

14th Funakoshi Gichin Cup World Gasshuku and Exam in Ireland 【Schedule】



JKA 公益社団法人 日本空手協会
JAPAN KARATE ASSOCIATION

Tue. 15th Aug.		Wed. 16th Aug.		Thu. 17th Aug.	
10:00	1st Seminar <u>by Ogura Shihan, Imamura Shihan, Naka Shihan</u> ①Kihon : the proper use of body in basic movement ②Kata : the three elements of kata	10:00	3rd Seminar (Joint seminar) <u>by Ueki Shuseki Shihan (Chief Instructor)</u> ①Kihon : the way to generate KIME, the way to correct bad movement ②Kata : the way to use supporting leg and make power by relevance of lower body and upper body	10:00	Dan Exam
11:30		11:30		13:00	Qualification Exam *Instructor *Examiner *Judge
15:00	2nd Seminar <u>by Ogura Shihan, Imamura Shihan, Naka Shihan</u> ①Kihon kumite : TAI-SABAKI and proper use of blocking and attacking	14:00	4th Seminar (Joint seminar) <u>by Oishi fuku Shuseki Shihan(vice chief Instructor)</u> ①Kihon kumite : the way for quick weight shift and prompt counter attack		Exam for Special Rights
16:30		15:30	Judge Seminar *this "Judge Seminar" is free to attend. Please feel free to join!		
		17:00			

*People are classified by their rank on 1st and 2nd Seminars.

Class 1: Kyu holder (not black belt)

Class 2: 1st - 3rd Dan

Class 3: 4th Dan and above

**3rd and 4th Seminar are joint seminar.