

September 2017 Newsletter

Goju-Ryu Karate-Do Kyokai

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Shihan Yamakura Visit in Israel 2017

By Zorri Eliraz, Aum Dojo, Israel

On the last week of July, Aum-Dojo had the honor and pleasure of hosting Shihan Yamakura for our annual gasshuku and rank testings. It has been a very successful week, including many training sessions.

Shihan landed on Saturday, July 23th. Sunday was a day of rest and some sightseeing.



The port of the old city of Caesarea on the Mediterranean Sea coast

Monday afternoon the training started. There were four consecutive one hour classes according to age and ranks (pre karate kids, kids, adults and teens, brown and black belts). Shihan gave his valuable input



On Tuesday afternoon a big karate event was held in our home-town (Giv'at Shmuel). This event was the summer gasshuku for the new traditional karate Israeli organization (Dento Karate Israel). The training was open to our teens and adults (about 35 people from our dojo). It included a total of about 100 participants. Different teachers of different dojos taught different classes. Shihan lead some black belt trainings, especially on Sanchin and Sanchin testing. This lead to interest of many people from outside our dojo to Shihan's teachings



On Wednesday afternoon, rank testing for all pre-karate and smaller kids was held. The event was very successful, parents and kids were happy.

On this special occasion, two of our senseis received the title of Renshi. Sensei Chen Niv and Sensei Shrage Lapides. Congratulations to both.



Thursday started with a black belt training. Then came an intense training day for all teens and adults (from 9 am to 7 pm with a few breaks). A handful of outstanding kids were invited to participate in the morning too. They were tested at noon.

The following topics were part of the syllabus of that day: kihon, kata, yakasuko kumite, kata bunkai, knife attack and defense and more.



Friday morning was the time for rank testing. Testing started with our teens, white and green belts. Then higher level belts were tested. Finally two new shodans were tested and approved (Dr Uri Marcovitch and mr Rafi Cohen).



This week has been very interesting and fruitful. Our gratitude to Shihan Yamakura for taking the time of coming over to Israel. See you all next year...

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