

### **3rd Meath Kenshu-Kai and Wado Invitation Karate Championships**

We had a great karate event in Ashbourne on Sunday. There were over 100 contestants, ranging in age from 6 to 52. Many Wado Karate members attended from Louth, Down, Antrim, Dublin and Meath. It was the highest attended championship in Ireland in the last five years. Because of the high attendance, the categories were separated by age. Karate competitions are very safe as the semi contact rules must always be kept. Training experience and skills are very necessary. Contestants must also wear head safety protection for their face and head to avoid serious injuries. The referee's ability is also important in the competition. Kata competitions were also held. The event was held in order to raise funds for the Japanese Red Cross to donate money for the ongoing crisis in northeastern Japan.

Yoshihiko Iwasaki Shihan's (Chief Instructor) speech on the day:

*'Hello everyone. Thank you for coming here today.*

*As a mark of respect for the late Tatsuo Suzuki Shihan who died last July, for the six month anniversary of the Tohoku (North eastern) Earthquake in Japan and for the ten year anniversary of the September 11<sup>th</sup> attacks, let us have one minute mokuso.*

*Championships, called Shiai in Japanese, are for making friends, not enemies. The winner must respect their opponent and the loser must praise the winner.*

*Wado means "Way of Peace and Harmony" for everyone in the world.*

*I hope for peace all over the world with karate.'*

Finally he thanked all the officials. Iwasaki Shihan then presented the donation box to Mr. Yamauchi, a representative from the Japanese Embassy. All contestants then participants then cheered on Japan by shouting "Ganbare Nippon" three times.

Iwasaki Shihan put on a display of superior karate and jujitsu assistants to the chief instructor, Naomi and Robert before the final match. The championship was over after the award ceremony just at 6. Thank you to all participants and volunteers as well as our sponsors Mongey-Plunket Motors and Ashbourne Community Centre. Iwasaki Shihan hopes to organise the 4<sup>th</sup> Meath Karate Championship in next September 2012.

Championship title: GANBARE NIPPON – Japan, Let's go again

Wado Kenshu-Kai Karate – original Japanese Karate  
Classes in Ashbourne Community Centre every Friday  
New beginners class 6pm-7pm and Advanced class 7pm-8pm  
Instructor: Y. Iwasaki Shihan and P. Brennan 1<sup>st</sup> Dan  
Beginners welcome at all the time. Inquire to 085 801 6276  
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