

# Arakaki Toshimitsu, Hanshi (10<sup>th</sup> Dan)

Eastbourne,  
ENGLAND

16<sup>th</sup> – 19<sup>th</sup> July 2020



# About Arakaki Sensei

Arakaki Toshimitsu, Sensei (Hanshi, 10th Dan) is the current Vice President (known as Fuku-Kaicho) of the World Matsubayashi-ryu Karate-do Association, and is based in Naha, Okinawa. He has been actively training and teaching the art of karate-do for the past 58 years.

Arakaki Sensei first began training in karate at the age of 18 but changed to the Matsubayashi-ryu style of karate in 1967 as the Nagamine honbu dojo (Kodokan) was nearer to his place of work and he was finding the travel to his previous dojo a constant struggle.

From that point onwards, Arakaki Sensei became a student of Nagamine Shoshin Sensei and trained with his teacher until he passed away in 1997 – he was lucky enough to have enjoyed 30 years with the founder of Matsubayashi-ryu karate. One of the key aspects that Arakaki Sensei feels he learned while under the watchful eye of his teacher was that *“karate-do is more than punching and kicking – courtesy and respect should always be adhered to”*.

Arakaki Sensei is an extremely knowledgeable, caring and approachable teacher, and over the past few years has visited WMKA dojo in Canada, USA, Australia, mainland Japan and, of course, Europe in order to spread the art of Matsubayashi-ryu in an authentic way.

Sensei's underlying philosophy may be summed up as follows:

***“In essence, it is important to remember O'Sensei Nagamine's aim of karate-do and zen as one, or karate-do and world peace – the goal is to create equality, or peace, through the practice of karate-do around the world.”***

# Training Schedule

## **Thursday 16<sup>th</sup> July:**

*Training for WMKA/EMKA Dojo Owners and their senior students (3<sup>rd</sup> Dan and above) only.*

- **Start time:** 7:00pm
  - **Finish time:** 9:00pm
  - **Venue:** Christ Church Hall (downstairs room), Seaside, Eastbourne
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## **Friday 17<sup>th</sup> July:**

*Training for all WMKA/EMKA students.*

- **Start time:** 7:00pm
  - **Finish time:** 9:30pm
  - **Venue:** University of Brighton, Denton Road, Eastbourne
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## **Saturday 18<sup>th</sup> July:**

*Training for all WMKA/EMKA students.*

- **Start time:** 9:30am
- **Finish time:** 4:30pm
- **Venue:** University of Brighton, Denton Road, Eastbourne

**Note:** *there will be a break for lunch (provided) between 12:30pm and 1:30pm.*

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## **Sunday 19<sup>th</sup> July:**

*Training for all WMKA/EMKA students.*

- **Start time:** 10:30am
- **Finish time:** 12:30pm
- **Venue:** University of Brighton, Denton Road, Eastbourne

# Training - Dojo Location (1)

**Thursday 16<sup>th</sup> July**

This session will be held at Christ Church Hall, Seaside, BN22 7NN.

The Church Hall is behind the church itself, and there is a car-park at the front of the church for anyone driving. Once at the car park, follow the path at the right-hand side of the church which will lead you to the hall. Alternatively, there is a path to the hall from Hanover Road.

On Thursday evening the session will be held in the larger ground-floor room.

Please note: there are limited changing facilities at this hall, and unfortunately no showers are available.



**Church Hall**

# Training - Dojo Location (2)

**Friday 17<sup>th</sup> July / Saturday 18<sup>th</sup> July / Sunday 19<sup>th</sup> July**

The training on Friday evening, all day Saturday and Sunday morning will be at the Sports Hall, University of Brighton, Denton Road, BN20 7SR.

Please note that parking can be a problem at this area, with no car park facility and parking on the road can often be quite busy, therefore please allow plenty of time to ensure you are able to park and arrive at the hall ready for the start time.

Someone from the Eastbourne dojo will be there to help and guide you on arrival, and we have ½ of the main sports hall for our training.

There are full changing and shower facilities at this location.



**Sports Hall**



# Using Public Transport

## Thursday 16<sup>th</sup> July

This location is served by the following bus routes:

- The Loop (every 20 minutes)
- 1 / 1A (every 10 minutes)
- 1X (every 30 minutes)
- 55 (every hour, Mon – Fri)

## Friday 17<sup>th</sup> July / Saturday 18<sup>th</sup> July / Sunday 19<sup>th</sup> July

This location is served by the following bus routes:

- 3 (every 20 minutes, via Theatres)
- 3A (every 30 minutes via Meads Road)



# Information on the Party Venue

There will be an informal gathering and light buffet party on Saturday evening, which will be held at The Saffrons Sports Club, Compton Place Road, Eastbourne, BN21 1EA. This event will welcome guests from 19:30 and end at 00:00.

The Saffrons Sports Club is located very close to the main Eastbourne Town Hall and is a short walk from the town centre. The Sports Club can be reached by going through the main entrance (see photo below) and continuing on the path until you reach the club house.

For anyone driving, there is a car-park next to the club house; simply drive through the main entrance (see photo below) and carry on the drive until you arrive at the Sports Club. The car park is on the left.

*Dress code for the party may be 'casual' and there is a cash bar for refreshments.*



# General Information & Contacts

## Participation Fee

The cost for the training weekend, including lunch on Saturday as well as the light buffet/get together on Saturday evening is £100 GBP (junior students aged 16years and under will be half of this cost).

***All fees should be paid before 31st May 2020***, by Bank Transfer to the following:

### Within UK

- Bank Name: HSBC
- Account Name: Matsubayashi-ryu Karate-do (England)
- Sort Code: 40-20-06
- Account Number: 01592106

### Outside of UK

- Account Name: Matsubayashi-ryu Karate-do (England)
- IBAN: GB17HBUK40200601592106
- BIC: HBUKGB4104C
- Bank Name: HSBC
- Bank Address: 94 Terminus Road, Eastbourne, BN21 3ND, UNITED KINGDOM

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The following contacts are made available for you to ensure everyone has the most amazing time – don't hesitate to get in contact with any of them if you need to:

- *Steve Woolston*
  - Email: [steve@matsubayashi-ryu.org.uk](mailto:steve@matsubayashi-ryu.org.uk)
  - Mobile: 0044 7853 203311
- *Sally Woolston*
  - Email: [saichick@gmail.com](mailto:saichick@gmail.com)
  - Mobile: 0044 7853 304405
- *Tanya Hooper*
  - Email: [tarnieh1@tiscali.co.uk](mailto:tarnieh1@tiscali.co.uk)
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- *Steve West*
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