

SEISHIN KYOKUSHIN KARATE – SPAIN SOKYOKUSHIN

HARU GASSHUKU'14

World Champion Senpai Kouketsu Takuma, 2^o dan

The past 23rd 24th and 25th of May, we held our annual Haru Gasshuku at the Seishin Kyokushin Karate – Spain SoKyokushin's Honbu in Barcelona. This year, it was attended by the Two-Times Kyokushin-Union World Champion, Senpai Takuma Kouketsu.

Senpai Takuma is a direct student and Uchi-Deshi at renowned Shihan Kazuyuki Hasegawa's Hasegawa Dojo in Nagoya, Japan. He taught us some of his vast knowledge about competition and kumite, acquired through his years of hard practice and after taking part in many Tournaments. He put special attention on technique combinations and the study of the adversary during a fight.

The key for success, according to Takuma Senpai, is constant repetition of patterns, in order to acquire fighting habits which will become second nature to us. By doing this, you become able to react instinctively during a bout, you don't need to "think" while you are fighting, instead, you just "feel" the fight.

The course was divided into four 2-hour sessions, where there was a great sense of hard work and companionship amongst all participants, who had a really great time while trying to absorb new techniques for their repertoire. Many of them can't wait to try them in a Tournament for real.

Attending the course was also Miss Kazumi Hasegawa, Shihan Hasegawa's daughter, who helped us greatly during the seminar. We would like to thank her for coming and helping us at all times, always with a kind smile in her face. Arigatou gozaimasu, Kazumi san!

We also had time to do some sight-seeing in Barcelona, like the Sagrada Família and the surrounding area, so our guests could get an idea, about how we live and what things we like to do here. We hope they enjoyed it!

Finally, we would like to thank one more time Takuma Senpai, for being such an easy-going, approachable person. Despite him being a big champion, he was very humble and was really willing to help our students improve their karate. For all this,

!! SENPAI NI DOMO ARIGATOU GOZAI MASHITA !!