



# SOUTH AFRICAN OKINAWAN GOJU RYU KARATE ASSOCIATION

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## CAPE REGIONAL SENIOR INTERMEDIATE ZOOM, LIVE GASHUKU SATURDAY 12 MARCH 2022

### GENERAL FORMAT

The Gasshuku is for **all grades** (but we usually have 60% Black Belts attending!). We do it in one morning (SA time) – two (2x) one and a half hour sessions. The Gasshuku is Live in the Dojo and on Zoom with replays of all the sessions to accommodate Western (USA, South America) time zones.

Everyone will experience it differently, general benefits are that more detailed explanations are provided regarding 'What', 'How' and 'Why' of Okinawan Goju Ryu fundamentals. This Gasshuku will focus on the basic Kumite aspects of Okinawan Goju Ryu - Ippon Kumite, Sanbon Ippon Kumite, Ojo Bunkai Kumite and Jiyu versions of these.

### GENERAL ORGANIZATION

#### SCHEDULE

DATE	TIME	ACTIVITY
Thursday 10 March:	12h00	Entries for the Gasshuku are <b>closed</b>
Friday 11 March	12h00	All Zoom participants receive login details by 12h00 (SA local time)
Saturday 12 March	09h15	Login
	09h30 – 11h00	Training
	11h00 – 11h30	Break
	11h30 – 13h00	Training
	13h30 – 14h30	Blue, Brown Belt Grading; Dan Grades Pre-grading
	17h00 – 20h00	Zoom Replays of all sessions

#### GASSHUKU FEE (Include Replays)

International Members	South African Members
USA \$35	ZAR400

#### GRADING FEE (SOUTH AFRICAN MEMBERS)

4<sup>th</sup>- 2<sup>nd</sup> Kyu: R260; 1<sup>st</sup> Kyu: R360; Junior Shodan R2,505

#### PAYMENT OPTIONS

International Members - Options	South African Members
1. PayPal - <a href="http://paypal.me/virtualkaratedojo">http://paypal.me/virtualkaratedojo</a> 2. EFT to USA Bank Account (Add USA\$12 for groups of less than 10 persons)	1. EFT SAGA Bank Account

#### TO REGISTER

Complete the form on our website at: <https://www.iogkf.co.za/upcoming-events/>

#### HOW TO GET THE MOST BENEFIT FROM THE GASSHUKU ON ZOOM:

- We will do partner exercises during the Kumite training, so it is good - but not essential - to maybe train two persons or more together
- We will do Chi'shi training during the Hojo Undo, so have one on hand!

**See you There!**