



INTERNATIONAL SEMINAR REPORT SENSEI TAKENORI IMURA OCTOBER – 2017

Sensei Imura arrived at 04h00 on October 24, having remained a delegation chaired by Sensei Rubén Flores of JKA Ecuador at airport.

DAY 1

Imura Sensei, starts the practice (10th to the 4th kyu) with an explanation of the proper way of using the lower train from a natural position (Hachijidachi), to generate force when performing tsukis and blocking and the correct execution of shuto uchi jodan, taking into account the correct trajectory of the elbow when executing the technique, to pass to applications in pairs of specific techniques of attack and defense using shuto. To finish the practice, in pairs, start an exercise with sparring where you attack using only shuto; one partner attacks, the other defends and vice versa.

Advanced rank, 3rd, 2nd, 1st kyus and Dan: Starts with a free sparring using only shute uchi (attacker) and shute uke more open hands (who defends). Continues with the correct position of the elbow when executing blocks such as age uke, soto uke, gedan barai, as well as the correct execution of the shoulders and trunk in order to enhance stability when executing tsuk, which is complemented with exercises in pairs, in order to find the correct posture when performing oitsukis and yakotsukis, with emphasis on the generation of energy in the lower belly. We ended up executing Basai dai, including valuable comments about certain executions of movements in the aforementioned kata, by Imura Sensei.





DAY 2

Being 8h00, Sensei starts the practice with karatecas from 10th to 4th kyus. with basic applications in pairs, using mainly shutos ukes and uchis.

The practice with karatecas of 3rd, 2nd, 1st kyus and danes, starts with free sparring using only shuto ukes and uchis, Imura Sensei masterfully explains several applications of Basai Dai, several repetitions of them by all the participants.

That same afternoon, at 4:00 pm, the last training in Guayaquil begins, consisting of a general class (10th 1st Kyus and Danes) with exercises that contribute to the improvement of maegeri and yoko geri, and then move on to the execution of the kicks mentioned in specific kijon.

Subsequently, heian shodan is executed, several times, to pass to variations of the kata including yako tsukis, mae geris and yoko geris, after each movement of the kata in mention.

This was a great challenge for the children who attended the seminar, who with great concentration, managed to perform the exercise successfully.

The practice ends with specific exercises to strengthen the lower abdomen area plus the lumbar area of the back, including dynamic tension exercises.



DAY 3

08h00 am. (10th to 4th kyu).

Imura Sensei, focuses the teaching of this class on two katas, Heian Nidan and Heian Sandan.

Includes exercises to perfect uraken uchis of both kata, plus specific kijones. Additionally, Imura Sensei, imparts practical applications of specific movements of Heian Sandan.



Subsequently, Heian Nidan and Heian Sandan are executed several times, emphasizing the timing of them.

09h15,(3rd to 1st Kyus and Dan). This class is exclusively dedicated to the Basai Dai kata, where Imura Sensei, makes commentaries of specific movements of the kata, with emphasis on the projection of the energy and the correct moment of the kiai. We repeat the kata several times. Being 10:15, the practice ends.

12:30.

INAUGURATION OF SEMINARY

The JKA Ecuador, aware of the great technical level and trajectory of Imura Sensei, organized the opening ceremony of the seminar in the auditorium of the De Los Hemisferios University, in whose campus is the Central Dojo of the JKA Ecuador. With authorities belonging to the University, National Police, and special presence of Mr. Mutsunori Nonomura - Consul of the Embassy of Japan in Ecuador, and Riohey Shiozuru - Political and Cultural Attaché and Vice Consul of the Embassy of Japan in Ecuador, as representatives and envoys of the His Excellency Plenipotentiary Ambassador of Japan in Ecuador - Mr. Hitoshi Noda.

In the event, which was attended by members of JKA Ecuador, they were delivered, by Imura Sensei, SHODAN diplomas, to practitioners who had previously achieved that rank.





In the afternoon, (10th to 4th kyu) training is focused specifically on the execution of basic kijon, including tsukis, ukes, geris, from zenkutsu dachi, kokutsu dachi and kiba dachi, and specific combinations, including indications for the improvement of them. Gojon Kumité more free sparring using only ukes and uchis shunts, and only kicks, with an emphasis on distance management, are the exercises that followed the basic kijon described in the previous paragraph.

At 18.45, he starts training with karateka from 3rd to 1st Kyus and Danes. Imura Sensei, begins the class, with the demonstration of the correct execution of zenkutsudachi - kamai te, including yori ashi back and forth; later, using the technique described, they start preparatory exercises for the execution of the jimu ippon kumite. Imura Sensei, continues with the detailed explanation of the process and correct execution of Jiyu ippon kumite, to continue with exercises in pairs of this kumite, with emphasis on the projection and real execution of the technique, strength and speed.

DAY 4



(10th to the 4th kyu) Imura Sensei, explains to others the correct execution and names of various hand positions for the execution of tsukis and uchis. Continues with the execution of empis (tate, yoko, mawashi, otoshi) from shizentai - heikodachi, with emphasis on the relaxation of the upper train as a gate for greater speed. Imura Sensei, continues to explain to those present, a practical application of the techniques practiced, but several repetitions in pairs of what was learned.

(3rd to 1st kyus and Danes) focuses the class exclusively on the Jitte kata, including exercises to increase joint mobility for the execution of Jitte, specific comments on the movements of the kata, questions and concerns of those present regarding Jitte and responses by Imura Sensei, ending with several repetitions of the kata. With specific



exercises to strengthen the lower abdomen and lumbar area of the back, including dynamic tension, the class ends.

Afternoon: Imura Sensei examined practitioners who showed up to promote 1st Dan, 2nd Dan, 3rd Dan, 5th Dan and Class D Instructors.

DAY 5

The XIV JKA / WF ECUADOR NATIONAL TOURNAMENT was held, which developed smoothly and in a martial atmosphere of respect among competitors. At 12h00, the closing event of the Seminar was held, with the special presence of His Excellency Plenipotentiary Ambassador of Japan in Ecuador - Mr. Hitoshi Noda.

