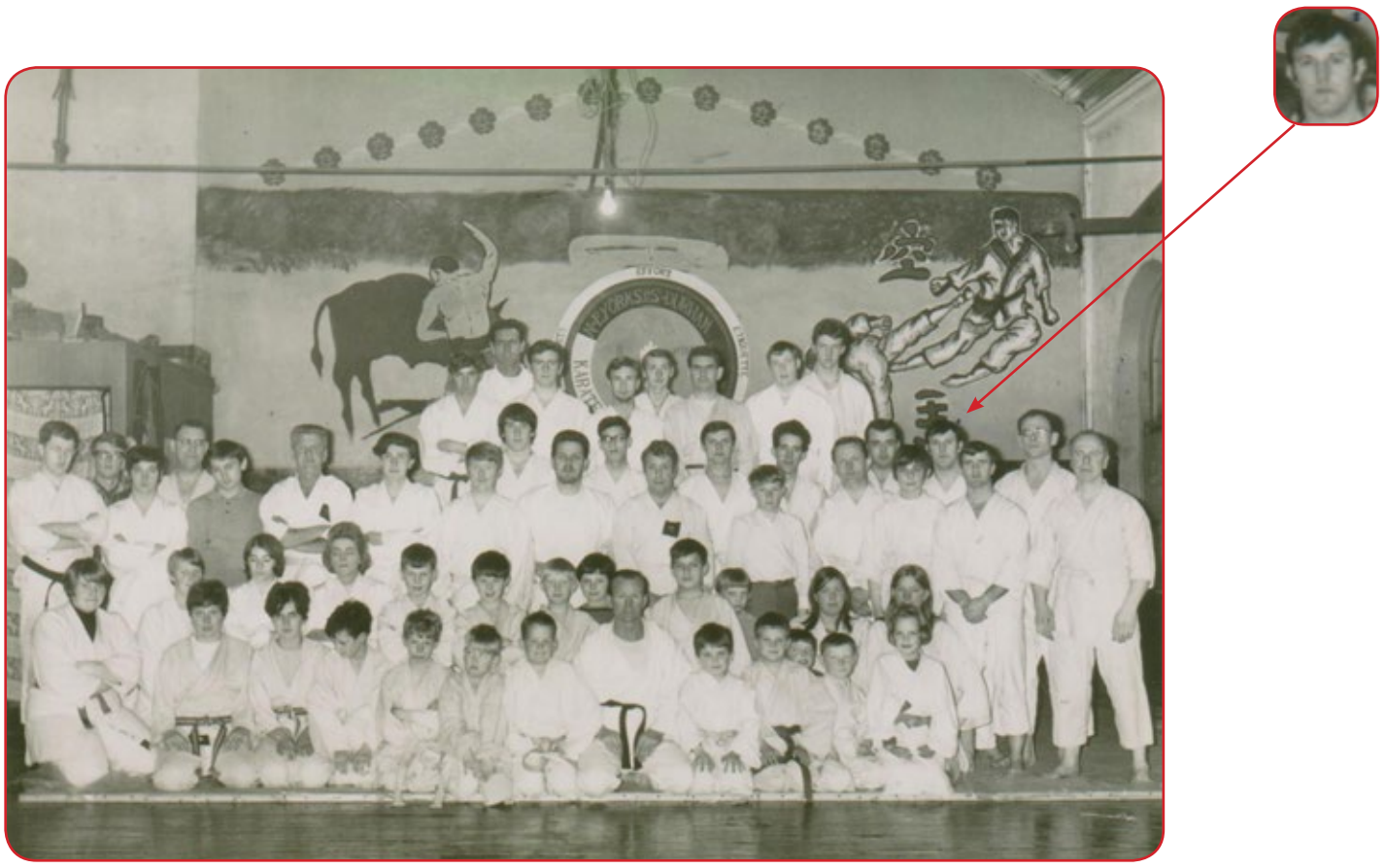
Doug James - The Learning Years - 1967 to 1974

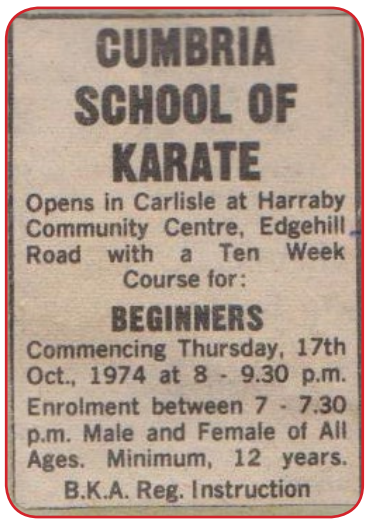
The Founder & Chief Instructor of Chojinkai Karate, Doug James started training in 1967, at the Middlesbrough Budokan Martial Arts Club.



