



JAPAN KARATE ASSOCIATION WORLD FEDERATION PUNJAB

Affiliated with

(JKA WF HQ JAPAN)

TO

DEAR Shihan Koichiro Okuma

6th Dan JKA) General Manager for

International Affairs Division at the JKA HQ

**REPORT: Shihan KATSUTOSHI SHIINA 7TH DAN JKA HQ JAPAN
Gasshuku 18-20 FEBRUARY 2017=(GRATE CITY OF LAHORE)**

**JAPAN KARATE ASSOCIATION/ WORLD FEDERATION-PUNJAB
PAKISTAN**

1ST NATIONAL GASSHUKU FROM 18.02.2017 - 20.02.2017

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- **I Introduced MY SELF MY NAME MUZAMMAL AHMED FROM PAKISTAN I AM**
 - **CHIRMAN & CHIFE INSTRUCTOR =JKA PUNJAB PAKISTAN**
 - **1-PUNJAB IS PERVINCE IN PAKISTAN**
 - **It was a bright SATURDAY morning with a lot of anxiety and excitement on how**
 - **the Gasshuku would be. Karatekas arrived from JKA LAHORE, JKA SIALKOT and JKA NAROWAL.**

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- to be part of the Gasshuku.
- For many, THIS IS first time to participate during the JKA-PUNJAB
- Gasshuku.
- The Gasshuku was organised by JKA-PUNJAB and it took place at our usual
- venue at ,SPORTS HALL University of Veterinary and Animal Sciences - UVAS
- Syed Abdul Qadir Jillani (Out Fall) Road,
- LAHORE PUNJAB PAKISTAN ,
- Hand Shakes, hugs and introductions were taking place amongst Karatekas and
- Shihan SHIINA (7
- th Dan JKA) who is 'General Manager for
- Affairs Division at the JKA HQ' walked into the Auditorium with a
- big smile on his face. For many the assurance to train, practice, eat, drink
- 'Karate 'was now on their door step and they couldn't wait to get started.
- Sensei MUZAMMAL AHMED (5
- th Dan) welcomed and introduced
- Shihan SHIINA to the Karatekas and without wasting time Shihan
- SHIINA was giving shot speech , he thanked everyone for availing
- themselves for the Gasshuku and emphasised that "time was of great essence"
- and Karatekas should put into consideration "distance covered, money spent
- and time availed" and wished them well during training.
- He thanked JKA-PUNJAB for making it possible to have him come to PUNJAB PAKISTAN
- for the 1
- st time. He briefly talked of JKA-PUNJAB progress since 2014 and
- encouraged other JKA countries to dedicate and commit themselves to JKA KARATE

- Other present JKA Instructors from the region: MUHAMMAD USMAN Sensei (3th Dan
- JKA), MEHMOOD UR REHMAN Sensei (3th Dan JKA), AQEEL AHMED Sensei (1
- th Dan
- JKA), MOHIB UR REHMAN (1ST KYU JKA), ABDUL MOEEZ (1ST KYU JKA),
- MOHAMMAD UMER (1KYU JKA), DUDE AHMED(1 KYU JKA), Abdallah
- Sensei (BLACK BELT JKA)
- For those Karatekas who have trained with Shihan SHIINA this was
- another opportunity to milk and get the source of the cream and gather the bits
- and pieces together and take them to their respective dojos for perfection. As for
- the first timers, they were amazed with what Shihan SHIINA was
- capable of doing putting into mind age, years of training and how he made all
- moves look so easy only to complain of the strains and aches later.
- Every day of the Gasshuku was a bright new day.
- Training time... The grounding, stances, proper techniques and most of all
- being able to understand what you are doing became a package . It was amazing
- how Shihan SHIINA took to the floor and come the end of the
- Gasshuku Karatekas were graving for more!!!
- Shihan SHIINA put Karatekas through a number of different way of
- doing Kihon which was interested to all Karatekas, Katas, Kumite, Referee and
- Judge Course. One thing viewed by karatekas is that it was very important to
- make it a habit to train Heian Katas to be able to flow in the senior Katas.
- The Gasshuku ended on a high note and Karatekas requested JKA-PUNJAB for

- a longer training period which the Officials said they would put into consideration.

From the look on Karatekas eyes this was the moment we were all dreading for.

How we wished time could be extended but no! The truth is, there was a beginning and there had to be an end. Good bye was a sad word to say to Sensei MOHAMMAD USMAN ,SENSEI MEHMOOD UR REHMAN , Officials and Karatekas from different regions

We hosted Karatekas from PUNJAB & ALL PAKISTAN (Shihan CHIINA) total of 121

Karatekas benefited his expected instruction.

MUZAMMAL AHMED sensei (5

th Dan JKA) and Chief Instructor of JKA PUNJAB

summed up by first thanking Shihan SHIINA and JKA/WF

HQ for always maximum support and also thanked all countries representatives

and Karatekas from different regions for making time to join 2017 JKA/WF PUNJAB PAKISTAN.

Gasshuku.

MUZAMMAL AHMED Sensei lastly said, as much as I would want you to all

stay, it is time to let go and pray to meet again in PUNJAB PAKISTAN NEXT TIME.



SENSEI MUZAMMAL AHMED

CHIRMAN & Chief Instructor

JKA/WF-PUNJAB PAKISTAN

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