

3/3/2021



## **JKA-Kuwait Branch**

### **Report On: JKA Kuwait Karate Activities During The COVID-19 Pandemic**

#### **Gichin Funakoshi On Line Festival And On-Line Training With JKA HQ Instructors:**

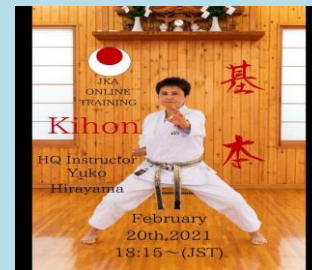
**Okuma Koichiro**

7th Dan



**Hirayama Yuko**

7th Dan



**Kurihara Kazuaki**

6th Dan



**Okuie Satomi**

5th Dan



#### **O-Sensei Funakoshi Gichin:**

**“Apply the way of Karate to all things. Do not think of winning. Think rather of not Losing.**

USER

JKA-KUWAIT (ESTABLISHED 2010)

## **JKA Kuwait Responsibilities**

JKA Kuwait have taken and shall take all necessary measures to prevent the spread of COVID-19 pandemic. And, at the same time, to continue karate training in accordance with the State's of Kuwait Ministry of Health conditions and requirements.



We request from all karatekas to adhere to social distancing, wear masks, disinfect their hands, and to continue practicing JKA Karate.

## **1. Introduction:**

All the world countries and communities are facing the adverse impacts of COVID-19 Pandemic. This virus is creating a real challenge and threat to humanity. It is a vicious opponent that we all need to make an adjustment in order to face it, to survive and to win. O-Sensei Funakoshi Gichin stated in his 13<sup>th</sup> karate Guiding Principles, the following:

**“Make adjustments according to you opponent”**

Kuwait’s JKA took this guiding principle into consideration, by halting temporary active dojos training in accordance with the conditions of the Ministry of Health of the State of Kuwait. And at the same time took the time to think about opportunities to adjust and to continue training; and to encourage others to participate in on-line training. As a result, JKA-Kuwait management came with the idea of organizing in an international on-line gasshuku with Sensei Okuma Koichiro and with other JKA HQ karate masters such as Hirayama Sensei, Kurihara Sensei and Okuie Sensei.

## **2. JKA Kuwait:**

JKA-Kuwait is a very active Shotokan karate organization in the State of Kuwait, the Gulf Cooperation Council (GCC) Region and in the Middle East. The President and the Chief Instructor of JKA-Kuwait is Shihan Marwan Sultani; a 6th Dan karateka. JKA-Kuwait is managed through the president, the general manager i.e. Dr. Ali M. Khuraibet (5 Dan), and board members i.e. Sensei Marwan Hirish (4Dan), Senpai Masayel Alshahain(3dan). And supported by the senior instructor Sensei Jalail Shaikh Ahmadi Senpais, Bibi Sultan, Hussain Kamal and others. The board members are managing several departments i.e. the Championships and Qualification Department, the Financial Department, the Complaint Department and the Public Relations Department. JKA-Kuwait have very active dojos branches all over Kuwait which are managed by qualified and certified JKA black belts.

JKA Kuwait is expanding steadily in Kuwait and in other countries in the Arab region through mutual cooperation and understanding. The core objectives of JKA-Kuwait are to cooperate fully with JKA Japan HQ and to present and promote JKA Shotokan Karate to the world in an excellent and ethical manner to promote peace in the world and to create a sustainable future for present and future generations.

JKA-Kuwait history include great achievements such as, but not limited to, the following:

*I. Organizing bi-annual gasshuku(s) with JKA HQ instructors such as Okuma Sensei and Ogura Sensei;*

*II. Organizing gasshuku(s) and championships at the national, regional and the Middle East levels;*

*III. Having JKA approved instructors with dan grades ranging from 1st to 6th dans. And related judging and examinations rights up to 3rd Dan*

*IV. Achieving 1st on All JKA Gulf Cooperative Council Championship, held in the Kingdom of Bahrain;*

*V. Achieving 1st on All JKA Middle East Championship held in Cairo, Egypt;*

*VI. Achieving 3rd on All JKA Asia Oceania Championship, held Bangkok, Thailand;*

*VI. Achieving 3rd on All JKA Championship, held in Ireland.*

### **3. The on-line gasshuku and subsequent on-line training:**

JKA Kuwait have participated in on-line karate training activities during the COVID-19 pandemic period that include, but not limited to, the following:

*I. The first on-line gasshuku was arranged through JKA HQ in Tokyo in association with Shihan Okuma Koichiro; a 7<sup>th</sup> Dan instructor at JKA HQ, Japan. He is a continuous and a familiar*

*visitor to Kuwait, the Arab world, the middle east, Europe and many other parts of the world. His in depth teachings, technical abilities and hard training are always in demand and highly appreciated.*

*The On-line gasshuku training was held for two (2) hours every day, 3-5 pm Kuwait's time, and during the period from 7-8/8/2020. The first day was a revision of kihon and kihon relevant to Bassai Dai and Jion katas. Whilst, the second day was designated for the training of those two katas. Shihan Okuma presented the katas and the technical details of each movement of the two katas. Then he asked all to do the katas under his watchful eyes. Afterwards, he went into details explaining the best practical and correct way of doing the two katas.*

