanked Mike very much for his helped and promised to see him later in the year when he visits the UK.

MESSAGE FROM DEREK RIDGWAY

THROUGH THESE PAGES I WOULD LIKE TO THANK ALL WHO MADE US SO WELCOME ON OUR VISIT TO VANCOUVER AND B.C. EVERY TIME WE COME WE ARE TREATED SO WELL AND MADE TO FEEL SO WELCOME.

(Like Family "KAZOKU")

I WOULD ESPECIALLY LIKE TO THANK MY ASSISTANTS PETER COLLINS AND ALEX BELL. WHO TIRELESSLY ASSISTED AND HELPED MAKE THE TOUR SUCH A SUCCESS.

FINALLY I WOULD LIKE TO GIVE A VERY BIG THANKYOU TO THE CHIEF INSTRUCTOR FOR KAZOKUKAI CANADA MIKE SCALES AND TOO HIS WIFE LIZ. THEIR TIRELESS HELP THIS YEAR AND OVER PREVIOUS YEARS HAS CERTAINLY HELPED GREATLY IN THE ESTABLISHMENT OF BOTH MYSELF AND KAZOKUKAI IN CANADA. MY SINCERE THANKS TO THEM BOTH.

