

REPORT FROM JKA AUCKLAND, NEW ZELAND

GASSHUKU NAKA SENSEI 9TH September 2019 to 15th September 2019.

Naka Sensei arrived 9th September at the Auckland Airport. We were fortunate that the flight was not delayed due to bad weather in Tokyo that day.

Monday night, Naka Sensei took class at the JKA Davenport Dojo explaining how to use the continuous imbalance for attacking opponent in Kumite. Deep explanation how the gravity works, and we practically trained putting in practice the theory taught to us.



TUESDAY LUNCH TIME (10TH SEPTEMBER 2019) NAKA SENSEI was collected by Danie Van Der Linde from Matamata.



REPORT FROM Matamata, New Zealand

Naka Shihan visit to Matamata 11 September 2019. In another thrilling night of training, Naka Shihan took three classes at the Matamata Dojo. First he had a session with the 5-8 year old kids working on stances and incorporating kicking techniques in taikyoku shodan. Moving to the Colour belt Naka sensei worked on one of his trademark training sessions to enable hip movement through Kizami-zuki Gyaku-zuki techniques. And lastly, the Black belts trained Tekki Sandan to end of a brilliant night of training in the Waikato.

Report by Danie Van Der Linde



WEDNESDAY 11TH SEPTEMBER 2019, NAKA SENSEI HEADED TO CHRISTCHURCH

Naka Shihan Gasshaku ~ South Island, New Zealand

JKA New Zealand hosted Naka Shihan in the South Island during his visit to New Zealand in September. Our Chief Instructor Karl Naoroji Sensei accompanied Naka Shihan to the South Island.

Two gashaku's were held in Ashburton on Wednesday 11 September 2019. The gashaku was well attended with over 60 students from JKA Cockle Bay, JKA Pakuranga, JKA Timaru, JKA Christchurch and other Shotokan clubs in the Canterbury region.

The gashaku covered a comprehensive explanation and demonstration of kihon, kata & kumite. The students thoroughly enjoyed Naka Shihan's gashaku, giving all students from all levels a new experience and knowledge to include in their karate practice. We look forward to Naka Shihan's visit to New Zealand in the near future.

Report by Lizelle Pelsler



Thursday 13th September 2019, We gave a Rest day to Naka Sensei.

FRIDAY NIGHT 5PM TO 7PM (JUDGING COARSE) ST CUTHBERT COLLEGE, AUCKLAND, NEW ZEALAND

Naka Sensei in two hours defined what makes an ippon, wazari and many details to improve our judging standing and sitting. How to signal correctly and not have a casual approach. The signals must be clear and precise. We hope to continue our education in this field in the future.





On SATURDAY 14TH September 2019. We had 100 plus attend the Gasshuku. They were from various Shotokan from JKS (Sensei Sean, Sensei Cooper, Sensei Phil and other),Sensei Yahara group,NZKK. Naka Sensei showed what a weak attack is compared to attacking with speed and power.How the power is generated and what posture the body needs to be in and not to be in. Many students and instructors took notes so this knowledge is not forgotten.

Report by Ayyub Bhikoo





On the final day Naka Sensei covered Jion, Sochin and Taikyoku Shodan and in the afternoon was Grading

Report written by Ayyub Bhikoo







I close this report by saying that Naka Sensei's Visit to New Zealand was fruitful for all of JKA members throughout NZ and other Shotokan Organizations benefitted hugely. Naka Sensei explained Budo Karate in depth. We look forward to Ueki Shihan's Visit to New Zealand hosted by JKA NZ (Karl Sensei) in 2020. Also our attention and focus in 2020 is on the Shoto Cup in October 2020.

OSS.

AUCKLAND GASSHUKU REPORT WRITTEN BY AYYUB BHIKOO