

Uganda: Parents involvement in grading of their children

This time on 7/June/2026 it was Coach twinemugisha moses dojo sensei boy who organized the grading for the young ones, it was very amazing this time that the parents were also involved in the panel of grading, after giving them some basic skills of doing it, after performance of their children each parent were ask to give percent of the marks given after seeing the techniques with their own eyes, it was wonderful to find that their Comments where almost the same with the panel judgment and as the result everybody celebrated the wonderful achievement of the children,

Spine is an organ found in the body at the back it's a very vital for proper function of our body if it has problem your organ will be affected in one way or another because all the organ in your body is connected to the Spine, one of the parent who is a medical practitioner narrated to us that he is very much interested in Karate because it gives you good exercise which is vital for your Spine, like hip rotation, moving correctly in all movement, applying the techniques properly like kicking, punching, blocking and keeping your head upright, applying zanchi, all this help in shaping your Spine and the entire body correctly, which is good for your health,

So the theme of the day was train Karate because it has got excellent physical culture which strengthen and tones up the body as a result you become healthy with good posture. Jka one way, one way Jka. Domo arigato gozaimasu Oss. Reported by sensei asana mahmood.





