

JKS Ireland Spring Technical Seminar

Well over three hundred people descended on Donore Community Centre, Dublin 8 on the weekend 26th & 27th March. These tri-annual events are always popular; however, this time the attendance packed the large dojo for a weekend of excellent, traditional karate.



As always, there were four main instructors – Yutaka Koike (JKS Ireland Hombu Dojo), Steve Carless (JKS Birmingham, UK), Scott Langley (JKS Ireland Hombu Dojo) & Edd Charmant (JKS Ireland Hombu Dojo) – with senior JKS Ireland instructors assisting throughout. Usually with these seminars, there are two instructors visiting from abroad, however this time Steve (5th Dan JKS) was the only visiting sensei. He kicked off the Saturday morning with 90 minutes of oi-zuki... It was wonderful. The technique was broken down to the tiniest detail, referenced back to a whole host of other karate waza and then reconstructed. Steve talked about the six phases of oi-zuki, from how beginners practise it, to the most advanced form. The class, which seemed to pass extremely quickly, had something to offer everyone. Although, predominately black and brown belts, participants finished the class inspired and reminded of just how important a deep understanding of kihon is!

Scott Langley (5th Dan JKS) and Edd Charmant (4th Dan JKS) finished the morning session with a run through of Bassai Dai. Scott – Technical Director of JKS GB & Ireland – talked about the

importance of using the residual energy of one's technique to help prepare for the next technique, also, using this theory to help lock one's stance into place. Edd – an expert of close-quarter and grappling techniques – followed the same techniques highlighted by Scott and showed how they apply in a grappling situation.



The class stopped for lunch and then resumed in the afternoon. Scott started with the idea of using the hips to generate movement and allow the driving into hanmi or shomen to allow all movement to originate from the centre and produce solid, fluid and relaxed movement. Edd then took over to show how this type of movement is essential in Kihon Ippon Kumite and Jiyu Ippon Kumite.

Scott and Edd teach together full time at the Hombu Dojo, Ranelagh and it is easy to see that although they approach karate from different directions, they are both heading to the same destination. Their joint classes were well delivered and very informative.



Yutaka Koike (5th Dan JKS) is the only full time, professional Japanese karate instructor resident in Ireland and it is easy to see why the JKS have fought long and hard to have him come here. Also a master of Tai Chi, Koike moves with such fluidity that it is easy to believe that he is moving slowly. Then, without warning he will shift gear and unleash his incredible power which seems to develop from an incredibly rooted stance. During the course, Koike stressed the importance of developing power in a circular manner. Having partners initially practise gohon kumite, using mawashi geri as the attack, he showed how creating circular blocks can be very effective and also help to mirror the attack. Also, whilst attacking, if the same principles are used, then the attacks become smooth and very effective.

During the lesson, Koike would call people round and ask them to slightly change the exercise... Every couple of minutes, minuet changes would be made, but before long the simple drill had morphed into a great idea of developing circular energy... You had to be there!

This was later further evolved to kata and bunkai, which finished off a perfect lesson. Koike teaches full time at the Hombu Dojo in Dublin and it is easy to see why he is one of the most popular JKS Instructors in Europe today!

As well as excellent training, 264 members of the Hombu Dojo and several members from other JKS Ireland dojo took kyu exams on the course. It was a long weekend, with many happy students and, unfortunately, a few tearful ones, but it ended well.

JKS Ireland members are now looking forward to the next Technical Seminar on 11th & 12th June.