



日本空手協会
JAPAN KARATE ASSOCIATION PAKISTAN

2023 7TH JKA NATIONAL TRAINING KARATE CAMP - PAKISTAN



MARCH 8 - 9, 2023

NASHTAR SPORTS COMPLEX
NEAR QADAFI STADIUM, LAHORE



OSAMU KANDA
SENSEI

KATSUTOSHI SHIINA
SENSEI

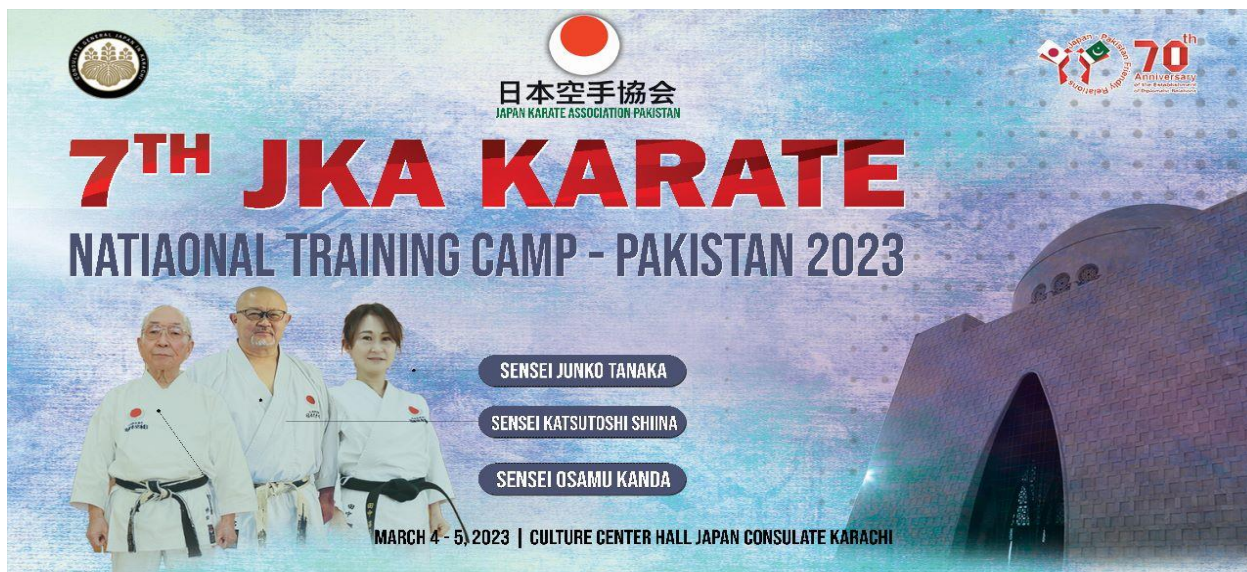
JUNKO TANAKA
SENSEI

MARCH 4 - 5, 2023

CULTURE CENTER HALL
JAPAN CONSULATE KARACHI

MARCH 07, 2023

HAMEEDI HALL, PAKISTAN SPORTS BOARD, ISLAMABAD



Date: **4th to 5th March 2023**

Venue:

Consulate of Japan Karachi, Japan Information and Culture Centre

The 7th JKA karate national training camp, featuring around 70 fighters, concluded here on Sunday at the Japan Information and Culture Centre here at the Consulate-General of Japan.

The Japan Consulate in Karachi aided the Japan Karate Association Pakistan in organising the camp. It was the Karachi portion of the national training camp, which ends on March 9 in Lahore.

Mr. SHIINA Katsutoshi Sensei, a leading Karate master from Japan and JKA HQ Japan's Technical Director, flew in from Japan especially to conduct the workshop. Mr. SHIINA is 7th Dan [The levels are divided into "Kyu" and "Dan", and the levels start from Kyu (10 to 1) to Dan (1 to 10)]. Mr. SHIINA was accompanied by Mr. KANDA Osamu Sensei and Ms. TANAKA Junko Sensei. Ms. TANAKA is the first Japanese female instructor to travel to Pakistan for Karate training workshop.

This workshop offered opportunities not only for the practitioners to enhance their Karate skills but also for people of Pakistan to study the philosophy and spirits of Japanese traditional martial arts. During the two-day workshop, around 70 Pakistani Karate practitioners participated in the training sessions and tested for Kyu or Dan promotions.

Shiina will now conduct another such session in Islamabad on March 7 before holding a two-day programme in Lahore on March 8. He will be joined by two other Japanese instructors, including a female instructor Sensei Junko Tanaka, who is visiting this country for the first time. At the closing ceremony, Consul General of Japan Odagiri Toshio graced the event as the principal guest. Together with the organisers Zulfiqar Ali, Mohammad Ali, and Tariq Ali, Dr. Farhan Essa was also present delightedly to enlighten the females and male's athletes of karate to promote their skills in advance manner.

