

- Report -

# Zendokai KARATE 2019 international camp

## 7<sup>th</sup> - 8<sup>th</sup> September in Halmstad, Sweden

JKA SWEDEN  
presents  
**ZENDOKAI KARATE**  
2019 INTERNATIONAL CAMP  
HALMSTAD 7-8 September

Ueki Masaaki Shuseki Shihan 10 Dan	Ogura Yasunori Sensei 8 Dan	Kurihara Kazuaki Sensei 5 Dan	Shiina Mai Sensei 4 Dan	Ted Hedlund Sensei 7 Dan
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Training groups: (I) 1 dan +, (II) 5 kyu - 1 kyu, (III) 9 kyu - 6 kyu  
Schedule and grade breakdown is subject to change

Saturday 7/9	Sunday 8/9
<p>9:30 - 09:45 Opening ceremony</p> <p>Seminar 1 09:45 - 11:15 Group I-III: Ueki</p> <p>11:15 - 13:00 Lunch</p> <p>Seminar 2 13:00 - 14:10 Group I: Ogura Group II: Shiina Group III: Kurihara</p> <p>Seminar 3 14:30 - 15:40 Group I: Kurihara Group II: Ogura Group III: Shiina</p> <p>15:40 - 16:00 Group photography</p>	<p>Seminar 4 10:00 - 11:10 Group I: Shiina Group II: Kurihara Group III: Ogura</p> <p>Seminar 5 11:30 - 12:40 Group I: Kurihara Group II: Ogura Group III: Shiina</p> <p>12:40 - 14:30 Lunch</p> <p>Seminar 6 14:30 - 15:40 Group I: Ogura Group II: Shiina Group III: Kurihara</p> <p>15:40 - 15:50 Closing ceremony</p>

**Location:**  
Halmstad Arena  
Registration on site by club at Hall A entrance Saturday 8am - 9:15am

**Registration:**  
Registration is open thru 30<sup>th</sup> August subject to availability.  
Online registration thru Zendokai website <https://zendokai.se/camp19/>

**Price:**  
2 days / 6 seminars incl lunch Sat & Sun.  
JKA: 1100 SEK  
Other: 1350 SEK

Payment to BIC: SWEDSESS,  
IBAN: SE7780000816958041943336  
- state name and club.

**Enquiries:**  
[camp@zendokai.se](mailto:camp@zendokai.se)

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Zendokai karate of JKA Sweden, organized the 4<sup>th</sup> edition of Zendokai international camp in Halmstad, Sweden.

Instructors during the camp was Ueki Masaaki Shuseki Shihan, 10 Dan, Ogura Yasunori Sensei, 8 Dan, Kurihara Kazuaki Sensei, 5 Dan, and Shiina Mai Sensei, 4 Dan.

Zendokai Chairman Marianne Blicher and Zendokai chief instructor Sixten Lindqwist, 6 Dan, hosted the camp. JKA Sweden chief instructor Ted Hedlund, 7 Dan, co-hosted with support of Chairman JKA Sweden Robert Tegel, 5 Dan, along with all senior Shihankai members of JKA Sweden. Kenji Okuno, 6 Dan, represented JKA Denmark. Swedish karate federation was represented by Urban Andersson Chairman.



Ueki Masaaki Shuseki Shihan, 10 Dan, instructed on this his first ever visit to Halmstad. During the sessions he provided insightful remarks on the fundamentals of diligent training and gave also evidence of the positive effects of such deliberate lifelong training. Ueki Shihan demonstrated many techniques and also gave example on how to master Kihon training.

Ueki Shihan was pleased to see both the hard training karateka's and the camp arrangement.

However he also noted possible improvements on the karateka's karate training. He made strong points to especially the black belts to maintain focus during training so that all training is conducted mindfully.

Tim Andersson, Lund karate club, was both functioning as Uke and interpreter to the instructors during the camp, a busy task he managed well.





Ogora Yasunori and Shiina Mai Sensei's were back in Halmstad for their second time. For Kurihara Kazuaki Sensei, Halmstad was a first, but definitely not last.



Ueki Shuseki Shihan also paid a visit to Zendokai Dojo nearby Halmstad arena. Ueki Shihan here seen in Zendokai Dojo talking with Lindqwist, Hedlund and Okuno Sensei.

Ueki Shihan complimented Lindqwist Sensei of the facilities giving both "Bob" and Makiwara a beating.





Ogura Sensei instructed in his familiar manner, challenging both young and old. The classes covered a wide variety of Kihon, Kata and Kumite and Ogura Sensei gave good advice on further personal development on all fundamentals of Karate. On the picture to the left is taught the basic concept of delivering a devastating Mae Geri.

Ogura sensei also proved living example of hard and devoted training to maintain both flexibility, strength, speed and spirit.



Ogura Sensei's percept of training "low" Kokutsu Dachi executing Gedan Shoto Uke in kata Kanku Dai.





Kurihara Sensei gave multiple classes providing the students building pieces of what it takes to move your karate up the ladder to world class.

He also introduced his own way of feedback to the black belt students, the “Kurihara smile” with a little chuckle at the end, letting the students know that there are always room for improvements.

All classes where well balanced and the students was truly inspired by the teachings.



To train for Kurihara Sensei was a dream come true for many of the younger students competing. Still three weeks after the camp you can hear the voice of young karateka’s referring to his lessons in Zendokai Dojo, while preparing for next competition.



Shiina Mai Sensei inspired as always during her classes with her happy and encouraging teaching style. The karateka's perform faster and harder while enjoying the training fully.

Many partner drills were used to ramp up footwork, control and fighting spirit. As the other instructors the classes covered a wide variety of Kata, Kumite and Kihon drills.



