

5TH WADO MASTERS COURSE

11/12/13 APRIL HOLLAND

Sakagami and May sensei came over from the UK to instruct their 5th Wado Masters Course organised by Wadokai Holland.

During the first training emphasised was placed on body dynamics and especially on how to generate energy more efficiently and thereby more economically. Naturally, we went on from basic methods to ido kihon and eventually application.



The second day, May sensei showed us several applications of taisabaki as well as a couple of formal kumite gata. Following this pairwork, the seniors practiced Chinto with Sakagami sensei while the lower grades did Pinan with May sensei.



The four hour session was concluded with tanto dori in which all previous stuff came together nicely. Sensei went into details with regards to distance, timing as well as positioning.



Sunday, after Ido Kihon, Sakagami sensei connected the body movement and theories of tobikomizuki and tobikomi-nagashizuki to several fighting applications. Of course, nagasu and irimi were emphasised during this training.



After a short break, we continued with Kushanku and finally we went on to practice more kumite gata than we could wish for.



We are looking forward to see Sakagami and May sensei at our Annual Summer Camp. If you are interested to join, please check all details at www.WadokaiOnline.com

Best regards,

AJ van Dijk

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