Odagiri expressed his joy that the camp had finally been held after a long break caused by COVID difficulties, but "I am really pleased to see that it was held for the first time in three years.

"Shiina has been instructing Pakistani fighters for the past ten years. Shiina and his staff provided instruction to more than 70 students and especial training was provided to Females to support women empowerment and to make them warriors in any harm situation. He'll keep providing his services in the future, too," Odagiri added.

At the closing ceremony, ODAGIRI Toshio, the consul general of Japan in Karachi, expressed his gratitude to the Japanese coaches and JKA and emphasised the importance of such sporting exchanges for fostering understanding between Pakistan and Japan. Young karate players' passion for the sport made SHIINA Sensei happy to see it, and he emphasised the value of consistent practise and hard work.

JKA Karate Seminer for Sindh Police:

Date: 6th March 2023

Venue: Sindh Special Security Unit (SSU) Karachi

A delegation from Japan Karate Association HQ & Pakistan comprising Technical Director Katsutoshi Shiina Sensei, 7th Dan Black Belt Osamu Kanda Sensei and Senior Instructor Junko Tanaka Sensei visited Pakistan for their technical camp and karate workshop in the city Karachi for one day camp and gladly delivered their ultimate skills with the female instructor for all students and trainers in security unit.

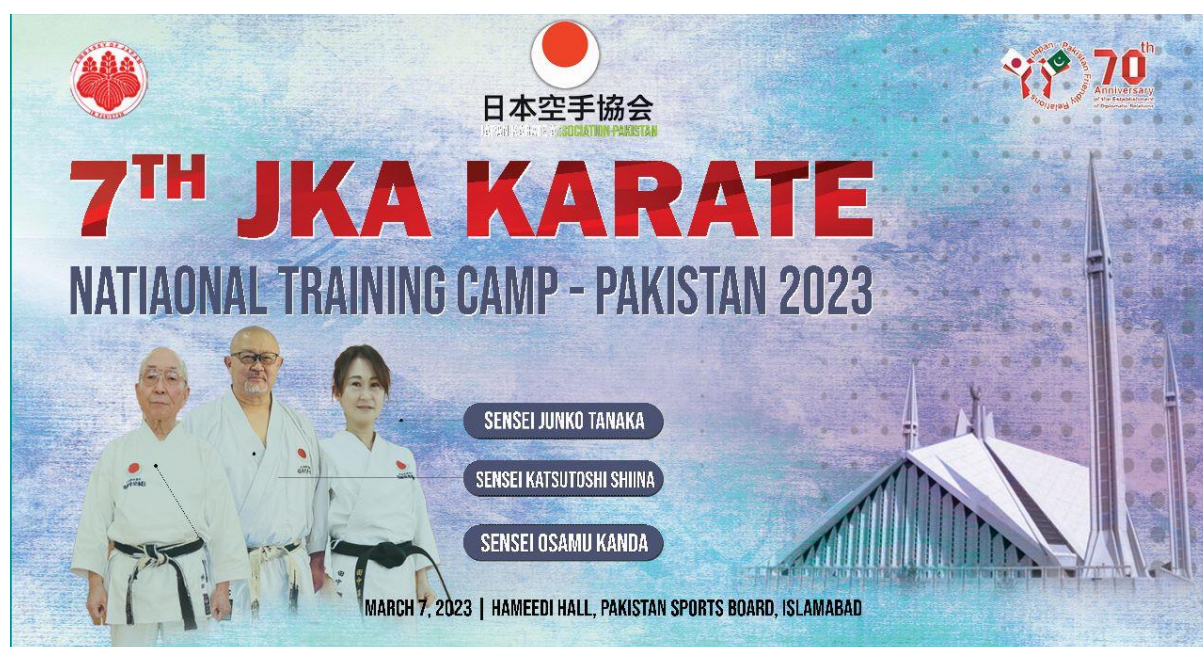
Moreover, Patron in Chief Zulfiqar Ali and Tariq Ali Patron of JKA Pakistan visited Special Security Unit (SSU) headquarters too.

Shiina Sensei conducted a one-day training of advanced self-defense techniques and tactics for the enhancement of trainers and commandos. Chiefly the SSU and SBB, EPTC's martial art experts arrange the exclusive visit with the collaboration of SSU in great coordination of Japan Karate Association-Pakistan

Other officials from Japan Consulate Mr. Shimizu Daisuki Security Officer, Mr. Muhammad Ali (President of JKA Sindh) were also amongst the visitors who effectively organized the workshop and event for the commandos of the Special Services Unit the encouragement and awareness of JKA Karate from its basics till full renovation.

