

## Spring Camp 2025 – JKA Belgium

This camp was organized by JKA Belgium, led by Gneo Sensei, Chief Instructor of JKA Belgium. The following instructors were invited : Ogura Sensei, Vice Chief Instructor of JKA, Naka Sensei, Instructor of JKA HQ, Ohta Sensei, Chief Instructor of JKA England, Hirose Sensei, 2024 JKA World Champion, Sawada Sensei from Belgium and different Belgian Instructors. This year was a record-breaking year, with 1,020 karatekas from Belgium, France, Holland, Germany, Switzerland, Italy, Morocco, and even one Canadian participant?



These high-ranking instructors were able to pass on their knowledge in all aspects of karate: Kihon, Katas, Kumite and self-defense were studied. The basics, perfecting katas, kimé, hip work, everything was covered in depth, with particular emphasis on fundamental principles such as power control, speed control, and managing coordinated contraction/extension of the hip joints.



Much appreciated by the participants, the questions/answers on the details of the katas allowed for a good understanding of the meaning of certain movements.



During the various courses, emphasis was also placed on the importance of kimé, movements in the three complementary aspects of karate: kihon, kata and kumite.



**While the JKA courses organized by Belgium are technically intense, they are also great moments of conviviality and exchange between practitioners from abroad, as well as with instructors.**

**Sensei Gneo thanked the participants and also the administrative staff, without whom none of this would be possible.**

**See you in 2026 for our next spring course!**



