

It's an adventure of riding all the way from Johannesburg to the east African countries its all about passion and love of motor bike and at the same time karate, indeed it's the riding rohnin

This is no other than sensei Arne Herz riding a powerful Japanese made motor bike a Suzuki 650 cc all the way from south Africa jka [SA JKA] it was Thursday 31/July/2025 when he arrived at Busia boda crossing from Kenya side, that's when he met the first karatekas on Ugandan soil who warmly well comed him and later learned a lot from his teaching method, they thanked him for giving them his time and wished him all the best.

After Busia sensei proceeded to Kampala city and on Saturday 2/august/2025 and Monday 4/august/2025 that's when we had a second karate training with sensei Arne Herz this was amazing to the students because he taught about double stepping that's moving the leg before actual movement, this is an habit common with karatekas, he demonstrated by pulling a student and easily falling because he didn't stand properly in both kokusu-dachi and kiba-dach he also pointed out at student looking down instead of keeping the head up right and focusing straight ahead Infront , the common jka kihon, gohon kumite was also taught, jion and basai-dai kata was also performed.

This led us to breathing, sensei taught how you should breathe when performing kata, breathing in before releasing the technique and exhale on releasing the technique, he further explained the breathing techniques by performing his favorite kata hangetsu and also teaching it to students, the jka kata which teaches correct breathing, sensei Arne wondered how quickly the students where learning and praise them of having sharp brain. On his way to Kigali Rwanda, he mate with another student in masaka city Mr. Alex Kayondo in which they had a brief training of an hour, after wish he started another journey to second largest city Mbarara district, here training was carried out in Mbarara university of science and technology [MUST] with rogers group.

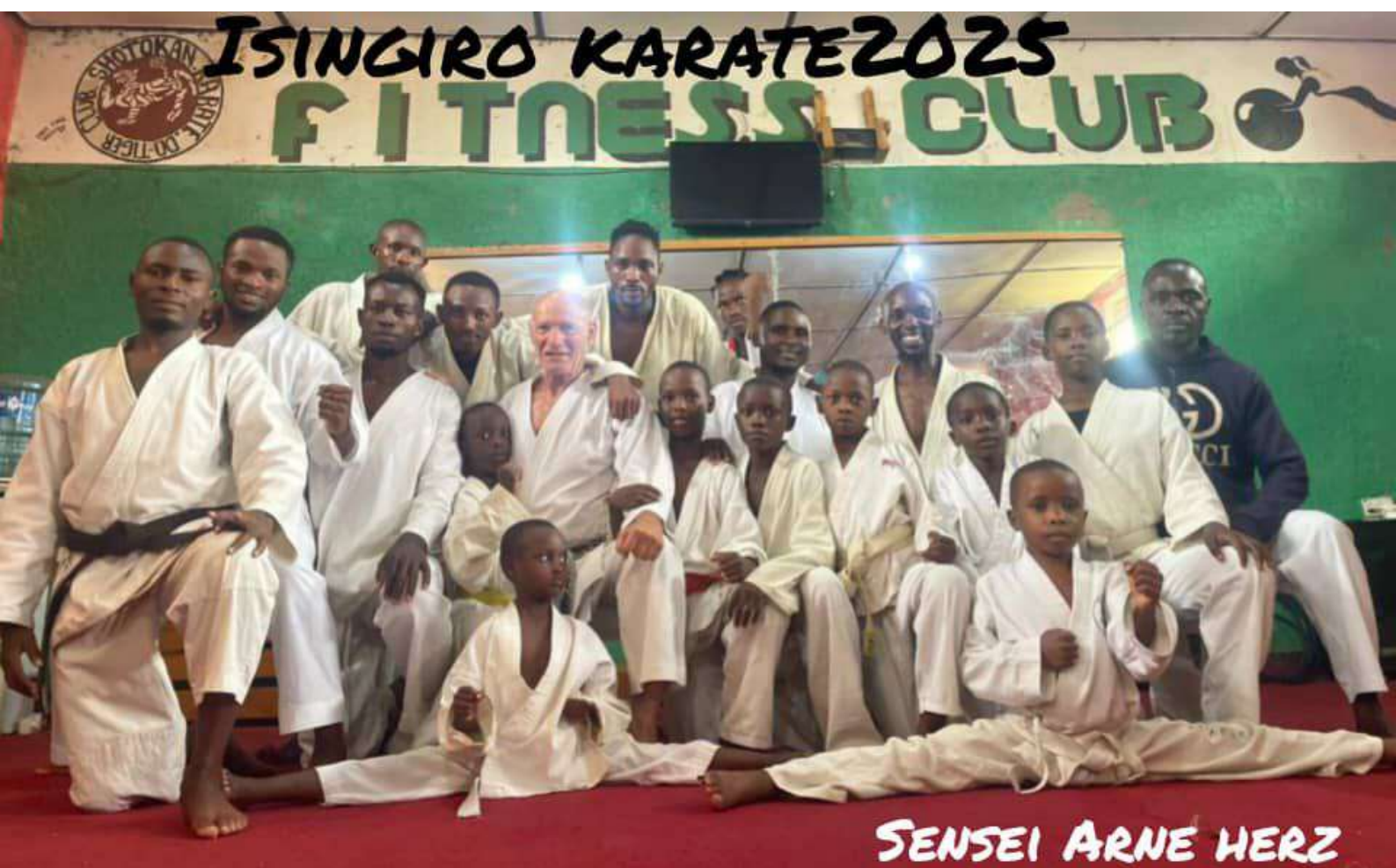
After Mbarara the last training session of sensei training on the soil of Uganda was in Isingiro district a refugee camp, bordering Tanzania in the south and Rwanda in the west, and this is Tiger Shotokan Club of Isingiro with Gideon group, the training was marvelous and every body was satisfied with the visitor's karate training, this marks the end of sensei first visit of Uganda after which he proceeded to Rwanda.

Its really a good gesture from sensei Arne Herz to have volunteered all the way from south Africa to come to east African countries to have brief karate meetings or training on different occasion, this was really good spirit from a jka karate member, in karate its said the strong ones should help the weak ones to grow, so it goes hand in hand when you also say those who are financially sound among the international community should also come out and help the one who are less privileged among the society so that our beloved jka karate can grow strongly, Ugandan karatekas wished sensei Arne Harz good health and safe journey all the way back to south Africa, as the slogan goes jka one way and one way jka, reported by chief instructor sensei asana Mahmood, Domo Arigato Gozaimas Oss.









ISINGIRO KARATE 2025

FITNESS CLUB

SENSEI ARNE HERZ

**MBARARA UNIVERSITY KARATE
SENSEI ARNE: DAY 2: 2025**





