

Chief instructors Gasshuku
Okinawa Japan
16th. Oct to 19th. Oct 2013.

The Chief Instructors Gasshuku's have developed over these many years more like an extended Family gathering than an Instructor's Seminar and workshop. Don't get me wrong, the training is still as intense as ever and we still sweat and in some cases bleed a bit too. What I meant is that the camaraderie and friendship I have made over the past 35 years in the IOGKF has been forged by our training together and brought about a fierce pride in keeping the traditional values and training as our teacher Shihan Morio Higaonna has taught us.

We trained for four days, five hours a day, with the first two hours for the senior Instructors and the balance three hours for all. Hence for the first two hours, on Day One it was for Go Dans and above, Day two Roku Dans and above and the last two Days was for the Nana Dans and above. The training was imparted by Shihan Higaonna himself, and we went through all the basics, all the Katas and Bunkai's, with a lot of emphasis on Sanchin and Tensho. Advanced Kakete and Kakie techniques were demonstrated and practiced along with many conditioning techniques too.

Katas were practiced repeatedly with Shihan's resounding and famous "*Mo Ichido*" expletive. All Katas were practiced, from Gek Sai Dai Ich right up to Superimpei or as it was earlier called "Perriunchin". When Sensei Higaonna went technical, Sensei Nakamura was always at hand to translate for the benefit of most of us.

Higaonna Sensei had also lined up two guest Lecturer's, one on the art of Shiatsu and healing, and the other on Nutrition.

The Shiatsu expert who was quite frankly truly amazing, and looked about 45 years old, was actually 63 years, and had climbed Mt. Fuji in just 3 hours as for most people its closer to 4 ½ to 5 hours. He had us rotating and rubbing our wrists, and suddenly all the tension in our necks and shoulders practically disappeared. He later treated us individually as well. One Instructor from New Zealand, had not been able to raise his right arm higher than shoulder level, and just after one session he was able to raise his arm all the way up.

The Sayonara Party was a blast and when Sensei announced the Dan Grading results we were cheering for all the Sensei's who had passed and especially for Sensei Linda, our first IOGKF lady having passed her Nana Dan. Kudos to her.

I am also glad that we stayed back as 25th. Of October is "Karate Day" in Okinawa every year, and got to see all the famous Sensei's of different styles giving a demonstration. See it for your selves on our video up-link.

All in all a really great Chief Instructors Gasshuku.

Ref: IOGKF/CIG Oki Oct 2013