

Bushido Budo Kai

Spring Camp 2015



Welcome

As Honorary President of Bushido Budo Kai and founder of Tora Judo Kai
I would like to welcome you all once again to our Martial Arts Weekend.

Steve and Ian have prepared a programme which offers a wide range of martial arts
presented by top experts in their particular fields. My sincere thanks to all our
experts and helpers.

I hope everyone has a great weekend.

Sensei Dave Chappell
6th Dan Kyoshi

Organisers & Instructors

Sensei Steve Chappell - 5th Dan Judo, 3rd Dan Goshin Jitsu

I am the joint Principal of Tora Judo Kai a group of judo clubs started by Sensei Dave Chappell. We study traditional Kyu Shin Do Judo. I also run a club in Bristol that is a branch of the Yawara Kwai Goshin Jitsu schools, Principaled by Shihan Roy Hancock. I have the pleasure and honour of being taught Judo and Goshin Jitsu by Sensei Bob Bridges. As an Executive Director of Bushido Budo Kai I am responsible along with Sensei Ian Llewelin for organising and making sure your course runs smoothly.

Sensei Ian Llewelin - 4th Dan Judo

I am Principal of Tora Judo Kai as well as Executive Director for Bushido Budo Kai, with Sensei Steve Chappell. I was one of the founder members of Sensei Bridges' martial arts club, Bushido Martial Arts Academy (formerly known as Bushido Bristol), and have trained predominantly in the art of Judo for some 36 years. I had the great pleasure of attending the very first martial arts course run by Sensei Bridges in Woolacombe as well as many others.

Sensei Roy Hancock.s.b.b - 6th Dan Yawara Kwai Goshin Ju-Jitsu, 5th Dan Judo, 3rd Dan Atemi Jutsu Shiha

I am the Director of Ju-Jitsu for Bushido Budo Kai having had many years of experience in Martial Arts. My own School, Yawara Kwai, was established in 1977 and is now developing fast, with three branches across the Midlands and the West Country.

Sensei Richard Blackwell - 4th Dan Aikido, 2nd Dan Ju-Jitsu, 2nd Dan Aiki Jitsu, 1st Kyu Judo

I am Director of Aikido for Bushido Budo Kai. My interest in Martial Arts began in 1977 although I embarked upon serious study in 1985 when I took up Aikido, Ju-Jitsu and traditional Japanese weaponry. I currently run a small dojo in my hometown of Lambourn teaching predominantly Aikido.

Sensei Paul Leavey - 5th Dan Ju-Jitsu, 2nd Dan Judo

I am senior instructor of Yawara Kwai Goshin ju-jitsu school in Redditch, Worcs, and have been involved in martial arts for around 28 years.

Sensei Mark Avison - 3rd Dan Judo

I have been studying Judo since I was 8 years old and have been lucky over the years with the high level of coaching I have received. I was very privileged to have been Sensei Charles Fletcher's student, Uke and Kata partner. Through him I gained the best understanding and love of the martial arts. 23 years on and I have the same passion for learning but have also developed a drive for coaching, passing on what has been taught to me.

Paul Thomas - 1st Dan Judo, ABA Boxing Coach

I started my Judo training with Sensei Glenda Chapman under the I.B.C. I have since gained my BJA Dan grade with Tora Judo Kai.

I have been boxing for the last 17 years and hold a full A.B.A boxing coaching licence. I have boxed myself as well as trained many champions, whilst being part of a successful boxing gym. I was mainly trained under Andy Churches, who himself was both a very successful boxer and trainer.

I feel privileged to be attending and teaching at the BBK Spring Course this year.

Zbigniew Kowalski - 2nd Dan Sorinji Kempo, 2nd Dan Aikido

Shorinji Kempo was founded in 1947 in the small town called Tadotsu, located in Shikoku, which is the smallest of Japan's four major islands. The founder was a Japanese man named Doshin So. His extensive travels through China coupled with his studies with his Grandfather helped him form Sorinji Kempo.

I look forward to meeting you all and sharing some of the techniques from Sorinji Kempo with you at the BBK Spring Camp.

Sensei Karl Harley - 3rd Dan Zen Ju Jitsu Ryu

I have been training for over 20 years and now run South Coast Martial Arts - Holbrook and Stubbington Ju Jitsu Clubs. I look forward to meeting friends both old and new.

Sensei James Maslen - 2nd Dan Shotokan Karate

I am looking forward to the Spring Course. Not only am I looking forward to sharing my love of Shotokan Karate with you but will be throwing myself into as many sessions as I can to take advantage of the fantastic line-up of martial arts instructors.

