



## JAPAN KARATE ASSOCIATION / WORLD FEDERATION JKA /WF ECUADOR INFORM SEMINARIO NAKA SENSEI AUGUST 2023

The JKA Ecuador, held the international seminar with Naka Sensei from August 09 to 15, 2023, distributed as follows:

**Guayaquil:** August 9 and 10 in, with the presence of 137 seminarians.

**Quito:** August 11, 12 and 14, with the presence of 102 seminarians.

Sunday, August 13: XX national tournament JKA Ecuador, with the presence of 125 competitors, 84 categories and the participation of 13 affiliated and non-affiliated clubs.

Tuesday, August 15: Danish exams attended by 15 examinees between SHODAN, NIDAN and YONDAN, plus an instructor's exam.

Naka Sensei, arrived in Quito on Wednesday, August 9, 2023 at 00h10, and leaves for Guayaquil at 9h00.



### GUAYAQUIL

#### Wednesday, August 9:

GENERAL CLASS 17H00 TO 18H30: Naka Sensei puts special emphasis on the connection between JO, CHU and SEIKA tandem using basic techniques such as kizami tsuki, yaku tsuki plus yoriashi.



### Thursday, August 10:

**NOVICE CLASS 8H00 TO 9H00:** Naka Sensei performs kihon focused on Heian Shodan, for a better understanding of specific parts of the kata, the class ends with several repetitions of the kata in question.

**ADVANCED CLASS 9H00 TO 10H00:** Naka Sensei, performs the study of the same kata, and despite being the same subject, the study of kata focuses on fundamentals of budo.

**NOVICE CLASS 16H00 TO 17H00:** Naka Sensei focuses on the study of 5 kicks, plus HEIAN 1, 2 and 3.

**ADVANCED CLASS 17H00 TO 18H00:** Naka Sensei focuses on the detailed study of Bassai Dai, plus practical applications.

### QUITO





### **Friday, August 11:**

**NOVICE CLASS 17H00 TO 18H00:** In this class Naka Sensei focuses the study of the four basic blockages for the understanding of the concept of expansion and contraction of the trunk.



**ADVANCED CLASS 18H00 TO 19H00:** Naka Sensei focuses his class on the movement of the hip on its transverse axis, and how this movement influences the change of our center of gravity forward or backward in order to use the intentional imbalance and generate more power in the technique.



### **Saturday, August 12:**

**NOVICE CLASS 9H00 TO 10H00:** Naka Sensei bases his class on a didactic methodology to correctly understand the position of the trunk in Hanmi and Shomen. When performing Sambon Ren Tsuki, the class ends with an exercise based on Gohon Kumite.





**ADVANCED CLASS 10H00 TO 11H00:** Naka Sensei puts into practice kumite techniques in pairs to be able to experience the force of gravity through the intentional use of imbalance.

**NOVICE CLASS 17H00 TO 18H00:** In this class, Naka Sensei puts into practice Kihon exercises, the class ends with continuous practices of TAIKIOKUSHODAN.

**ADVANCED CLASS 18H00 TO 19H00:** Naka Sensei starts the class with a detailed explanation of the movement of the hip in all its axes, continues with exercises in the four basic positions to understand these movements, ending the class with detailed practice of GOJUSHIHOSHU.





**Sunday, August 13:**

**XX JKA ECUADOR NATIONAL CHAMPIONSHIP**

The national championship had the participation of 125 competitors, 84 categories and the participation of 13 affiliated and non-affiliated clubs.

At 12h00 the inauguration event of the Seminar and Tournament was held, with the presence of military authorities, belonging to the Military College No. 1 Eloy Alfaro. This event highlighted the TWENTIETHFIVE Anniversary of JKA Ecuador under the command of Sensei Rubén Flores Bifarini.



**Monday, August 14:**

**NOVICE CLASS 9H00 TO 10H00:** Naka Sensei involves in this class kumite techniques, with special emphasis on the use of them, but with the appropriate distance, and involves advanced belts in teaching and counseling intermediate belts and novices.

**ADVANCED CLASS 10H00 TO 11H00:** Naka Sensei makes a detailed study of GOJUSHIHOSHO AND GOJUSHIJODAI.



**SHOTOKAN STYLE MASTER CLASS 18H00 TO 20H00:** This class involves karate practitioners from Ecuador from different schools or SHOTOKAN organizations. Naka Sensei, exposes the main budo fundamentals to those present, uses a methodology in which you can appreciate the relationship between KIHON - KATA - KUMITE, involving in the class very clearly these three phases of Karate Budo, to explicitly understand their correlation.







## **Tuesday, August 15:**

The exams of Danes are carried out, distributed as follows:

9 SHODAN aspirants, 2 NIDAN aspirants, 4 YONDAN aspirants, 1 aspirant to obtain his instructor's license.



The JKA Ecuador, congratulates all 15 participants, since for their effort and dedication they managed to successfully complete their evaluation.



In the afternoon there was time for rest, Naka Sensei visited "Loma Grande", Cayambe – Ecuador, made a 2-hour ride to the slopes of the volcano.

We thank Hombu Dojo Japan, and NAKA Sensei, for their teachings, hoping to have their invaluable guidance once again.

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