

## INTERNATIONAL SEMINAR REPORT SENSEI KOICHIRO OKUMA ECUADOR APRIL 2018

The Japan Karate Association - ECUADOR, aware of the importance of the training of its instructors and practitioners, successfully organized the International Seminar in charge of Sensei Koichiro Okuma, sixth Dan, which took place from Monday, April 23 to Friday 27 April, and the National JKA Tournament, on Saturday, April 28, 2018.

The classes were distributed in two cities Guayaquil and Quito.

### Arrival.

At 7:15 p.m. on Saturday, April 21, Okuma Sensei arrived at José Joaquín de Olmedo International Airport - GUAYAQUIL, being received by Sensei Rubén Flores B. - Chief Instructor of JKA Ecuador, Sensei Hugo Ayala G. - President JKA Ecuador, Senpai Luis Madera A. - Secretary JKA Ecuador and Senpai José Madera A. - Treasurer JKA Ecuador. On Sunday, April 22, it was used as a day of sightseeing and rest on the beaches of Salinas, where Okuma Sensei, tried his luck in deep-sea fishing.





社団法人 日本空手協会  
JKA ECUADOR

## JAPAN KARATE ASSOCIATION WORLD FEDERATION

ACUERDO MINISTERIAL No. 1463  
15 de agosto del 2013



### DAY 1:

#### 7h00 - INSTRUCTORS CLASS

This day we had the visit of Sensei Yannis Venizelos from Venezuela

Okuma Sensei, begins the instruction, teaching the right way to perform the Zeiza, how to get off, and the correct handling of the breath at the time of performing the greeting in the indicated position. Next, Okuma Sensei, focuses the class on the main points for strength generation in karate:

- Correct use of breathing.
  - Correct use of the body axes.
  - Consciousness of the movements of expansion and contraction of the hip, and the muscles and limbs involved in performing these movements.
- Review of Tekkki Shodan. The instructor class ends.



#### 17h30 - NOVICES

Okuma Sensei, starts the practice with CHOKU - ZUKI, then gives exercises to perfect mae geri. Emphasizes the characteristics of Shotokan style: LARGE, STRONG AND FAST MOVEMENTS, and under this concept, basic kijón begins, ending the class with the execution of Heian Shodan several times.

#### 18h30 - ADVANCED

The class focuses on the practice of the kata tekki nidan, where Okuma Sensei, details step by step the correct way of the execution of the kata in mention, but bunkai of some movements.

**Domingo de Brieva N37-50 y Villalengua**  
**Teléfono: 593 2 2440436 / 984680898**  
**Quito - Ecuador**

08:00 Novices

Okuma Sensei, again emphasizes the importance of making large movements, strong and fast, for which the class begins with Heian Shodan, indicating details such as heel turns, fast, plus the use of contraction and expansion of the body. The class is continued with bunkai for the indicated kata.

9h00 - ADVANCED

Okuma Sensi, focuses the class on the execution of the kata tekki sandan, first from heiko dachi, then only in kidadachi without displacements, followed by the realization of the kata normally. An exercise was carried out that was a great challenge for the present karateka, as was the execution of the kata with a partner in front, who had to perform the kata as a "mirror", in order to better awareness movements, displacements and use of hara in this kata.



16h00 – NOVICES

Okuma Sensei, starts the class with basic kijon, keeping the three concepts of JKA shotokan karate mentioned above, is performed from zenkutsudachi, advancing and retreating, oitsuki, maegeri, age uke, sotouke, followed by execution from kokodachi of yoko geri keage and kekomi, continuing with kumite.



社団法人 日本空手協会  
JKA ECUADOR

## JAPAN KARATE ASSOCIATION WORLD FEDERATION

ACUERDO MINISTERIAL No. 1463  
15 de agosto del 2013



17h00 - ADVANCED

Okuma Sensei, focuses the class on the teaching of Jitte, details each movement plus its correct execution, but bunkai of it. The karatekas present, expose Okuma Sensei, all their doubts and questions about Jitte, who solves the same by supplementing their explanations with exercises to perfect the parts of the kata object of the concerns of those present.

Coastal region seminar culminates.



### DAY 3.

Miércoles 25 de abril 2018.

DOJO FMA – JKA CUMBAYA QUITO.

11h00 –INSTRUCTORS CLASS.

First class given by Okuma Sensei in highland region, focused on the correct way to perform zeiza, following the principles of all martial arts, Okuma Sensei, metaphorizes the movement when standing up, like the smoke of a bonfire, which rises straight and without interruption, as well as when "going down" to Zeiza, like a stone that sinks into a lake in peace.

Emphasize the way to breathe in the greeting from the position of Zeiza, with inhalations and deep expirations, Okuma Sensei, specifies that this constant practice prepares the body to be stronger. Next, Okuma Sensei, indicates to the present instructors, the factors of force generation in karate: BREATHING, USE OF THE AXES AND CONTRACTION AND EXPANSION OF THE BODY.

**Domingo de Brieva N37-50 y Villalengua**  
**Teléfono: 593 2 2440436 / 984680898**  
**Quito - Ecuador**





# JAPAN KARATE ASSOCIATION WORLD FEDERATION

社団法人 日本空手協会  
JKA ECUADOR

ACUERDO MINISTERIAL No. 1463  
15 de agosto del 2013



For a better understanding of them, use the Tekki Shodan kata, to understand the generation of force, with the use of tanden in hara.



