

ZENDOKAI KARATE

Report from Zendokai international camp held 8th thru 9th September 2018 in Halmstad, Sweden

Zendokai karate organized the 3rd edition of Zendokai international camp.

Sensei Sixten Lindqvist, 6 Dan, supported by a camp staff coordinated by Chairman Rick Grundevik hosted the camp as usual. However, JKA Sweden chief instructor Shihan Ted Hedlund, 7 Dan, was unfortunately not able to attend due to personal health. However Chairman Robert Tegel, 5 Dan, along with many senior Shiankai members flew the flag of JKA Sweden. Chairman of Swedish karate federation Urban Andersson also attended.

The camp concept still proved its worth. We used the well suited Halmstad arena with lunch included in an “all inclusive” concept, so that all can focus on their training.

This year the camp suffered slightly by strong competition from the Swedish national parliamentary elections held on Sunday but still more than 300 karateka showed up. The camp is also supported by a growing crowd of Danes since the camp is well within reach from Denmark. Some Norwegians, Germans and even Swiss participants have also spotted the event. This is exactly within Zendokai vision to facilitate an event early autumn in Halmstad that can stimulate cross border exchange in southern Scandinavia.



Sensei Shiina Katsutoshi, 7 Dan, was back! This year strongly supported by Shimizu Ryosuke, 5 Dan, and Chubachi Koji, 5 Dan, all very professional instructors from JKA Honbu Dojo, Tokyo.

They gave all karateka's during the six classes taught a lot of insight and fuel for further personal development. The classes were well balanced with a variety of fundamental kihon training, challenging kata and inspiring kumite drills.



The Zendokai students traditionally familiarize with the instructors a few days ahead in the Zendokai Dojo. Zendokai offered the normal classes on Wednesday thru Friday to our guest instructors. This gave all ranks including fresh white belts an opportunity to get 1st class instructions.



Zendokai Dojo is located just a few blocks from Halmstad arena



The black belts of Zendokai were given a “special treat” with the opportunity to do their best to recite the Doju Kun in Japanese, a skill that needs some refinement 😊.

The “warm up” phase ends with the traditional Friday kumite session where we warm up Halmstad arena as well. Any early birds from other clubs is also welcome to this session as a bonus.

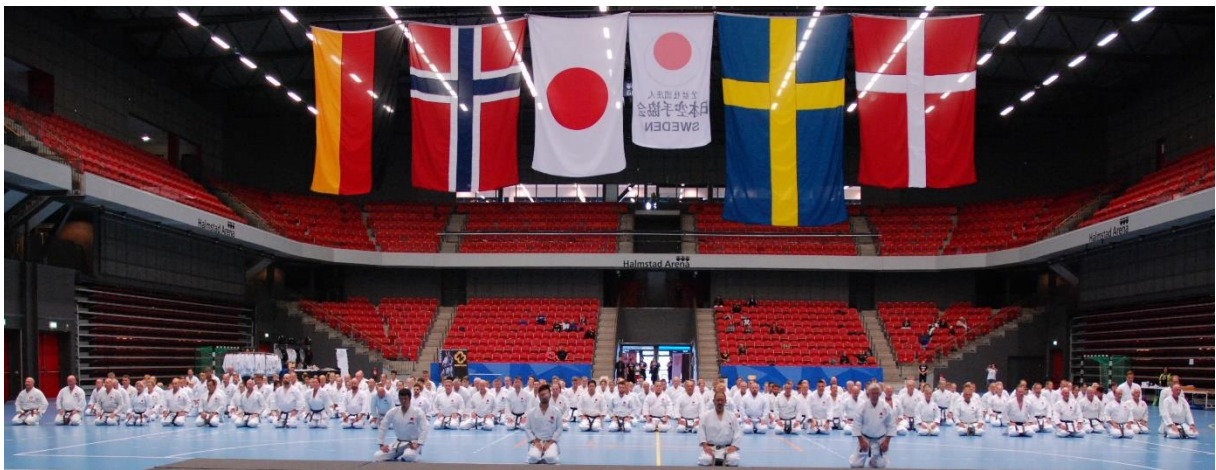


Warming up the hips evading Gyaku tzuki.

The camp formally started on Saturday 8th with a presentation from our instructors before we formally lined up.



Kata and Bunkai presentation by Sensei's Shiina and Chubachi.



