

REPORT FROM JKA POLAND

Seminar with Naka Sensei 15th November to 17th November

On 15th, 16th and 17th November a seminar with Naka Sensei took place in Baranowo, near Poznan in Poland, which was organized by JKA Poland represented by the Chief Instructor Mariusz Jewdokimow 6DAN. Exactly 260 karatekas from all over Europe (Germany, Czech Republic, Hungary, Spain, Ireland, Netherlands, Belarus) took part in the seminar. Never in the history of JKA Poland have so many participants taken part in a single seminar.



Friday, 15th November

On the first day of the seminar Naka Sensei explained the importance of a proper hip movement, breathing and axes while turning. Sensei also showed the significance of relying on bones and gravity while executing proper stances. This knowledge was then applied to Heian Nidan and Taikyoku Shodan.





Saturday, 16th November

Keeping in mind the teachings from the previous day, the participants practiced Heian Shodan. Then two groups were created. One for kids up to 15 years old and up to 3rd kyu, and the other for adults and kids with 3rd kyu and higher. The “younger” group practiced Heian katas with Sensei Jewdokimow, and the “older” group analyzed and practiced Basai Dai with Sensei Naka.



Sunday, 17th November

On the last day of the seminar the karatekas had an opportunity to practice and improve kata Heian Nidan, Heian Sandan, Jion and last but not, least Kanku Dai.







Naka Sensei explained Budo Karate, and the difference between Budo and Sport Karate thoroughly and all participants benefited greatly in terms of technique and knowledge of Karate itself. Moreover the methodology of Naka Sensei's teaching was very clear and comprehensible. JKA Poland looks forward to having Naka Sensei as a guest in the future.
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