Security Officer SSU SSP® Muzaffar Iqbal briefed the delegation about the functioning of the various sections of SSU and informed the measures adopted to setup country's first Special Weapons and Tactics (S.W.A.T) team and acknowledged about the advance professional training provided to commandos and especially for operational preparedness of the commandos.

Later, Muzaffar Iqbal presented honorary shields and SSU Caps to the Shiina Sensei and regards and appreciates his and two more well known masters straight from Japan.



JKA karate national training camp at Islamabad:

Date: **7th March 2023**

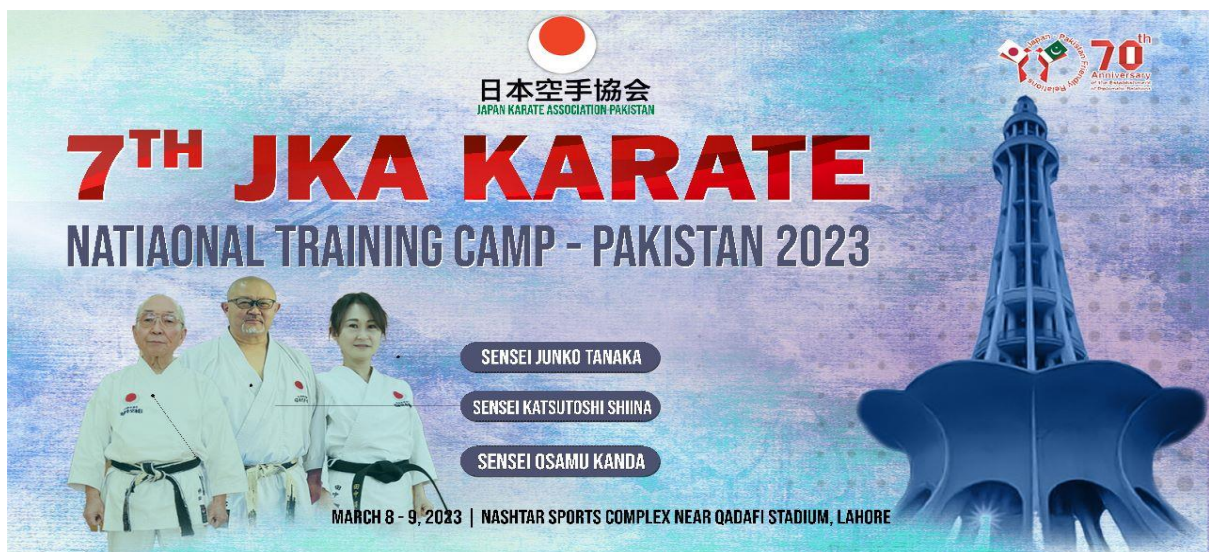
Venue: **Hamidi Hall of the Pakistan Sports Complex, Islamabad**

Karate Workshop was held on Tuesday at the Hamidi Hall of the Pakistan Sports Complex by the Japanese Embassy in association with the Pakistani JKA. This workshop was held under

the title “7th JKA national Karate Camp” and was participated by participants from Islamabad, Rawalpindi and Peshawar.

Shiina Katsutoshi, a top Japanese Karate JKA official instructor, 7th Dan (The levels consist of "Kyu (10 to 1)" and "Dan (1 to 5), led the workshop, which gave participants the chance to improve their skills as well as learn more about the thrilling side of Karate as a Japanese martial art. During the workshop, Shiina was supported by his fellow teachers Kanda Osamu, Tanaka Junko, and the instructors from JKA Pakistan. The one-day training was opened by Muhammad Shahid Islam, Deputy Director General (Technical), Pakistan Sports Board, and ITO Takeshi, Charge d' Affaires, Japanese Embassy in Pakistan.

ITO attended the training classes and thanked Shiina and his team for travelling so far from Japan to oversee and provide helpful advice to the young karate students in Pakistan. Later, ITO awarded certificates to the training camp attendees. While appreciating the participants for showing keen interest in traditional Japanese martial arts of Karate, ITO said the purpose of holding karate training camp was to provide an opportunity to the Pakistani youth to learn “real” karate.



JKA karate national training camp at Lahore:

Date: **8th – 9th March 2023**

Venue: **DHA Main Office Complex, Phase 6, Lahore**

“It does not matter how slowly you go, as long as you do not stop.” – Confucius

The camp was stationed at at DHA Main Office Complex, Phase 6, Lahore.

The workshop from the great and respectful masters and coaches gathered with full determination day on the morning of March 8, where splendidly the inauguration of the 7th JKA national karate camp and training took place.

