

Report from the 35 years anniversary gasshuku, for Lyderhorn Karateklubb dojo

Lyderhorn Karateklubb is a member club of JKA Norway, located in Bergen. The club was founded in March 1989 by chief instructor Helge Sæle sensei, 7th dan JKA.

Sæle sensei has since the beginning throughout the years introduced JKA karate to a vast number of students, and today the club has about 150 members training on a yearly basis. Sæle sensei is also an advisor and member of the technical committee of JKA Norway.

For the anniversary Sæle sensei and Lyderhorn Karateklubb invited Ohta sensei 7th dan JKA and Okuma sensei 7th dan JKA as special guest instructors.

We celebrated with five days of special training for the club members, and a weekend blackbelt assembly where also other clubs' karate kas were welcome to join.

With two adjacent training areas in the dojo, we had parallel training sessions. We focused on the katas heian yondan, tekki shodan, empi, jitte, chinte, bassai sho and tekki nidan. And of course, also kihon and bunkai accordingly. We learned a lot, and had a lot of fun too.

Lyderhorn Karateklubb is very grateful for all who participated in our anniversary gasshuku, especially Ohta sensei and Okuma sensei who came all the way from England and Japan to share their knowledge with us. Now we look forward to many more years to come training karate with our JKA family, hope to see all of you again!

Yours sincerely, Lyderhorn Karateklubb

February 2024, Bergen, Norway

Oss!













