

IOGKFSA SENIOR ZOOM BLACK BELT GASSHUKU

30, 31 OCTOBER 2020

The ultimate IOGKFSA annual high momentum technical activity for serious Karate Ka is our National Black Belt Gasshuku.

This event will be a combination of Zoom and 'Live', but primarily Zoom (only a small group allowed in the Dojo).

| TRAINING CONTENT | |
|-------------------------|--|
| GROUPS | CONTENT |
| All Black Belts | Focus on all Goju Ryu elements - Junbi Undo, Hojo Undo, Kihon, Kumite, Kata, Kata Bunkai |
| Sandan and Higher | Tensho, Kururunfa Kata and Bunkai |
| Yondan and Higher | Tensho, Sesan Kata and Bunkai |
| Godan and Higher | Tensho higher level, Superinpei Go, GoJu |

SCHEDULE

| Friday 30 October | | |
|--------------------------|---------------|-------------------------|
| TIME | ACTION | GROUP |
| 16h45 | Login | All Black Belts |
| 17h00-18h30 | Training | All Black Belts |
| 18h45 | Login | Sandan and Higher Group |
| 19h00-20h00 | Training | Sandan and Higher Group |

| Saturday 31 October | | |
|----------------------------|---------------|-------------------------|
| TIME | ACTION | GROUP |
| 08H45 | Login | Yondan and Higher Group |
| 09h00-10h00 | Training | Yondan and Higher Group |
| 10h15 | Login | All Black Belts |
| 10h30-12h30 | Training | All Black Belts |
| 12h45 | Login | Godan and Higher Group |
| 13h00-14h00 | Training | Godan and Higher Group |
| 14h15 | Login | All Black Belts |
| 14h30-15h30 | Training | All Black Belts |

REPLAYS

(Note that Replays will be done without the Junbi Undo to cut down on time and data consumption)

| Sunday 1 November | |
|-------------------|---------------------------|
| TIME | REPLAY |
| 09h00-10h00: | Sandan and Higher Session |
| 17h00-18h00 | Yondan and Higher Session |
| 18h00-19h00: | Godan and Higher Session |
| 19h00-21h00: | All Black Belts Sessions |

ORGANISATION

(Note that **Training Fees include Replays**)

| Gasshuku Fees: | | |
|------------------|----------------|------------|
| GROUP | TRAINING HOURS | COST USA\$ |
| Shodan, Nidan | 4.5 | R 950 |
| Sandan | 5.5 | R 1,150 |
| Yondan | 6.5 | R 1,350 |
| Godan and higher | 7.5 | R 1,450 |

REGISTRATIONS AND PAYMENTS.

Registration is confirmed once payment is made. All payments are done to the **SAGA Nedbank Bank account**. For details, consult your Sensei.

TO REGISTER:

Go to the **IOGKFGSA Website** and complete the **Registration Form** at

<https://www.iogkf.co.za/upcoming-events/#registration-gasshuku>

You will receive a reply to confirm your registration once payment is completed

For any enquiries, email to bakkieslau@gmail.com