Anne Barnes - First Aid & Welfare Officer

I am a qualified first aid trainer and have been for many years. Possibly more notably, I have received the high accolade of Officer Sister of the Order of St John Ambulance. I began working with Tora Judo Kai when my son became a club member in 1995. I've watched the development of the association and am proud to be involved in their events covering first aid. Please feel free to come and say hello.

Saturday

Time	Mat 1	Mat 2	Floor area
9.30am	Registration - please bring completed Health Form		
10.00 - 11.00	Introduction, demo, notices and group warm up		
11.00 - 12.10	<i>Juniors</i> Kendo Sensei Karl Harley	<i>Seniors</i> Boxing Paul Thomas	<i>Seniors</i> Iaido Sensei Richard Blackwell
12.10 - 13.30	<i>Juniors</i> Shorinji Kempo Sensei Ziggi Kowalski	<i>Seniors</i> Kendo Sensei Karl Harley	
13.30 - 14.00	Break for lunch		
14.00 - 15.10	<i>Juniors</i> Boxing Paul Thomas	<i>Seniors</i> Shorinji Kempo Sensei Ziggi Kowalski	<i>Seniors</i> YK - Sword Kata Sensei Roy Hancock & Sensei Paul Leavey
15.10 - 15.20	Break		
15.20 - 16.30	<i>Seniors</i> Ju-Jitsu Sensei Roy Hancock & Sensei Paul Leavey	<i>Seniors</i> Ju-Jitsu Sensei Roy Hancock & Sensei Paul Leavey	<i>Juniors</i> Jo Do Sensei Richard Blackwell
16.30 - 17.00	Break		
17.00 - 18.30	Randori Judo	Randori Judo	Randori Tbc

Sunday

9.30am	Registration - please bring completed Health Form		
10.00 - 10.30	Introduction, notices and group warm up		
10.30 - 11.40	<i>Juniors</i> Judo Sensei Ian Llewellyn & Sensei Mark Avison	<i>Seniors</i> Judo Sensei Ian Llewellyn & Sensei Mark Avison	<i>Seniors</i> Jo Do Sensei Richard Blackwell
11.40 - 11.50	Break		
11.50 - 13.00	<i>Seniors</i> Aikido Sensei Richard Blackwell	<i>Seniors</i> Karate Sensei James Maslen	<i>Juniors</i> YK - Sword Kata Sensei Roy Hancock & Sensei Paul Leavey
13.00 - 13.30	Break for lunch		
13.30 - 14.40	<i>Juniors</i> Groundwork Sensei Steve Chappell	<i>Seniors</i> Aikido Sensei Richard Blackwell	<i>Adults only</i> Self Defence Sensei Paul Leavey <i>Parents and relatives are invited to join in</i>
14.40 - 14.50	Break		
15.00 - 16.10	<i>Juniors</i> AikiKen Sensei Richard Blackwell	<i>Seniors</i> Groundwork Sensei Steve Chappell	
16.10 - 17.00	Awards		
17.00 - 18.30	Randori	Randori	Randori

Please be aware the timetable may change.

All afternoon sessions must be booked in for to confirm numbers are available to run each session.

If you are planning to take part in any of the weapon based classes and you have a Jo or a Bokken please feel free to bring your own although we will have spares for this who don't own either.

Also if you own Kendo Armour again please bring it along. There will of course be armour provided for the Kendo session but there may be opportunity to do more sessions.

You will note there is provision for Randori sessions at the end of each day. Randori is free practice and is can be of any art. These session must be led by one of the senior instructors and be covered by a first aider and available for Juniors of 14 + and Seniors.

First Aid & Welfare

Anne Barnes will be in charge of welfare and first aid. Any decisions made by her will be final.

A health form must be completed by everyone taking part in the course. It would be helpful if you could have these completed and ready to hand in on registration.

Please bring your own water bottles and a packed lunch

Supervision of Children

We will be responsible for looking after children whilst they are training. We invite parents to stay and watch, or even join in with the sessions if interested. We would however ask that parents/ guardians are there at the end of each session to look after their children and also to collect them when they have finished training. We also ask all children to remain in the training hall until they are collected.

I would also like to remind everyone attending the course that they are representing Bushido Budo Kai and that behavior should reflect that at all times.

If you have any questions or queries you can contact us on the numbers below.

We hope you enjoy the course.

Useful Contacts

Head Office

4 Admiral Close, Stoke Park, Bristol BS16 1WN

T: 0117 9650065

E: info@bushidobudokai.com

www.bushidobudokai.com

Executive Director

Steve Chappell

T: 07920 157348

E: steve.chappell@bushidobudokai.com

Executive Director and Child Protection Officer

Ian Llewelin

T: 07836 619600

E: ian.llewelin@bushidobudokai.com

Welfare Officer

Anne Barnes

T: 07870 858815

E: welfare@bushidobudokai.com