The club was run by Fred Kidd (centre) who was a 1st Dan Karate & graded by Tatsuo Suzuki 7th Dan, the Japanese Master who introduced Wado Ryu Karate into the UK.
The Club had a large Judo section & the photo is made up mainly of the Judo members.

1968
21 years old

1968



News & Star Advert
October 1974

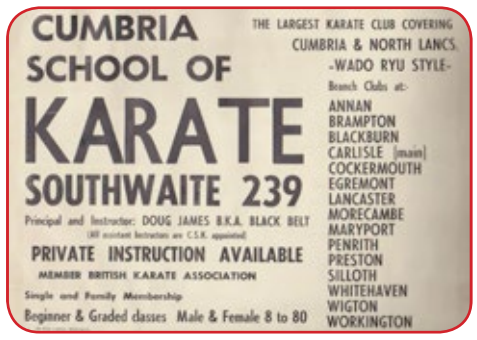
1970
23 years old

1971 Northern Open Championships - Sunderand
Silver Medallist
(Note: no hand pads)

First Beginner Intake 1974
Harraby Community Centre

The Pioneering Years - 1975 to 1984

The Cumbria School of Karate to Chojinkai Karate Association (BKC)



Teaching Full Time with 14 New Clubs Opening 1976

1st Cumbria Open Champs Carlisle Market Hall 1976

1st Summer Course Silloth Lido

Carlisle Great Fair Demonstration 1977, Doug performs board break with front kick

Cumbria Wado Champs Market Hall Carlisle 1977

Ticky Donovan 4th Dan Carlisle Course 1977

1978 Newcastle (fulltime dojo/shop) **Durham, Sunderland,Morpeth, Prudhoe, Hexham opened then Kendal 1983**

Seishan Kata 1978

With Toru Takamizawa 1978

Club Team - 4th Cumbria Open 1979
Tommy Armstrong, John Fitzsimmons, Paul Kirkbride, Ged Carr, Richard Bird

Summer Course Pontins Southport 1979

5th Anniversary photo Harraby Carlisle 1979

John Fitzsimmons & Frances Holliday, Ged Carr & Doug 1979

Combat Magazine 1979

Club Team - Newcastle Open Championships 1980
Tim Bird, Ivor Savage,Richard Bird, Eddie Potts ,Jim Thompson

Tera Karate Kai Nationals 1980
The squad won 1/3 of all the medals
Rita & Doug in centre (middle)

Tera Karate Kai Nationals 1980
Double Kata Winner
(Wado & Open Events)
Presented by Toru Takamizawa

1st Abroad Summer Course 1983
Torremolinos, Spain

Gerard Carr scoring Head Kick Newcastle Open 1983

10th Anniversary Champs Childrens Kumite Winner Simon Crow 1984

Chojinkai Karate – The Developing Years
1985 to 1994

Moved from Market Hall to Carlisle Sands Centre 1985

Pontins Southport Summer Course 1985
Front row: Simon Crow, Ian McCranor, Doug, Steve Byfield, Robert Toole, Ian Wood

Summer Course Social Night 1985
Steve Chaplow, Rita, Doug, Lee Wilson

Pontins Rhyl Summer Course 1986
Sons Steven back row 2nd from right, **Michael** front row 2nd from left

European Judge - Madrid 1986
First International Qualification

Australia teaching visit to Perth 1986

Bohemia Cup 1987 Referee Award
with FEKO Coach Squad Eddie Cox

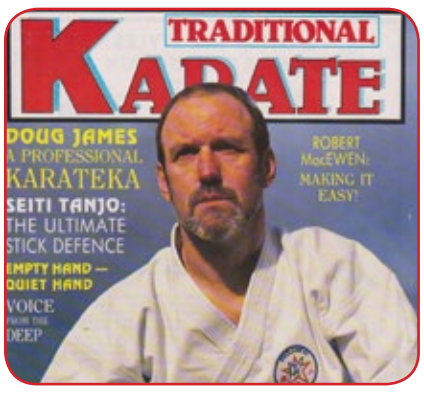
New 1st Dan Black Belts 1987
David Steel & Ray Hind

Fighters Magazine Profile 1988
photo with Jim Hague 3rd Dan, Hexham/Prudhoe Instructor

15th Anniversary Celebration with Rita in Carlisle 1989

Regular teaching visit to Chojinkai Ireland & Colin Keating 1990

Belgium International Cup 1991
Brian Allen, Ray Hind, Steve Chaplow, Doug, Damien Chicken, Jon Little, Lee Wilson, Tim Stephens, Martin Kammeier



