



## S.E.M.K.A. CALENDER March June to July 2026

### JUNE

- Sunday 7<sup>th</sup>** 🏠 **Wado-Ryu Deep Dive** 🏠 *Developing a Budo Body through Kata & Nairiki*  
🕒 10:00am – 1:00pm 📍 Scout Hut, Swindon Road, Horsham 📞 £20  
This advanced principle-based course explores how power generation and relaxation are trained through the core Wado-Ryu kata: Naihanchi • Seishan • Tensho-chi • Rohai  
The focus is not on external strength, but on developing Nairiki — internal power — to build a connected, efficient Budo body capable of relaxed force, stability, and adaptability.  
What we will explore ✓ Power generation through structure, breath, and timing ✓  
Relaxation under pressure (no excess tension) ✓ Nairiki: internal body strength and whole-body connection ✓  
How these kata train rooting, compression, and release ✓ Centre-led movement and correct body alignment ✓  
Traditional Wado principles expressed through kata.
- Sunday 28<sup>th</sup>** **Sunday 22<sup>nd</sup> S.E.M.K.A. Kyu Grading.** Open to all senior grades and junior grades time 10.00am to 1.00pm. Venue: Scout Hall, Swindon Road, Horsham, West Sussex, RH12 2HF. See your instructor to check if you are able to grade. Instructor Paul Elliott 8<sup>th</sup> Dan Kyoshi . For further details, please contact: Paul Elliott 8<sup>th</sup> Dan Mob: 07778 058482  
Email: [semka@btinternet.com](mailto:semka@btinternet.com)

### JULY

- Sunday 5<sup>th</sup>** 🏠 **S.E.M.K.A. WADO-RYU DEEP DIVE COURSE** 🏠  
**Jodan Uke & Maegeri Uke – Ipponme to Ropponme (1–6)**  
🕒 10:00am – 1:00pm 📍 Scout Hut, Swindon Road, Horsham, RH12 2HF  
🔍 **Course Focus** ⚡ Key Principles Covered  
Timing Concepts – Go no Sen, Sen no Sen, Sen Sen no Sen. Tai Sabaki – Body shifting, angle and evasion. Ma-ai – Correct distancing and positioning. Kuzushi – Breaking balance before technique. Nagashi & Uke Flow – Receiving, blending and redirecting. Nairiki – Internal connection and relaxed power Chushin (Centre Control) – Maintaining and taking the centre line. Sankaku (Triangular Movement) – Entering at effective angles. Metsuke – Awareness, focus and reading intent. Kokyu (Breathing) – Timing breath with movement. Te no Uchi – Correct use of the hands and control at contact. Kime without tension – Focused power with relaxation. Connection (Musubi) – Linking body, partner and technique. Zanshin – Awareness before, during and after technique. Practical Application – Understanding beyond form 🏠 Who Can Attend  
Open to all S.E.M.K.A. & BWF members – all grades welcome Course Fee £20.00 per person  
📅 Booking Essential Spaces are limited 📧 [semka@btinternet.com](mailto:semka@btinternet.com) 📞 07778 058482
- Sunday 26<sup>th</sup>** 🏠 **S.E.M.K.A./BWF Improvement & Enhancement Course** 🏠 **Open to all ages and grades, including Brown and Black Belts.** This course is designed to help students improve and enhance their karate techniques, build confidence, and prepare for their next grading.  
**Instructor:** Paul Elliott, 8<sup>th</sup> Dan Kyoshi **Time:** 10:00am – 1:00pm  
**Venue:** Scout Hall, Swindon Road, Horsham, West Sussex, RH12 2HF  
**Price:** £20.00 **You must book in advance for this course.** For further details or to book your place, please contact: **Paul Elliott, 8<sup>th</sup> Dan Mobile:** 07778 058482 **Email:** [semka@btinternet.com](mailto:semka@btinternet.com)