

JKA Oman 15th international Gasshuku

JKA Oman in cooperation with the Nizwa Club, it's main center, organized 15th international gasshuku which was held in Oman (Nizwa city) from 9 to 13 February 2023 under the supervision of JKA HQ master Tatsuya Naka, with the participation of more than 150 participants from Oman and other countries such as Algeria, Tunisia, Egypt, India, Germany and Austria...



- Camp Training Programme:

The camp came with a training program for 4 and a half hours divided into 3 sessions. It started with a special instructor class. Teaching different katas and it's correct conditions, which enable the karateka to apply its integrated movements using the contraction and relaxation of the internal muscles of the body, and the use of all the muscles of the body to perform the movement. Naka Sensei also focused on The principle of centering the weight of the body in the stances, by using only one hand and the right and left directions, and explained the mistakes that some karateka's may fall into.



In advanced classes, the basic kihon were discussed and advanced katas were reviewed.

