

# GASSUKU JKA PANAMA

11, 12, 13 & 14 MAY 2017

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SENSEI KOICHIRO OKUMA JKA HQ

Invited by Sensei ARTURO WORRELL JKA PANAMA

Translator: Sensei RAYMUNDO RICHARDS JKA

Place: ACP Fitness Center

## 1. THURSDAY MAY 11. SEMINAR FOR BLACK & BROWN BELTS

Total time: 3 hours

Okuma Sensei explain the following concepts:

### Shift Weight

a. Breathing Control

Inhale & exhale. Compress to do the techniques.

b. Use the access

c. How to move

- Difference between short and big stands. ( Funakoshi Gichin Sensei and Funakoshi Gigo Sensei ).
- Okuma sensei use Hangetsu Dashi to explain how to move. Quick Contraction & Quick Expansion. How to create the feeling of contraction in order to improve speed.
- All movements must be done with one count. Do not do extra movements.
- Understand how to stop the opponent with only one movement.
- Keep the same level. Press down feeling.

Use the **HARA** in all techniques. All the practice Okuma Sensei insisted in the use of HARA and explain how to do it.

Even in the **Kata** there are 3 important concepts:

- Control your power
- Control your speed
- Contraction & Expansion feeling

Okuma sensei insisted in the importance of always keep feet touching the floor.

## **2. FRIDAY MAY 12. SEMINAR FOR BLACK & BROWN BELTS**

Total time: 3 hours

Tekki Shodan. Use the HARA

- Kage zuki
- Like a wip
- Empi
- Gedan barai

Use the flexibility of the back bone

- Blocking
- Strong impact with HARA
- Use Hara, Legs, Access, techniques when do the kata.
- Condition becomes better with kidadachi
- Do tekki as faster as you can to keep in shape
- Look where you go first to make a better posture.
- Practice without sounds

Tekki Niddan

- How to do the movements
- How to catch the opponent
- Application

Heian Shodan

- Taisabaki
- Koshi keep touching always the floor

## Kumite Techniques

- Block & Attack with hara
- Gedan barai oi zuki how to use the body with HARA, feel contraction & expansion
- How to use the HARA with speed. Feel the contraction.

Make distance

3 important items

- Press down
- Your techniques free your body forward. Shoulder must be relax. Use the weight of your arm
- Back Bone push your body forward.
- Be a Fish not a shrimp!!!!

The movements must be:

- Fast ( rápido )
- Strength ( fuerte )
- Big ( grande )

Use different techniques to attack

Always keep touching the floor to be able to change techniques many times.

Okuma sensei explain and shows what happened when we jump doing kumite.

Always keep center of gravity state

Blocking & attacking at the same time

Moving. Distance very basic idea in Shotokan

Penetrate distance.

Keep the same level

Keep the gravity center down

Do not stop, always check opponent condition

Always keep the connexion with hara

Rule 1 Do not move the leg that is in front to Keep the front leg in the same position forward.

Rule 2 Keep outside the opponent

Rule 3 You must finished preparation for attacking

Invite the opponent to attack

Same Distance Move the heel to the front to keep the same distance.

### **3. SATURDAY MAY 13. SEMINAR FOR ALL RANKS FROM 1:00 TO 2:30 PM**

Oi zuki yako zuki

Mae gueri

Keep back the leg as fast as possible

Contraction & Expansion

Explanation how to do it in two counts. Holding the leg

Preparation very important

In all techniques kick back

The importance of be fast in Karate

Age uke Keep the center line

Contraction & expansion

Use the HARA

Why is important to keep center

Nikite

Fast, strong and big

Make quick contra attack

Yako suki back leg is very important

Mae gueri front leg is very important

Always be prepared to contra attack and be sure what leg used

#### **4. SATURDAY MAY 13. DAN EXAM 3:45 TO 5:00 PM**

Make exam for two people .. 3rd. Dan.

#### **5. SUNDAY MAY 14 ALL RANKS CLASS FROM 8 TO 9:30**

How to be seated

How to stand and seat

Heian Shodan

Hara move your legs

Kamae

Move like a wave

Center down big stands

Feeling going down with the hara

Keep hands up

Imagine stick in your hand

Attack Techniques

Using 2 techniques

How to get ready. Hara fix everything

How to break opponent balance

Karate is a martial art. Karate use dangerous techniques. Need control

Change the techniques while attacking

Move Hara and legs together

Elbows must be closed to your body

#### 6. JUDGE & INSTRUCTOR TEST 9:30 to 12:00 pm

Okuma Sensei, Arturo Sensei were present at the test and also Richards Sensei. Okuma Sensei gave the instructions, corrections and grades.

