



REPORT: *Shihan Koichiro Okuma Gasshuku 12 - 17 September, 2016*

**JAPAN KARATE ASSOCIATION/ WORLD FEDERATION-TANZANIA
8TH INTERNATIONAL GASSHUKU FROM 12.09.2016 – 17.09.2016**



It was a bright Monday morning with a lot of anxiety and excitement on how the Gasshuku would be. Karatekas arrived from Kenya, Uganda and Zanzibar to be part of the Gasshuku.

For many, it was not their first time to participate during the JKA-Tanzania Gasshuku.

The Gasshuku was organised by JKA-Tanzania and it took place at our usual venue at Don Bosco Youth Centre, Upanga Auditorium Dar es salaam, Tanzania.



Hand Shakes, hugs and introductions were taking place amongst Karatekas and Shihan Koichiro Okuma (6th Dan JKA) who is **'General Manager for International 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.



Photo by Anna Cichecka

Jerome George Mhagama Sensei (5th Dan JKA) welcomed and introduced Shihan Koichiro Okuma to the Karatekas and without wasting time Shihan Koichiro Okuma 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.



Photo by Anna Cichecka



He thanked JKA-Tanzania for making it possible to have him come to Tanzania for the 1st time. He briefly talked of JKA-Tanzania progress since 2007 and encouraged other JKA countries to dedicate and commit themselves to JKA Karate.

Other present JKA Instructors from the region: Edward Mtshali Sensei (7th Dan JKA), Gibson Sangweni Sensei (6th Dan JKA), David Mulwa Sensei (5th Dan JKA), Asana Mahmood (4th Dan JKA), George Otieno (4th Dan JKA), Mikidadi H. Kilindo (4th Dan JKA), Abdallah S. Kambi (3rd Dan JKA), Abdallah H. Rashid Sensei (3rd Dan JKA), Robert Sensei (3rd Dan JKA).

For those Karatekas who have trained with Shihan Koichiro Okuma 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 Koichiro Okuma 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 Koichiro Okuma took to the floor and come the end of the Gasshuku Karatekas were graving for more!!!



Shihan Koichiro Okuma 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-Tanzania for a longer training period which the Officials said they would put into consideration.

We hosted Karatekas from Tanzania, Zanzibar, Kenya, Uganda, South Africa, Zambia, France, Zimbabwe, Japan (Shihan Koichiro Okuma) total of 121 Karatekas benefited his expected instruction.



Photo by Anna Cichecka

Time had come to say good bye.

One week ago we were one big family and how time flies so fast.

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 Edward Mtshali, Officials and Karatekas from different regions.

Jerome George Mhagama sensei (5th Dan JKA) and Chief Instructor of JKA-Tanzania summed up by first thanking Shihan Koichiro Okuma and JKA/WF HQ for always maximum support and also thanked all countries representatives and Karatekas from different regions for making time to join 2016 JKA/WF-Tanzania Gasshuku.

Jerome George Mhagama 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 Tanzania next time.





JKA/WF-Tanzania



Jerome G. Mhagama Sensei
Chief Instructor
JKA/WF- TANZANIA