



JKA Scotland

Affiliated to the Japan Karate Association World Federation



公益社団法人 日本空手協会

Japan Karate Association

JKA Scotland Gasshuku - October 2025

A Memorable Weekend of Karate Training and Achievements

From Friday 24th to Sunday 26th October, JKA Scotland proudly hosted a remarkable 3-day International Gasshuku Seminar, welcoming karateka from across the country – stretching from the Orkney Islands down to the Borders. The event was led by esteemed instructors: Ohta Sensei (8th Dan JKA, Chief Instructor JKA England), Nemoto Sensei (6th Dan JKA, JKA HQ), and Ueda Sensei (5th Dan JKA, JKA HQ).

The seminar drew not only a fantastic turnout from JKA Scotland members but also a warm contingent of visiting students from outside JKA Scotland Association. The spirit of camaraderie and learning was evident throughout the weekend, making for an unforgettable experience.



Training Highlights

Over the course of three days, training consistently emphasised the importance of Kihon (basic techniques), focusing on harnessing the entire body to create sharper, more powerful movements. Participants were encouraged to avoid unnecessary additional/exaggerated moves, ensuring every technique remained direct and efficient. Special attention was given to practising kicking techniques slowly and with control to develop strength and precision before introducing speed.

One of the key takeaways was the concept of hikite – maintaining correct alignment of the pinky finger, wrist, and elbow, while keeping the shoulder relaxed and down. This fundamental principle resonated throughout all levels of training.



Black Belt attendees had the unique opportunity to study three advanced kata in depth: Meikyo, Gojushiho-Sho, and Unsu. The Sensei's teachings reminded everyone of the importance of integrating fundamentals into kata practice, ensuring that strong basics underpin advanced movements.

Brown and coloured belts concentrated on Empi, Jion, Bassai Dai, Heian Nidan, Heian Sandan, and Heian Yondan. By the seminar's conclusion, students demonstrated enhanced understanding and execution of these kata.



Gradings & Examinations

Saturday saw an increase in Kyu grades attending, receiving expert instruction from Ueda Sensei and Nemoto Sensei. Anticipation was high, as the day also included a National Kyu Grading examination. Congratulations to all who successfully passed their gradings!

For the first time in JKA Scotland history, the seminar also featured International Qualification Examinations for Instructor, Judge, and Examiner. Theoretical assessments for all, alongside practical examinations for Judges, took place concurrently with Kyu Grading.

Following another fantastic day of training, students who had achieved Dan gradings earlier in the year were formally presented with their Dan Grade certificates, received from JKA Japan HQ.



The seminar concluded on Sunday afternoon with JKA Dan gradings and practical examinations for Instructor and Examiner qualifications, marking a fitting end to a weekend of dedication and accomplishment.

Thank you & Reflections

JKA Scotland extends heartfelt thanks to Ohta Sensei, Nemoto Sensei, and Ueda Sensei for their invaluable instruction, as well as to every student who joined us from near and far. The annual Gasshuku always seems to pass in the blink of an eye and is truly an event not to be missed.