

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, Kurarunfa 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
16h00-18h00	Grading	Senior Dan Grading
19h00 - ?	Sayonara Party	All

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