

[MALAYSIA] JKA Malaysia International Gasshuku 2026, Penang, Malaysia, with Shimizu Ryosuke Sensei

The 2026 JKA Malaysia International Gasshuku was held on July 25 & 26 in Penang. Shimizu Ryosuke Sensei, 6th dan, from JKA HQ, arrived on Thursday, July 23, for a special training session in Kuala Lumpur before travelling to Penang Island. Around 45 karateka from Malaysia, Singapore, and Thailand came together for two intense practice days at the Malaysian Red Crescent Society Hall.

Shimizu Sensei focused this year's training on Kihon, which translates into everything karatekas do: fundamentals, kata, and kumite. Kihon is not only about making karatekas stronger by repeating movements, but also about seeking to be stronger. Basics become part of any body movement and allow smooth coordination and increased speed.

In a session on Friday night (July 24), Penang State JKA members kicked off the international Gasshuku with a fast-paced session to set the pace for the seminar.

From correcting basic stances to improving balance and effectively using the lower and upper parts of the body to move dynamically in any direction, participants practiced the ABC of JKA karate. Building upon this, Shimizu Sensei encouraged everyone to apply these principles to Jiyu Ippon Kumite attacks.

On Saturday morning, July 25, Shimizu Sensei arrived in good spirits and asked to review participants' progress on the mobility exercises he demonstrated at the last Gasshuku. Participants showed improved posture, coordination, balance, and timing. Uchikomi, partner exercises, led into a detailed study of stances with particular emphasis on bending the knees correctly and engaging the mind with varied kizami tsuki, gyaku tsuki combinations to the front and back. Without sacrificing the precision of the techniques, increased speed and agility.

After a plentiful Malaysian lunch, advanced students practiced Bassai Dai and Jion, and beginners and children worked on the five Heian katas with Sensei. The insights gained from the morning session and kata training led to basic oi-tsuki kumite attacks to move into the opponent's space deeply. Participants learned to use their hips correctly to generate optimal and explosive power. At the end of the afternoon session, Shimizu Sensei held Dan and qualification exams.

After completing an intense training day, it was a treat to leave busy Georgetown behind and regroup at the M Social Resort for an international buffet dinner. Everyone enjoyed the food, the company, and the beautiful seaside atmosphere. The cordial atmosphere was a great setting to catch up with old friends and to make new ones.

Sunday morning (July 26), practitioners warmed up in pairs to practice kirikaeshi techniques and keep the center of gravity to attack and retreat while learning and refining the understanding of distance and kihon moves. Sensei guided karatekas to train hamni – shomen positions and weight shifting while keeping good balance and strong supporting legs.

The afternoon session gave participants the chance to work on ankle and hip flexibility with a partner and balanced movements in different directions. The warm-up served to firm up the exercise of quickly and smoothly advancing into the training partner's space and catching them unaware of the technique until the last moment. From Gyaku Tsuki to Oi Tsuki and Shimizu Sensei's favorite kicks of maegeri to ura-mawashi-geri, everyone could work on their strong techniques. Smiling and quite tired, karatekas dropped into low kidadachi stances for the final choko tsuki series and serious kiais closing out the session.

JKA Malaysia extends gratitude and thanks to Shimizu Sensei for his detailed and insightful teaching and presence. He urged participants to never forget the beginner's mind and continually learn. Until

we meet again, we will strive to improve on the points he has explained and do our best to achieve more knowledge.

JKA Malaysia also appreciates the active and enthusiastic participation of all participants from home and abroad whose spirit and courtesy made the Gasshuku unique, and the relentlessly hard-working staff and the big-hearted volunteers for an impeccable organization.

JKA Malaysia is planning more international Gasshukus in the future. Stay tuned for the latest announcements on Facebook and Instagram. OSS!

Respectfully,
JKA Malaysia

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