

Training trip to Tokyo

A travel report by Nico Ruf

The JKF Wado-Kai seminar for instructors with examination took place on February 3rd and 4th, 2024 in Tokyo. I traveled to Japan several times and trained in various dojos there. But I've never been to this seminar, which takes place every year on the first February weekend. This seminar is particularly aiming at overseas JKF Wado-Kai members and, for example, offers Dan examinations only for overseas members.

I planned to take the instructor examination (3rd Kyu). In order to prepare myself and get further corrections, I went to the training sessions in the Arakawa Dojo (Shibuya), Seishinjuku (Kita-Kamakura) and Kenjukai (Tamachi).

Shortly before the instructor seminar, a two-day special training took place, organized by the Arakawa Dojo under the direction of Shimura-Sensei (8th Dan and Chairman of the Technical Committee JKF Wado-Kai). This special training was offered to foreign guests and served as examination preparation.

The instructor seminar was led by the senseis Shimura, Ito, Sonoda, Kohata and Kobayashi. A total of 128 participants were present. Of these, 70 were from Japan and 58 were foreign guests. The largest foreign delegations came from New Zealand (12) and China (10). In total, participants from 13 different countries were present.

On the first day we trained from 9:30 a.m. to 5 p.m. Afterwards, Dan examinations (3rd to 5th Dan) took place, in which 27 people took part. 7 participants passed the Dan grading. On the second day the training ended at 12.30 p.m. A total of 52 participants took part in the subsequent instructor examinations (3rd Kyu to 1st Kyu). Only 9 candidates were able to pass the exam. I was successful and passed 3rd kyu instructor.

During the training sessions it was emphasized again and again that we should practice the Wado Kai standard and, especially as instructors, we must be able to convey Wado credibly and correctly. A task that I will happily dedicate myself to.

I trained almost every day for the two weeks I was there. It was very intense, educational and inspiring. I will definitely be going back to the February course in Tokyo and would also like to recommend it to others. It's worth the trip. Further information about the course and some pictures are available here:

<https://www.karatedo.co.jp/news/reportage/20240206/34450?fbclid=IwAR0pxaG-81vyH1sLzRpU29p6mmG1M-DFtTbqv1izV7ks7UOctrHseM7Qqbo>

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