Shiina Mai Sensei where literally fighting in circles around Theo as Uke challenging him in training exercise!



The venue by tradition is Halmstad arena, with its well suited facilities for training and a restaurant that provides lunch included for the participants. A proven concept.





This year 340 karateka's trained 6 sessions with roughly 50 Danes being the largest foreign contingent. Other nations represented besides Sweden where Germany, Norway, Finland, Zimbabwe, Cyprus and of course Japan. Feedback from the camp indicates that we have only seen the beginning of international interest, a development we encourage. Halmstad is well suited both geographically and has long term karate legacy in Sweden.





Everybody trained hard and challenged themselves in the athletic jumps in Kata.



All ages showed good stamina in training.

Wednesday to Friday our guest instructors taught the regular classes at Zendokai. A great way of getting warmed up and acquainted.



Zendokai Friday kumite also took place in Halmstad Arena.



The rear rows at line-up



The local newspaper wrote an article on the camp after interviewing Ueki Shihan. The article was well received and helped us giving credit both to the Camp and Karate.

Marianne Blicher, chairman of Zendokai, found good use of her Mae Geri.



During evening Saturday Zendokai arranged the after karate get together at Scandic hotel. The sun was beaming so we all enjoyed the great weather (and totally forgot to take any pictures of it)

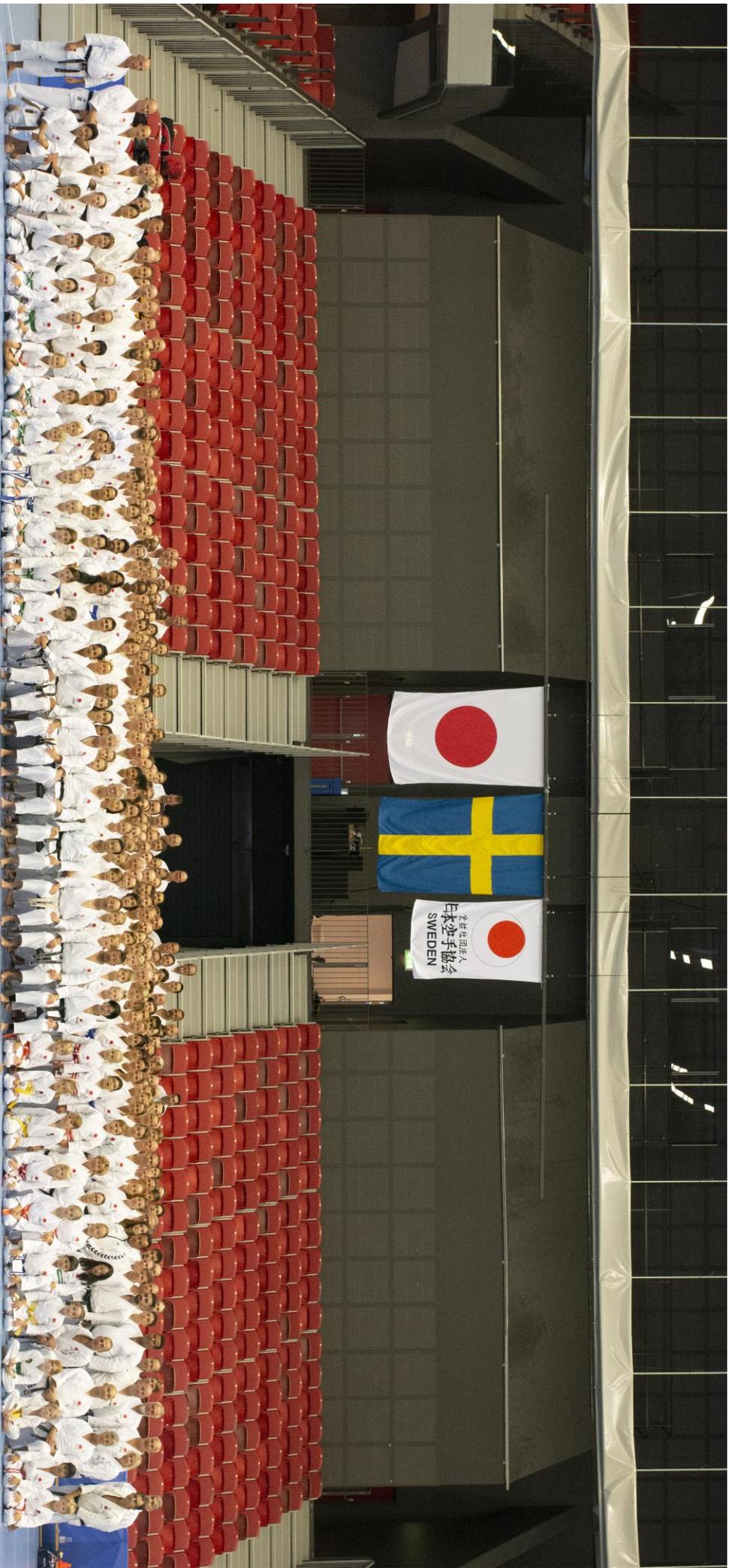
Traditionally the instructors train on crafting their own farewell gifts under instructions from Zendokai own glassblowing Sensei, Magnus of Steninge glashytta just outside Halmstad.





Ueki Shihan was presented with a torso designed by Magnus himself.





*Previous page: group photo by Impa Photo & Art (And yes, she´s also a karateka)*



**See you all next year!**

**Old and new, same weekend, same place, same spirits!**



*Peter Sehlin, Secretary Zendokai karate  
Halmstad, 27<sup>th</sup> October 2019*

[Links to further reading](#)

More official high resolution pictures here (Zendokai Flickr):

<https://flic.kr/s/aHsmGRUYGG>

Webpage: <https://zendokai.se/>