

# JKA AUSTRALIA INC. NATIONAL WINTER SEMINAR

## MELBOURNE & BRISBANE

### 2024



The National Seminar was held in Brisbane (August 21–22) and Melbourne (August 23–25), 2024. *Karate-ka* from across Australia gathered to train under two of JKA headquarters renowned instructors – Izumiya Sensei and Ueda Sensei. Over the three days, participants engaged in intensive training sessions, learning advanced techniques, and deepening their understanding of JKA principles.

Izumiya Sensei's precision and deep knowledge of karate made a lasting impression. Stimulating a meaningful and enjoyable experience for all participants. While Ueda Sensei's innovative approach and ability to blend traditional techniques with modern applications distinguished him during the seminar.

The training sessions covered various aspects of all three essential areas – *Kihon*, *Kata* and *Kumite*, with a focus on proper execution of basic and advanced techniques, emphasising correct form and body mechanics. Izumiya Sensei enabled participants to think deeper about the application of techniques, historical connections and the importance of posture and coordination of the whole body. Under the watchful eyes of Ueda Sensei, participants honed their *kumite* skills, receiving valuable tips on defensive techniques and counterattacks.

Throughout the seminar, participants delved into numerous kata, including: *Tekki Shodan*, *Jion*, *Empi*, *Kanku Dai*, *Kanku Sho*, *Jitte*, *Bassai Sho*, *Unsu*, *Nijushiho*, and *Meikyo*. The final session featured a challenging yet enjoyable combined class, with Ueda Sensei concluding the seminar with a captivating and special *kata* performance of *Jitte*, leaving all the participants in awe.

The overwhelming positive feedback from attendees praised the high level of instruction and the wealth of knowledge shared by both Izumiya Sensei and Ueda Sensei. The seminar underscored the importance of technical proficiency and philosophical awareness in the practice of *karate-do*, leaving attendees with new insights and inspiration for their continued journey in JKA karate.

The Seminar with was a resounding success, providing participants with a valuable opportunity to enhance their skills and deepen their understanding of *karate-do*.

A warm thank you to Izumiya Sensei and Ueda Sensei, and to everyone who contributed to the success and positive experience of the event!

# JKA AUSTRALIA INC. NATIONAL WINTER SEMINAR MELBOURNE & BRISBANE 2024