Ends highland region's Instructors class.

17h30 – NOVICES

Okuma Sensei, focuses the class on the practice of Heian Shodan, indicating to the students the importance of three concepts of our karate style: STRENGTH, SPEED, LARGE MOVEMENTS.

18H30 - ADVANCED

Okuma Sensei, focuses the advanced class in Tekki Nidan teaching, with details and correct execution of each of the movements, plus applications of the same.



**Domingo de Brieva N37-50 y Villalengua**  
**Teléfono: 593 2 2440436 / 984680898**  
**Quito - Ecuador**

**DAY 4.** April 26th

8h00 – NOVICES

Okuma Sensei, starts the class with basic kijon, chokuzuki, and preparatory movements for gojon kumite.

Okuma Sensei, gives those present a variant of gojon kumite, with counterattack (yakutsuki chudan) of who defends, after attack number two and five, then the same exercise is performed changing the counterattack to mae geri. Emphasizes the importance of maintaining distance, so that the attack and counterattack are effective, especially in the execution of maegeri as a counterattack.

Okuma Sensei, explains the concept of GONosen, applied to the practice of gojon kumite





社団法人 日本空手協会  
JKA ECUADOR

## JAPAN KARATE ASSOCIATION WORLD FEDERATION

ACUERDO MINISTERIAL No. 1463  
15 de agosto del 2013



9h00 – ADVANCED.

Okuma Sensei, imparte la clase enfocado en el kata JION, detallando la ejecución correcta en cada movimiento, con varias repeticiones de este kata.



**Domingo de Brieva N37-50 y Villalengua**  
**Teléfono: 593 2 2440436 / 984680898**  
**Quito - Ecuador**





社団法人 日本空手協会  
JKA ECUADOR

## JAPAN KARATE ASSOCIATION WORLD FEDERATION

ACUERDO MINISTERIAL No. 1463  
15 de agosto del 2013



17h30 – NOVICES.

Okuma Sensei, begins the class with realization of the taikiokushodan kata, emphasizing again, large, strong and fast movements. Next, the same kata is performed using taisabaki at each turn - KATA FOR KUMITE- and attacking each iotsuki as long as possible and with mobility and ease of kumite, the kata is performed again, but this time at the moment of turning with taizabaki, the body is delayed towards kokutsudachi gedan barai, and then it is counterattacked to oitsuki big, strong and fast. Finish the class with kijon of kumite forward, fast, big and strong of: oitsuki yakutsuqui, kizamitsuki yakutsuki, yakutsuki yakutsuki, followed, one after another. Okuma Sensei, in this class, demonstrated great explosiveness, control, reach and speed in the execution of movements, typical of a great JKA teacher.



**Domingo de Brieva N37-50 y Villalengua**  
**Teléfono: 593 2 2440436 / 984680898**  
**Quito - Ecuador**



18h30 – ADVANCED

Okuma Sensei, focuses this class on tekki sandan teaching, and Emphasizes that practicing it, helps to eliminate extra movements that due to bad habit can be had, helps to improve the use of hara and body shafts to increase strength.



**DAY 5.**

8h00 – NOVICES.

The class focuses on kijón to perform sambon kumite and ippon kumite, focusing on fast and strong movements, trying to touch the opponent, constantly pressing them. It focuses on the control that the practitioner who counterattacks with yakutsuki must have.

9h00 - ADVANCED.

In this class, Okuma Sensei, reviews the kata that the practitioners who will take the exam in the afternoon will perform. Review Jion, Basai Dai, Kankusho, Jitte, more details of each.

16h00 – DAN, INSTRUCTORS AND REFEREES EXAMINATION.

The examinations to the karatekas that ascended their rank, were carried out with normality, respect and martiality it was also examined to those who opted for type D license of instructors and referees.

With the support of Okuma Sensei, all those present were congratulated for having successfully completed their examinations, having achieved their promotions and obtained their respective licenses.



## DAY 6.

9h00 - NATIONAL CHAMPIONSHIP AND INAUGURAL ACT WITH PRESENCE OF AUTHORITIES.

The JKA Ecuador National Championship was held from 9:00 am, with athletes in categories: Children - Junior - Senior -Master, in novices, Intermediate and Advanced ranges. The championship was carried out with great technical-martial level, and what is more important, with great spirit.

At 12.00, the inaugural ceremony of the championship was held, with the presence of His Excellency Plenipotentiary Ambassador of Japan in Ecuador - Mr. Hitoshi Noda, Cultural and Political Attaché and Vice Consul of the Embassy of Japan in Ecuador - Mr. Riohey Shiozuru, and authorities of the National Police of Ecuador, whose presence contributed with the formality and distinction that the event deserves.







# JAPAN KARATE ASSOCIATION WORLD FEDERATION

ACUERDO MINISTERIAL No. 1463  
15 de agosto del 2013



**Domingo de Brieva N37-50 y Villalengua**  
**Teléfono: 593 2 2440436 / 984680898**  
**Quito - Ecuador**



With this, culminates the planned activities in this seminar and tournament, the JKA ECUADOR, thanks Okuma Sensei, imparting their knowledge, which we are sure will lead us to improve much more our technical - martial level.

Oss