

REPORT from REUNION ISLAND Seminar 14th to 18th November 2019 with OKUMA Sensei

Okuma Sensei arrived on thursday the 14th.

The first class has been held on the evening. It started with color belts and black belts in Saint Pierre in the south of Reunion Island at Vincent Larroque's dojo. They have met JKA way of training with basics technics. Okuma Sensei explained how to practise with strength, quickness and stance with hara. He finished with basic kumite technics.

On Friday the 15th, the training was at Saint Joseph, in Lionel Aquino's dojo. The first class was for children. They did strong basic technics. For the second class, we were taught Tekki shodan kata. Okuma Sensei shared his knowledge about how to get more strong technics.

Saturday the 16 th, courses were at two places, first in Saint Leu with Cédric Lauret Sensei who was pleased to discover JKA training too. His students (children and adults) saw how to practise with basic technics and also how to improve the use of hara.

Then, we went to l'Entre-Deux at the end of the afternoon, to M. Hoarau's dojo. Children were very impressed to see a japanese Sensei. They practised very seriously. At this place focus was about basic katas.

On Sunday the 17th, we shared also the day in two parts. To begin, we went to Saint Pierre at Fabrice Larroque's dojo. Children in the first class enjoyed with basic kumite technics. After, for the second class, Okuma Sensei reminded the important ideas of practise and showed how to do Bassai Dai in JKA. In the afternoon, we went to Florent Morel's dojo in l'Etang Salé and like the courses before, children first repeated basic technics and stances and how to move with quickness, with more power. The second class, we were taught kata Bassai sho.

The last day, Monday the 18th, at Sensei Denis's dojo, Okuma Sensei did kihon and focused on how to do more powerful and correct technics and told us about karate's history and masters of karate.

JKA Reunion wants to thanks all participants.

