

9-10 February 2007 – Honbu Dojo, Port Elizabeth

## Friday Night Class

By Pietro Benini (Algoa Park Dojo, Port Elizabeth)

Training started at 18:00 with a wonderful attendance. We had instructors from Cape Town, Johannesburg, East London, University of Fort Hare in Alice and all the clubs in the Eastern Province.

Michael Kliment Sensei concentrated on the kata's, being Heian 1-5, Tekki Shodan, Jion and Kanku-Dai. Martial arts depend on correct form for effectiveness of techniques. Karate is difficult to master without a good knowledgeable instructor to teach the finer points. Faulty training methods result in bad habits and/or even physical injury.

Balance, stability, timing, hip rotation and control was all explained and drilled into each and every instructor present. Instructors and their assistants learned a great deal from Michael Sensei. Each movement of all the kata's mentioned were explained and executed. Instructors can now pass on these valuable hints onto their students in their respective dojos.

Michael Sensei was dynamic in his approach and with a few other instructors shared their vast knowledge of bunkai and their training methods. Training ended at 21:05.

I would like to take this opportunity in thanking Michael Kliment Sensei and all those who made this seminar possible, for a great informative training session.



## Saturday Morning Class

By Mxolisi Nhlapho (University of Fort Hare Dojo, Alice)  
Due to the very cold weather conditions, we could not have an outdoor training session as planned, but instead we continued inside the Honbu dojo. The training started at 08:15 with a warm up. Michael Kliment Sensei took the class through the entire Shodan syllabus. More emphasis was put on the control of the body to develop stronger blocks and punches. There were also some very interesting ideas from other instructors on how to teach karate to beginners. We really worked together as if we were one big family.

At 09:35 Ronel Jantjes Sensei taught us all a Goju kata, namely Seipai. It was interesting to do the kata from a different style as this teaches us different karate fundamentals not found in Shotokan karate. The low stances were quite taxing for some karateka. The most interesting aspect of this kata was the slow and fast, hard and soft movements that made the kata a delight to learn. As Michael Sensei noted, this provided an advantage, because now we have an extra kata to choose from in the WKF Shitei kata list.

The third part of the morning was taken by Megan Seale Sensei and she taught us some very interesting and important techniques in teaching kumite. This was the way that overseas champions are trained. Most of the techniques focus on timing and speed, and some focused on target training. The importance on being on the ball of the foot when in fighting stance was highly emphasized as it gives you the advantage of moving easily as opposed to both feet with heels on the floor. Most of us find it difficult to score gyaku when the opponent is on the ground as they always kick their legs out to prevent you from moving in, a very important point was made about how to avoid that and I'm quite certain that all the Sensei's are definitely going to teach their students how to use that in kumite.



It is important to remember that the exercises that are taught for kumite can never be effective if they are only done once, it takes a lot of repetition to perfect something, so instructors should remember that.

The last session of the day was taken by Luciano Benini Sensei and he took us through some breathtaking unarmed self defense techniques. Karateka were taught how to get out of some locks and strangles and also how to use strikes and arm locks to temporarily disable the assailant. Some of these techniques were so dangerous it is hoped that there is never a situation where one has to use them. Karateka have to remember “self control” as one of our maxims in order to avoid situations that will put them in danger. This session and the entire training part of the seminar ended at 13:00.

A nice braai was done for the participants and we all partied in a very satisfied and happy mood.

