KARATE

Dedication pays off for karatekas with excellent results at coloured belt grading

Shotokan Karate Ryu members at the coloured belt grading

There was a 98% pass rate when Bishop's Stortford-based Shotokan Karate Ryu held a quarterly kyu (coloured belt) grading.

Mountfitchet Romeera Leisure Centre in Stansted played host to the event as 128 members of the club were put through their paces.

The grading was overseen by Senseis Michael Ring (sixth dan) and Donna Ring (fifth dan), who have over 40 years of combined experience in teaching traditional shotokan karate.

Students were evaluated on their kihon (basics), kata (formal exercises) and kumite (sparring drills) for their new grades. Several karatekas also attended to undertake a mock grading for their black belts later this year.

Among those passing were father and son Charles and Ted Forrester, who both achieved their orange belts, while mother and son Vicki and Connor Jacob were awarded purple and white stripe and purple belts respectively.

"This grading was particularly challenging as we always strive to uphold the standards of karate expected of the late, great Hirokazu Kanazawa Sensei," said Sensei Michael Ring.

"The students performed exceptionally well, with notable performances among the green and purple belt groups."

A minute's silence was observed at the start of the grading to commemorate the 80th anniversary of D-Day as students remembered the bravery and sacrifices made, setting a tone of respect and determination for the event.

For more information about the club's individual and family lessons, see www.skr.org.uk.