

## **[MALAYSIA] JKA Malaysia International Gasshuku & Master Camp 2025 with Naka Tatsuya Shihan**

On June 14 & 15, 2025, JKA Malaysia held the JKA Malaysia International Gasshuku & Master Camp in Kangar, Perlis, under the guidance of Naka Tatsuya Shihan, 7th dan, from JKA HQ. Over 150 karateka from Malaysia, Singapore, Sri Lanka, Thailand, and other countries, enjoyed his world-class teachings at the State Youth & Sport Complex.

Naka Shihan brought out the best in the participants and honed into an intensive and detailed kihon and kata practice that cumulated in practical applications for kumite and self-defense. Participants of all skill levels enjoyed the extensive hands-on work and the friendship resulting from learning and practicing together.

First training started Thursday night (June 12) with Penang State JKA members. Naka Shihan focus on kihon with particular emphasis on fundamental principles such as with hip work, power control, speed control, and managing coordinated body contraction/extension.

On Friday night (June 13), Naka Shihan led a group Perlis State JKA members in a special JKA-exclusive training through Jion and his favorite kata Tekki Shodan, one of the oldest. His instructions included practical Budo applications for everyday life and situations, demonstrating that small details make a big difference in strength and stability. For example, attention was given to pointing forefingers and then returning to Seiken for stronger and more solid stances. Naka Shihan explained the concept of body mechanics of the inner and outer spirals, and participants had a chance to internalize the demonstrated applications in partner exercises.

On Saturday (June 14), the international Gasshuku kicked off with a mixed-level session. 105 students from University Malaysia Perlis, mostly white and yellow belts, joined the first training session. After warm-ups and mobility exercises, Naka Shihan dove into kihon basics from tsuki through all uke defenses with a strong emphasis on stances and posture. In the ensuing brown and black belt sessions, he demonstrated the shift of gravity and center point in various stances, hip movements, and breathing techniques via Heian katas and Tekki Nidan. Applying these Budo principles helps karateka to obtain more power and stability. In the afternoon, Naka Shihan conducted Dan and qualification exams.

On Sunday (June 15), brown and black belt practitioners warmed up and welcomed some hip activations before the beginning of the session. Naka Shihan encouraged a TaiSabaki exercise by changing directions diagonally applying movements from Heian Shodan. The second morning session was dedicated to the practice of Heian Shodan TaiSabaki. The effective techniques used for defense and offense will make each karateka's kata more powerful and useful. In the afternoon, participants practiced Bassai Dai, Tekki Nidan, and Hangetsu, and many Bunkai movements resulting from these katas. Naka Shihan also demonstrated Budo applications with bigger, taller, and heavier opponents, which easily surrender to Shihan's skills.

JKA Malaysia extends a big thank you to Naka Shihan for sharing his in-depth knowledge and encouraging karateka to intensify their training and study of martial arts. We are grateful to all participants from near and far who worked diligently and showed immense spirit, the dedicated staff, and the enthusiastic volunteers who made this camp a memorable event.

We are looking forward to welcoming everyone to the next JKA Malaysia Gasshuku in December in Penang with Shimizu Sensei, 6th dan from JKA HQ. Until then, may your training strengthen karate practices and the karate spirit all over the world. OSS!

Respectfully,  
JKA Malaysia

Please follow our Facebook and IG accounts for more pictures and information:

Facebook: <https://www.facebook.com/jkapienang>

Instagram: <https://www.instagram.com/jkamalaysia>

Training at Penang Dojo:



Training at Perlis Dojo:



Training at Gasshuku:







Dinners:

