



JKA-Austria Autumn-Gasshuku with Tatsuya Naka Shihan, 7th Dan JKA in Vienna, Austria

October 17th to 19th 2025



JKA-Austria, under the leadership of Dr. Christian Osterbauer, Chief Instructor of JKA Austria, was delighted to host the Gasshuku, taking place from October 17th to October 19th, 2025, in Vienna, Austria.

Close to 180 Karate practitioners gathered at the “Bundessport- und Freizeitzentrum Südstadt”. Attendees came from Japan, Austria, the Czech Republic, Germany, Switzerland, Italy, Hungary, Romania, Portugal, Sweden, Slovenia, Turkey, and several other countries.

Throughout the entire Gasshuku, Naka Shihan demonstrated the core principles of Budo Karate in a highly engaging manner. The focus of Naka Shihan’s teaching was on working with the individual's center of gravity and not relying on muscle power, but rather on implementing the correct use and alignment of the human bone structure, stance, and breathing. All Gasshuku attendees had the opportunity to empirically test, with a partner, whether these principles held true in their own experience, and the results were simply astonishing! Naka Shihan continued to demonstrate in detail the consequences of proper bone alignment, which inevitably result in the concomitant movement of all relevant body parts, thus developing optimal speed and strength.



The core principles of moving along the center line, adequately using one's center of gravity, and focusing and balancing the principles of expansion and contraction were practiced in kihon and kumite exercises, as well as in kata, all of which were both memorable and enjoyable in their execution. As a special treat, Naka Shihan discussed the philosophical underpinnings of martial arts by delivering a theoretical lecture on the concept of bushido and its connection to all those who practice Karate as a martial art. All attendees were grateful for Naka Shihan conveying both his theoretical and practical skills, competence, and prowess in such a spirited atmosphere.

The Gasshuku concluded with a heartfelt thank you to Naka Sensei for sharing his expertise and mastery with all attendees in such a spirited atmosphere. Also, Cheyenne Heumann and Dr. Sven Mathiessen were gratefully acknowledged for their translation of Naka Shihan's instructions into German and English, respectively.

After training had concluded, Dan and instructor examinations were held, resulting in the successful promotion of all candidates according to JKA standards.

JKA-Austria extends sincere thanks to JKA HQ for making Naka Shihan's visit to Vienna possible.

Oss!







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