Halmstad arena main hall (A) was one of two training areas used in the camp

We trained three sessions per day and gave the participants the opportunity to enjoy all instructors twice. The report gives a few samples of the camp experience that still resonates one month after the end of the camp.

During classes Shiina sensei stressed the need to know the meaning of the techniques in a kata so it can be adopted to real life. Shiina sensei also explained the importance of performing a technique technically proper and in accordance with your own body's possibilities not only relying in physical strength. We also had the opportunity to train on inspiring kumite drills with multiple opponents as well as Kata. Shiina sensei also stressed the requirement train movement and flow in kumite combinations so that application of techniques can come naturally.



Shiina sensei gave both blackbelts and junior karateka´s the opportunity to explore inspiring kumite drills.



Shiina sensei held a pep talk before sending the junior karateka´s into the black belt group for kumite training. This is Shiina sensei´s special form of giving a “Present”.



Lined up to receive their “Presents”. The karateka’s held their ground well challenged by multiple senior karateka’s.

Shimizu sensei showed us the importance of a strong attitude, giving intense instructions despite being injured.



Despite only using one eye, Shimizu sensei spotted all the details in the student’s performance. To the right, Shimizu sensei proved in a very instructive way the importance of both Hikite, timing in body motion and alignment scrutinizing the “display student” Leo Babic.

Shimizu sensei challenged us all with explosive techniques and corresponding fast foot movements, making a strong point in not training in a lazy manner.

During Kata, Kumite and Kihon drills Shimizu sense required the students to deliver all techniques with maximum speed and proper drivetrain while keeping full Zanshin. Shimizu sensei also carefully explained and showed how to focus the power of a decisive technique using correct deep connection to the core of your body.



Brown- and blue-belt training proper form and explosive movements.



The Black belt group under instructions from Shimizu sensei.

Chubachi sensei showed us his love of hard karate training. With a smile always delivered with ease we trained on all the basic skills that hone a champion.

Correct body alignment, weight distribution and distance no matter which direction you are moving was some of the details that was rewarded special attention.



Chubachi sensei gave students a lot of attention. Also the younger ones got a lot of first hand tuition.



Forming a strong Shuto by correct tension impress the young karateka's.



Bodies in motion under supervision from Chubachi sensei

Chubachi sensei inspired the Dan group to train focused and hard not saving sweat for later.



Chubachi sensei inspired all to perform to the best of their abilities.



JKA Sweden Shinakai members training basic kihon. To the left Robert Tegel, 5 Dan, Chairman of JKA Sweden back to back with Miro Unic, 6 Dan under the close supervision of Leslie Jensen, 7 Dan. The junior students coached their Uke in a more “indirect” way.

In total 6+ sessions with intense instructions gave us all a lot of valuable inspiration for our future development.

Showing that we stand as one Shotokan karate community the whole camp was ended by a traditional team kata. This year’s kata was Heian Shodan by the count from Shiina sensei.



Zendokai 2018 international camp group photo

There is also a life outside the Dojo.

As tradition require, Zendokai on Saturday hosted the “after Karate” party with snacks and bar service in Scandic hotel, Halmstad. This gave everybody the opportunity to socialise before enjoying one of Halmstad many restaurants for dinner. Senior JKA Sweden officials enjoyed the company of the visiting instructors for dinner.

During the daytimes ahead of the weekend camp the Sensei´s was given the opportunity to sightsee, shop, spa and develop their skills as craftsmen.



Our guest sensei's blew glass, designing and creating their own farewell gifts. Glassblowing instructor is Magnus Andersson, master at Steninge Glashytta AB.



Receiving their self-made presents from Zendokai´s very own Master Glassblower. Shiina sensei blew a beer glass and Shimizu sensei a whisky glass. Chubachi sensei´s glass is capable of holding a large mug of Cola.



As always, an important part of the Zendokai camp experience is the logistical concept giving all a proper meal for lunch. (Photo curtesy of Sylve Holmgren, Åsele)



Inclusive. Svenska karateförbundet (Swedish karate federation) proudly flew their official banner beside ours.



Volunteer's making the camp possible received warm applause.

See you all next year! Same time, same place, same spirits.

*Peter Sehlin, Zendokai karate, Halmstad
Halmstad, 11th October 2018*

Links to further reading

More official pictures are found here (Zendokai Flickr): <https://flic.kr/s/aHsmihV6Sd>

To enjoy team kata on youtube follow the link. <https://youtu.be/xEhNd3Bf9Nw>

Webpage: Zendokai.se