Traditional Karate Magazine Profile 1991

Featherstone Castle Weekend Course 1992

West Cumbria Grading 1992

World Judge Granada Spain 1992

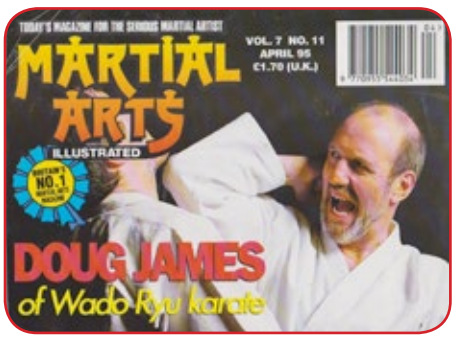
Favourite Scoring & Demo Kick Uramawashi Geri
Summer Course 1993
with Steve Chaplow

Minehead Summer Course 1993

1994 Chojinkai Cup Junior Team Winners with Ind. Runnner up
Mike James on right

20th Anniversary Celebration in Carlisle
photo with Richard Bird

Chojinkai Karate – The Building Years
1995 to 2004



Martial Arts Illustrated Profile 1995

New 1st Dan Black Belts 1995
Mark Holding, Gary Boertien,
David Christie, Vince Earl

Junior European Champ Germany 1996
Doug front row, 4th left

World Championships Sun City South Africa 1996

Oasis Summer Course 1997

Jersey International Open 1997
Left to right: Sean Smith, Mark Holding, Paul Robinson, Lee Wilson, Jon Little, Vince Earl

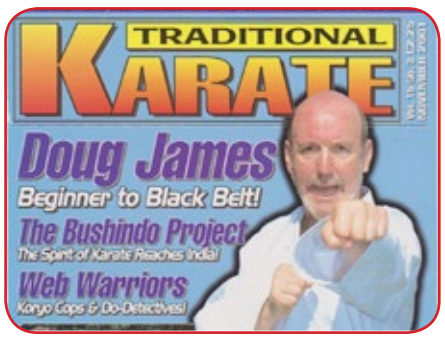
23rd Chojinkai Cup 1998
Annual Championships

World Referee - Brazil 1998
with Tommy Morris World Chief Refree

With Billy Brennan & Terry Pottage Copacabana Beach 1998

West Cumbria Instructors 1998
Fred Ritson, Chris Denwood,
Gordon Harrison, Doug, Ian Abernethy,
Colin Broatch, Murray Denwood

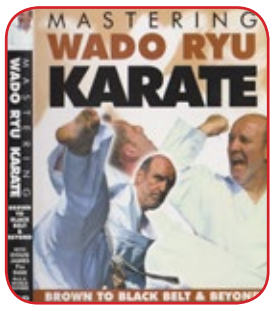
EKGB Northern Regional Champs 2000
Left to right: Annette Holding Gold & Silver,
Doug, Sharon Douglas Silver, Rita,
Ann Nicholson Gold



Traditional Karate Magazine Profile 2001

Butlins Summer Course 2001

Skegness Summer Course 2001
Ann Nicholson, Rita, Lee Wilson
& Steve Chaplow



Re-recorded 3 volumes of Instructional Videos at age 56 2002

2004 Big Training Day
Steve Chaplow 4th Dan

2004 Big Training Day
Gordon Harrison 4th Dan

2004 Big Training Day
Darren Longstaff 4th Dan

2004 Big Training Day
Mark Holding 3rd Dan & Ray Hind 4th Dan

30th Anniversary Big Training Day 2004
300 Instructors & Students
training together

Chojinkai Karate - The Consolidating Years 2005 to 2014

Summer Course Majorca 2006

Big Training Day 2006
Self Defence Demonstration

Roundhouse Kick at 61 2007

MAI Profile 40 years in Karate 2007

The 4 Amigos complete with Tee Shirts
Summer Course Ibiza 2007

Senior Instructors 2007
from left,Gordon Harrison 4th Dan, Darren Longstaff 4th Dan, Ray Hind 5th Dan, Paul Jackson 6th Dan, Mark Holding 4th Dan, Doug James 7th Dan, Steve Chaplow 5th Dan, Iain Abernethy 5th Dan

National & International Referee Retirement 2009
with BKF President Terry Connell

35th Anniversary Charity Fun Day 2009

Combat Hall of Fame 2011

Black/Brown Belt Senior Grading 2011

Summer Course Malta 2012
Training at sunrise

Wayne Otto Seminar 2013

British Champions
Jed Thompson 2013 &
Callum Warwick 2012
at Chojinkai Cup 2010

Master Class - Black/Brown Belts Carlisle 2013

Children & Cadets Open, Cumbria Open & Chojinkai Cup at Penrith Leisure Centre

40th Anniversary Las Vegas Social Trip May 2014

40th Summer Course Tenerife August 2014

40th Chojinkai Cup Competition & Officials October 2014

Special Medal 40th Chojinkai Cup 2014

The end of a long day
40th Chojinkai Cup 2014