

【CHINESE TAIPEI】 17th JKA Taiwan Gashukku in Taipei with Katsutoshi Shiina Shihan

We were proud to announce that the 17th JKA Taiwan Gashukku was successfully held on April 25th and 26th, 2026 in Taipei City, which was organized by JKA Taiwan Taipei WanHua Branch.

We have approximately 80 participants for the 2-days Gashukku, they were not just participants from Taiwan local members but also those who came all the long way from Canada, Thailand, Malaysia, and Belarus. The training program executed as following:

Day-1:

Morning: Heian Sho-Dan to Go-Dan and Tekki Sho-Dan to San-Dan kata training.

Afternoon: Kanku Sho and Unsu training/ Kihon and kumite training.

Day-2:

Morning: Kihon and Kumite training.

Afternoon: Kumite and Tokui kata training/ Dan and Qualifications Exams.

On the first day of the Gashukku, we practiced from Heian Sho-Dan to Go-Dan, under the guidance of Shiina Sensei and demonstrated by JKA Taiwan instructors, as well as the Bunkai in small groups to make everyone understand and being able to perform and explain the meaning of the important steps in each kata. Shiina Sensei also explained and demonstrated hidden techniques in each kata as possible, this allowed all the participants to understand the evolution of a kata from ancient time to modern days, and why the kata remains to a traditional way of practice and perform. Then we came to the same way to practice Tekki kata from Sho-Dan to San-Dan, Shiina Sensei explained the Bunkai especially Tekki Ni-Dan and San-Dan, sensei also advised us to practice these Tekki kata more often for self-improvements. In the afternoon, we practiced Kanku-Sho and Unsu step by step, as well as the detail Bunkai of the kata, making sure everyone understands and practiced in correct way. We spent

for kumite before we called it a day, as usual we started from some simple combinations such as uke and gyaku-tzuki, the integrated with some ido-kihon and kihon-ippon practice.

On the second day morning session of the Gashukku, we were more focused on kihon and kumite, we started the session with kizami, gyaku-tsuki, mae-geri training as further warm up to help with the body balance and flexibility, and focused on hip training to deliver more power towards the direction of the target. After that, we came to kihon-ippon and kihon-gohon training, first lead by instructors to show power and tempo, followed by all the participants facing each other and train under Shiina Sensei's instructions and counts, everyone enjoyed the session with louder 'Kiai' and powerful actions. After short break, we started crossed zig-zag training model with fast kizami and different tzuki combinations, this was to train our speed and distance control hen facing opponents in different long or short distance. After a few rounds on crossed zig-zag speed training, we came to non-stop jiyu kumite in a circle, this helped individuals to practice distance control as well as attacks and defense at the same time, which is important for ones to be ready facing opponents continuously in such a closed space. In the afternoon, Shiina Sensei recapped all the important point that he mentioned in the katas in these two days Gashukku, while Taira Sensei(JKA Taiwan Honbu-Cho) recapped rules and signals for those who would be taking judge exams later, make sure they all were able to give correct signals and decisions in the kumite matches. A while later, Dan grading and Qualification Exams were held under the witness of Chief Examiner Shiina Sensei, and Branch Shibu-Cho from Taipei, Taoyuan, and Taichung, number of the examinee as below:

- Dan: 2nd Dan x5, 4th Dan x1, 6th Dan x1;
- Instructor: D x1, C x2;
- Judge: D x4, C x3;
- Examiner: D x2, C x2.

Finally, we appreciated the time and effort from JKA Honbu Dojo Shiina Sensei and Taiwan Honbu-Cho Taira Mikio Sensei, delivered skill training as

much as they can in such a short training period, to help develop JKA Taiwan to become a stronger branch, we all proud to be a JKA member under the guidance of both Senseis. OSS!

Reported by JKA Taiwan Bee-Shan Han.

Photo Gallery:



