

REPORT FROM JKA NORWAY'S SUMMER GASSHUKU AT STORD, JUNE 13-16, 2019



The echoes of the kias of 430 karatekas have faded and left are many good memories from the 25th gasshuku in a row at Stord, with Stord karate club as technical organizer, on behalf of JKA Norway.

This year's gasshuku had as usual a mix of international and local instructors. Because this year was a jubilee, one of the instructors were a surprise for the participants. Nakamachi sensei was both a surprise, as well as an instructor many never had met before.



At this jubilee gasshuku, two of the instructors could note themselves for all the 25 summer gasshukus. Ohta sensei and Larsen sensei (both 7. Dan JKA, chief instructors in England and Norway respectively) could look back at 25 consecutively years as instructors at this event. One fair conclusion to draw, is that they must enjoy coming here year after year. Their enthusiasm when instructing is at least on the same high level, if not higher. That is contagious and the students get more out of the lessons when they are having fun being taught.



One with fewer appearances, but still a significant amount, is Kobayashi Sensei (JKA HQ), 7. Dan JKA, who was here for the 8th time this summer. He seems to becoming more and more at ease being here and is putting more of himself into the lessons. Sometimes he sweats almost as those participating in his classes, and the value of the lessons are getting better each year. He did, as the rest of the instructors, manage to build the lessons upon the main theme of the gasshuku.

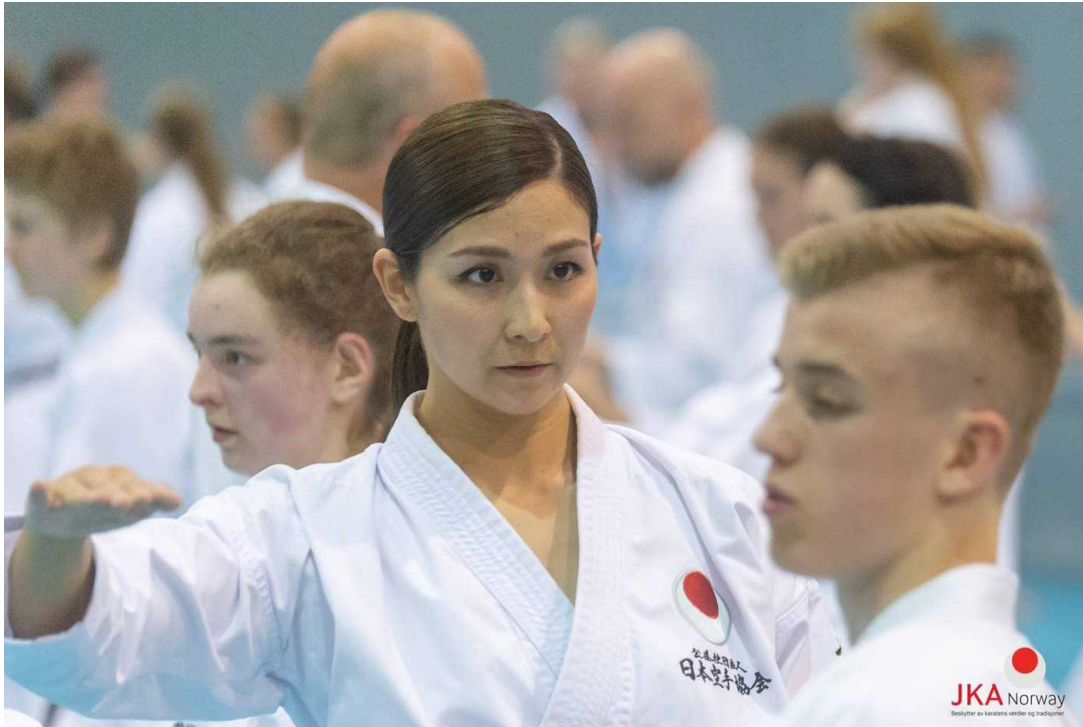


The theme was to use the different stands in a way that one could quickly move in different directions. This, by focusing on keeping hips at the same level, putting the power into the back leg when moving backwards, enabling good balance and a fast forward movement (or vice versa), with the result of faster and longer attacks (or defences). If we combine this with the theme from last year, we can develop our karate in the right direction.

Another returning instructor this year, was Takahashi sensei (JKA HQ), 7. Dan JKA. The last time he was here, was three years ago. His lessons were upon the common theme, and especially those of us that participated in the extra instructor's class got a good insight of this. Many thigh muscles were weary after the summary of all these classes. Takahashi sensei conducts his lessons only in his native language, but that is not a problem when his body language and visual presentation of the techniques do the talking for him. He is a role model for those seeking to perfect their teaching skills.



The surprise instructor, Nakamachi sensei, 4. Dan JKA, was quickly adopted and recognized as high level instructor. She emphasized, in addition to the common theme, the importance of a good and correct body posture. And she "walked the talk" with her appearance at the gasshuku, always with the posture she taught us to strive for. She also gave lessons to female-only groups, which was very well received by the girls and women participating in them. Many of which expressed that as the best part of this gasshuku.



The last two instructors are both members of technical committee of JKA Norway, Pettersen sensei, 6. Dan JKA, and Clementsen sensei, 5. Dan JKA. They conveyed the common theme in a very clear and precise way, leaving us with no doubt on how we should execute the single techniques and the combinations of them. In these gasshukus, where we have the combination of overseas instructors and local instructors, we know we can go back to our own dojos being confident that the instructions we will get there are of an international high level.



The main reason for this is decades of hard work, dedication and loyalty to JKA by our very own chief instructor, Larsen sensei, together with members of the technical committee of JKA Norway. We applaud them for their commitment to JKA karate.

As usual on these gasshukus, for many participants the test for a new belt is both a highlight and a scary part of the weekend. This year, 54 had their Dan-grade exams, 40

of which for their Shodan. Many clever karatekas passed their exams and could go home with a new color on their belt. For us in Stord karate club, it was special when our chief instructor, Kjærland sensei, passed the test for 5. Dan JKA. We really must congratulate him with that achievement. 30 years of training really paid off that day.



The gasshuku had, as always, a social event with the Saturday night dinner, held at Stord Hotel where the instructors and participants were staying this weekend. Such events and mingling among the participants, make it possible to create new connections and relations and to strengthen the existing ones. The food was superb, and all feedbacks were positive. Of course, passed on to the staff.

As the silence in the sports arena seals the new knowledge, we humbly send all possible gratitude to the instructors, the board and the technical committee of JKA Norway, and of course to ALL the participants. Without them, there is no gasshuku. Thank You, and welcome back! Oss!

Svein Grutle, 3. Dan JKA
General manager
Stord karate club
Technical organizer