


Under the precise, demanding, and inspiring guidance of Ryosuke Shimizu Sensei, these four days offered the opportunity to engage in deep, coherent, and progressive work, faithful to the spirit of JKA Karate.

 At the heart of the technical work:

the search for a high, stable, and upright posture

grounding techniques through a correct relationship with the floor

understanding the role of the hips, whose function varies according to the form, direction, and technique

awareness of the center of gravity while moving

and above all, the need for slow, controlled, and careful work... yukkuri !

so that the body can truly absorb the principles

“Did you understand?”

“Yes!” replies the group...

And yet, as is so often the case in high-level teaching, intellectual understanding does not yet mean full embodiment.

That is precisely where the refinement of Sensei’s eye lies: guiding each person toward greater accuracy, greater uprightness, and greater coherence in movement.

This seminar unfolded over four days, with a welcome pause in the middle of the stay: a day of rest, used to share a more relaxed moment together and discover a few emblematic places in Paris.

It was also a beautiful way to continue the exchanges differently, in a spirit of friendship, culture, and conviviality.

Thank you to Shimizu Sensei for the quality of his teaching, at once rigorous, subtle, and deeply formative.

Congratulations as well to Mohamed Aissa Bokhtache and the entire JKA Paris 11 team for the organization of this seminar and for their commitment.

A dense, demanding, and deeply human seminar, leaving behind beautiful memories... and above all, valuable traces in our practice.

OSS!



PARIS
2026





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SHOTOKAN KARATE 



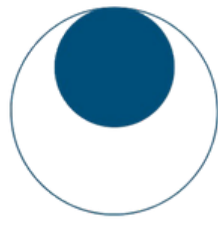
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