With the collaboration of JKA Pakistan and PJCA Pakistan Japan Cultural Association Lahore, the dedicated event for the athletes of Lahore superior style karate association begins with full energy.

The training commenced the first day in the supervision of President of Culture Association and Patron of JKA Pakistan.

Dr. Ghazala Irfan was the special guest at the closing and thanked the honorable grandmasters from Japan and presented souvenirs and gave certificates to the players participating in the training camp.

The proceedings started with Rei followed by body warm-up exercises. The Sensei aimed the training at acquainting Karatekas with JKA Tradition Karate Techniques.

The first day spent based on introducing and polishing basic techniques of karate.

The 2nd day training session focused on Kata and Gohan Kumite. Young and adult karatekas participated with full enthusiasm and eagerness. The training began at the morning and lasted till 1 in the afternoon and all the junior karatekas were released after an hour in a half. Seniors were further trained for advance training and techniques.

Along with this JKA Pakistan's members successfully passed Dan grading Exam.



Establishment of new body of Japan Karate Association Pakistan:

Date: 8th – 9th March 2023

Venue: DHA Main Office Complex, Phase 6, Lahore

After series of meetings and long discussions with all seniors and founded members of JKA Pakistan and Chiefs of JKA Branches in Karachi, Islamabad and Lahore. The most important meeting of JKA Pakistan was held last day in the presence of all seniors and founded members JKA member at DHA sports complex Lahore. The meeting took place in presence of all JKA members under the supervision of Shihan Katsutoshi Shiina who is currently serving as a Technical Director of JKA Headquarters Japan.

Highest rank master Kanda Isamu Shihyan 7 Dan and Senior Instructor Junko Tanaka were also present in the meeting. In the meeting, Shihan Shina Technical Director JKA Headquarters Japan suggested the formation of new body of JKA Pakistan.

He said to execute plans and new rejuvenate the amendments for future and suggest decided name and position for JKA Pakistan new working group. Which was accepted by all present members and present selected members including Shihan Shiina, who signed the memorandum.

Selected Members of JKA Pakistan:

Mr. Zulfiqar Ali - Patron in Chief

Mr. Tariq Ali - Patron

Mr. Dilawar Hussain - Patron

Mr. Muhammad Izmat Ataka - Patron

Mr. Muhammad Shafiq Marlow - Chairman

Mr. Hussain Ali Chingizi - President

Mr. Nasir Mahmood - Secretary

Finally, Shihan Shina instructed all members to work together for the development of JKA Karate and to manage all matters of JKA Pakistan in consultation with each other as team and not to interfere with JKA Pakistan in the internal affairs of all provincial associations/Branches. He Strictly prohibited and instructed that all the Provincial Associations are autonomous and the Provincial President/Chairman shall be responsible for solving their own affairs and all the members of the Provincial Associations present on the occasion assured their cooperation with JKA Pakistan.

Press news links

Islamabad Post: [Japanese embassy organizes Karate Workshop - Islamabad Post](#)

The New: [JKA karate national training camp ends \(thenews.com.pk\)](#)

Associated Press of Pakistan: [Karate players performing during 7th JKA National Karate Camp at Pakistan Sports Complex \(app.com.pk\)](#)

Business Recorder: [Japan consulate holds Karate workshop - Pakistan - Business Recorder \(brecorder.com\)](#)

IG News: [Japan Consulate organizes karate workshop – Pakistan IG News | IG News \(irshadgul.com\)](#)

The Nation: [Japanese embassy, JKA organise karate workshop \(nation.com.pk\)](#)

Legal Views: [The Embassy of Japan Organize Karate Workshop at Pakistan Sports Complex, Islamabad - Legal Views](#)

Pakistan Observer: [Embassy of Japan organize Karate workshop at Pakistan Sports Complex - Pakistan Observer \(pakobserver.net\)](#)

Daily News 66: [جاپان کراٹے ایسوسی ایشن کے تعاون سے کراٹے ورکشاپ کا انعقاد - Daily 66 News](#)

Pipa News: [Japan Consulate organizes karate workshop - Pakistan PiPa News - PiPa News](#)

Biz Today: [Japan Consulate organises Karate workshop - Biz Today](#)

Sports Link: [جاپان کراٹے ایسوسی ایشن پاکستان کی نئی تنظیم کا قیام - SportsLink PK](#)

News 360 TV: [جاپان کراٹے ایسوسی ایشن پاکستان کی نئی تنظیم کا قیام \(news360.tv\)](#)

Photo Gallery:

Karachi Camp:



SSU Police Camp and Vist





Islamabad Camp:



Lahore Camp:



JKA Pakistan Meeting:

