

JSKA News Letter - 2003 All Grades Gasshuku

2003-04-05

Bluewater Bay Beach, Port Elizabeth – 5 April 2003.

The purpose of this gasshuku was to get everyone together and out onto the beach for some fun and experience. The training started at 08:00am by Sensei Michael Kliment, who introduced everyone to the seniors that were to take class on this day.



Sensei Michael explained to all the importance of hip rotation and the simple method of moving forwards and backwards in Front Stance. When we walk, our hips move forward and then the leg places itself where the hip is going. In front stance the same method is used, but we do not apply this. He explained that in detail for a whole hour and everyone took note of this. It is the easy things in life that we forget that we do not do in karate. It was amazing to see the improvement from all the karate-ka and Sensei Michael was satisfied to see the point going across.



2002 JSKA World Cup stars Chumani Magajana, Lee Ann Ramcherita, Wiehann Alston and in front, "Jack" Apleni.

Sensei Jonathon Kandiko explain for the next hour the three principles of kumite and how to achieve confidence before a match or tournament. Believe in yourself is the most important aspect and always complimenting yourself on your achievements whether they are big or small. Never say "I can't" was really drilled into the karate-ka and an example used was the invention of the airplane. A 100 years ago we dreamt of flying, now we are sending people all over the world everyday through flight. He also touched on the importance of hip rotation while doing back stances.



Picture caption: Sensei Jaco van der Merwe showing us how a back stance should look.

Sensei Sicello Apleni with the help of his daughter, Sensei Ntombizonkhe, gave the karate-ka one hour of real hard stamina training with a great deal of emphasis on spirit. We had the karate-ka running up and down the beach singing away songs and helping each other complete all the different obstacles. This was truly lovely to watch and everyone learnt from one another. Sensei Sicello really pushed the karate-ka and made sure that everyone knew each others name and where they came from.



Sensei Sicello Apleni showing the rest of the students how it should be done.

Lunch was taken at 11:00am and all the parents got involved by making lunch the traditional South African way, a braai. The karate-ka played all different types of games and the spirit of friendship was truly evident. Training started again at 13:00pm with Sensei Zarika van der Berg teaching all karate-ka the importance of

knowing your position in kata and the importance of concentration. She also drove through the point across of shooting your hip through for Mae-geris. She explained that everything works the same way, whether you kick a soccer ball or kick a front kick.



Sensei Zarika van der Berg taking the class through their paces.

Sensei Jaco van der Merwe ended the gasshuku with a hour of basic self-defence moves, which everyone enjoyed. It was great to see the lower grades taking this training in as this is the most important part of karate. When anyone starts karate, they start it to learn how to defend themselves. The tournaments and gradings are just the extra bits and pieces of modern day karate. A medal around your neck cannot save your life, but the knowledge you have can. The gasshuku ended at 15:00pm and everyone was satisfied with the experience. Once again, well done JSKA, for allowing us this opportunity to learn true Japanese Shotokan Karate.



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