*II. The second on-line training was with Sensei Kurihara Kazuaki (6th Dan); and it was held on 14/2/2021. He focused on Kanku Dai kata and the kihon related to this kata. Kanku Dai is one of the oldest of the Shotokan Karate katas; and was revered by O-Sensei Funakoshi Gichin. The original name of this kata was "Kusanku" and O-Sensei changed it to "Kanku Dai" meaning the "Viewing the Sky" or "Viewing Emptiness". The first half of the training was focused on correct kihon movements related to the kata. And the second half concentrated on how the karateka need to train and do each movement, of the kata, in a correct way. More than 70 Karatekas participated at this on-line training.*

*III. The 3rd on-line training was with Sensei Hirayama Yuko and it was held on 20/2/2021. She is a very qualified karateka and karate runs into her blood since childhood. Sensi Hirayama have started practicing karate when she was only on her second year of her elementary school. During the on-line training she focused on the importance of Kihon and how kihon is linked to Kata and kumite. She, also, emphasized on the importance of how to*

*move from one movement to another in a correct way. More than 70 karatekas participated at this special on-line training with Sensei Hirayama Yuko.*

*IV. The 4th on-line training was with Sensei Okuie Satomi and it was held on 21/2/2021. She started training on karate when she was only 4 years old. She is a very experienced kumite karateka. Sensei Okuie had won 1st, 2nd and 3rd positions on All Japan JKA and international championships from 2000 until 2010. This wide experience was reflected during her on-line training course. She focused on Kumite and kumite techniques. More than 60 karatekas have participated at this special on-line Kumite training course.*

*V. The 5th on-line training was with Sensei Okuma Koichiro and it was held on 27/2/2021. He is a highly recognized and sought after instructor coupled with high technical capabilities and experience in both kata and kumite in addition to kihon. Sensei Okuma always concentrate on the importance of training, hard training and continuous training. He concentrated on correcting movements associated with the kata, hip rotation, body stability, continuity, using the hara and correct breathing and body axis movements. He, also, illustrated, explained and provided unique bunkai for Kumite application from the kata movements. At the end Sensei Okuma made a philosophical link between "Ken" and "Zen". More than 70 karatekas participated at this special on line training on Tekki Sandan Kata.*

#### **4. JKA participation the Gichin Funakoshi On-line Festival and Championship:**

On 1<sup>st</sup> October, the JKA HQ, in Toko, Japan, declared that "**FUNAKOSHI GICHIN ONLINE FESTIVAL**" will be held. The kata that shall be performed was selected to be "Tekki Shodan". It was specially selected for its simplicity; yet very complex and to move easily in small space. Based

on this declaration, thousands of JKA karatekas, from all over the world have participated on this first ever on-line JKA championship. And the main focus was on Tekki Shodan Kata. At the old times when O-Sensei Funakoshi Gichin started to learn Karate; the kata name was Naihanchi Shodan. Then he re-named it to Tekki Shodan. It was his first kata that he learned and practiced under the watchful eyes of his two great masters i.e. Itosu and Azato. Although the kata looks simple; yet it is very complicated as it combines hardness and softness and slow and fast movements. Karatekas needs continuous hard training, practice and perfect zanshin and kime on order to execute this kata in a very proper manner.

JKA-Kuwait have managed to achieve the following positions at the "Gichin Funakoshi On-Line Festival and Championship" and as follows:

*I. 3rd position and won by Jude Tawfaiq;*

*II. 7th position and won by BiBi Sultan'*

*III. 8th position and won by Sensei Marwan Sultan.*

#### **5. The benefits:**

The on-line gasshuku(s) and training courses were a new experience, but it was worth organizing and participating on them. The training went very smooth and was like one to one training. Sensei(s) Okuma, Hirayama, Kurihara and Okuie have managed to communicate well with all karatekas. And gave their remarks and technical advices all the way. All training sessions were almost technical problems free; and the voice and video went very well. At the end of the training all sensei(s) thanked all participants for their active and hard training and asked all to continue to train.

This spirit of unifying karatekas souls, through gathering and hard training, is very important to stand up and to work together to fight the COVID-19 virus in order to give hope to all that humans shall win at the end. The social media and JKA's Instagram have covered all the training events in a very successful manner.

## **6. Thanks and appreciation:**

JKA- Kuwait would like to sincerely thanks and appreciate the efforts of the following organizations and persons for their support in organizing and participating in the on-line gasshuku(s), training courses and the Gichin Funakoshi Championship:

*A. JKA Japan HQ, Tokyo, Japan;*

*B. Shihan Koichiro Okuma;*

*C. Sensei Marwan Sultan (JKA-Kuwait President and Chief Instructor);*

*D. JKA-Kuwait General Manager Dr. Ali Muhammad Khuraibet;*

*E. Branch Masters and head of department: Sensei Marwan Hirish, Sensei Jalail Shaikh, Sensei Masayel Alshahain and sensei Muhammad Usman.*

*F. All karatekas who participated in the on-line gasshuku(s), the on-line championship and the training courses.*

## **7. To contact JKA-Kuwait HQ:**

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