

# ZENDOKAI KARATE

## Report from Zendokai international camp held 9<sup>th</sup> and 10<sup>th</sup> September in Halmstad, Sweden

Early autumn in September on the west coast of Sweden nowadays means that sensei Sixten Lindqvist, 5 Dan, is hosting Zendokai international camp. Since Zendokai is the club that introduced Shotokan in Sweden in 1965 we felt the responsibility to honour that karate legacy.

The tradition started in 2016 with a grand entry hosting world class instructors training 300 karateka's from Sweden and neighbouring countries. Sensei's Kurasako Kenro, 8 Dan, Shiina Katsutoshi, 7 Dan, from JKA Honbu Dojo and Peté Pasheco, 7 Dan JKA Europe, helped Zendokai setting a new standard of a camp in Sweden with their excellent performance.

2017 edition was building on that success. Zendokai's wish list of instructors from Honbu Dojo was granted and during 2017 international camp we managed to put the bar even a little bit higher. 400 karateka's from Sweden, Denmark and Germany signed up to be trained by Sensei's Ogura Yasunori, 7 Dan, Naka Tatsuya, 7 Dan, and Shiina Mai, 3 Dan, all instructors from JKA Honbu Dojo. The six classes taught by our three instructors held the highest standards with a balanced variety of different aspects of world class karate.



The camp sneakily started three days ahead in an intimate manner. As a way of getting to know our instructors better Sensei's Ogura, Naka and Shiina started off by taking charge of Zendokai's normal classes during Wednesday and Thursday giving memorable impressions to members of our club. This gave all ranks, even fresh white belts, the opportunity to appreciate the instructors in detail. The traditional

Zendokai Friday kumite session was also used to warm up Halmstad arena, the venue for the camp. This also gave karateka's who arrived early an opportunity to join one extra bonus class.



The camp itself started of Saturday with a grand opening in the arena, reflecting back on 2016 camp and enjoying laido kata's from Zendokai trusted partners of Shogun Jujitsu club. Shihan Ted Hedlund, 7 Dan, JKA Sweden also honoured the camp by his presence throughout.

Three sessions per day gave participants the opportunity to enjoy all instructors twice during the camp. Trusting memory from this full weekend I will now try to recapitulate some of the highlights from my own training in the black belt group.



Ogura sensei gave spirited instructions on the importance of remaining balance, focus and Zanshin in all what you do in karate and also shared detailed specifics on kata Kanku Dai giving attention to all the details. Ogura sensei also made a strong point on training basics such as kihon ippon kumite to build a strong foundation on. The drills where tailored to hone this skills of purity in the techniques. Ogura sensei

also gave his inner thoughts on the deeper perspectives of karate training giving young Saga Palm the great opportunity to practice as Japanese interpreter.



Naka sensei used many drills to train the group into using the force of the hips more freely and creating a whipping effect. This was challenged in different combinations and Naka sensei impressed by his trade mark mobility. The importance of keeping Ki in the body by correct breathing and posture was also addressed by a telling exercise. Using gravity as a starting point of a technique is a great way of improving speed as shown in drills. The importance of connecting the technique to the floor was show by good examples. Natural movement and rotational force was also one of the training points during one of Naka sensei's inspiring classes.



Last but not least, Shiina Mai sensei, the ruling world champion in kumite, trained us hard but with a happy face in different kumite drills where body movement and different combinations where practiced. Challenging speed drills against partners showed us what it takes to be JKA champion. Moving on to basics, Shiina sensei underpinned the importance of correct basics, not losing good form. The importance

of correct kicking techniques with a strong hiki ashi was trained as well as some great practical applications. Kata Jion was scrutinised and drilled with strong spirit and compassion.



*Zendokai 2017 international camp group photo*



In total 6 sessions with intense instructions gave us all many reflections on our training which will vitalise our training for months to come.



All in life is not karate drills. On Saturday evening Zendokai hosted “after karate” party at Scandic hotel in Halmstad giving everybody the opportunity to socialise before enjoying one of Halmstad many restaurants. As a way of getting to know Halmstad our guest sensei’s where also given the opportunity to improve their skills in glassblowing, enjoying spa Swedish style and other things. It has truly been an honour to host all 400 karateka’s and our sensei’s in this camp and we in Zendokai are humbly looking forward to 2018 international camp



To show that we stand as one Shotokan karate community the whole camp was ended by a 400 strong team kata Taikyoku Shodan by the count of Ogura sensei. Osu!

On behalf of Sensei Sixten Lindqvist and director Zendokai, Rick Grundevik

*Peter Sehlin, Zendokai karate, Halmstad*

Links to further reading

More official pictures and video on [Zendokai Flickr](#)

Webpage: [Zendokai.se](#)