

2nd **KARATE MASTERS** COURSE 26/27/28 SEPTEMBER **HOLLAND**

The second KARATE MASTER COURSE was lead by Yokoyama Kazumasa sensei, 7th Dan Shorin Ryu Kenshinkaikan on invitation of AJ sensei from Wadokai Holland. Sakagami and Peter May sensei came over as special guests and practiced with us.

The first training held on Friday 26th consisted of Kakie training with Meotode, understanding how to feel the opponents movement and controlling him.



After Kakie and Meotode training we continued with some basics of BO. According to Yokoyama sensei, your fingers give you your life, so do not just use your fist but learn to utilise your open hand as well. It also means that you can pick up anything and make it into your weapon. Finally, it is about becoming one with your body and in this case becoming one with your Bo. Obviously, easier said than done. The beauty of Sensei's training lies in the fact that weapon training has the same principles as empty hand training, meaning that you do not suddenly have to change a lot of things.



The training continued on Saturday as we did more and more Bo training. Apart from basic movement, sensei showed us some applications and taught us a kata as well called Shushi no Kon, meaning: "The Bo of Mr. Shu".

The applications that sensei showed did not stand alone and students we made well aware of that as sensei connected the Bo techniques (or better said principles) to using empty hand.



Hence, Meotode can be found everywhere in his Bo training. Sensei also mentioned that training with weapons could create a deeper understanding and skill of the use of empty hand. For this and probably other reasons, sensei teaches Karate with weapons together, not separately. He has an interesting vision for sure.



Sunday, the third day of training, we continued with more Kakie and Meotode as sensei took a step further using the training method. At first he explained how basics could be applied. Later on, he blended several techniques together creating a drill that utilised Meotode with emphasis on feeling and controlling the opponent.



It was a very interesting seminar and we are looking forward to see sensei when he is back next year in February and later on in September. You are most welcome to join us!

Finally, thanks to all participants without whom this seminar was not possible to organise. See you all soon!!

Best regards,

AJ van Dijk

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