



SOUTH AFRICAN OKINAWAN GOJU RYU KARATE ASSOCIATION

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CAPE REGIONAL SENIOR INTERMEDIATE ZOOM, LIVE, ONLINE GASSHUKU SATURDAY 13 AUGUST 2022

This one-day Gasshuku is presented in two (2x) one and a half hour sessions and for **all grades** - we usually have 60% Black Belts attending. The Regional Cape 4th Kyu to 1st Kyu and Junior Shodan (16 years) gradings, pre-grading for Dan gradings, done Live in the Dojo only.

THREE (3X) OPTIONS:

1. LIVE IN THE DOJO	2. LIVE ON ZOOM.	3. WEBSITE OPTION
<ul style="list-style-type: none">Standard Gasshuku procedure	<ul style="list-style-type: none">Training on Zoom in real-time either individually or in groups	<ul style="list-style-type: none">Complete the Gasshuku in own time and date of convenience in time frame of choice.Available from 20 August, permanently on the <i>Traditional School of Karate</i> website https://www.traditionalschoolofkarate.com/store (Regional Gasshuku 13,14 May, 2021 Black Belt Gasshuku already available)

SCHEDULE

DATE	TIME	ACTIVITY
Thursday 11 August	12h00	Live and Zoom Gasshuku Registrations Close
Friday 12 August	12h00	Zoom participants receive login details by 12h00 (SA local time)
Saturday 13 August	09h15	Live participants on the floor; Zoom participants Login
	09h30 – 11h00	Training
	11h00 – 11h30	Break
	11h30 – 13h00	Training
	13h00	Group Photo
	13h30 – 14h30	Blue, Brown Belt, Junior Shodan (16), Pre- grading

GASSHUKU FEE

INTERNATIONAL MEMBERS	IOGKFSA Members
USA\$35	R400
http://paypal.me/virtualkaratedojo	IOGKFSA Bank Account

GRADING FEES

4 th – 2 nd Kyu	ZAR260
1 st Kyu	ZAR360
Junior Shodan	ZAR2,550

REGISTRATIONS

PROCESS	
Step 1	Registration for Gasshuku and Grading is done individually on SAGA website https://www.iogkf.co.za/upcoming-events/ . (State grade attempted on registration form)
Step 2	Application is acknowledged, payment instructions forwarded to student
Step 3	Student pays Gasshuku and Grading fees into the SAGA Nedbank account
Step 4	Students receive confirmation of completed registration once payment is done

WEBSITE GASSHUKU

IOGKFSA Members	<u>International Members</u>
Register and pay on IOGKFSA website: https://www.iogkf.co.za/upcoming-events/ OR Register and pay on the actual website: https://www.traditionalschoolofkarate.com/store	Register and pay via the website: https://www.traditionalschoolofkarate.com/store

GENERAL

Groups on Zoom	For more benefit, train together with a partner or group - notice must be given beforehand of any groups of more than two persons training together.
Hojo Undo - Zoom	We will do some Ch'ishi training – have one ready
Spectators	<u>No (online) spectators</u> allowed at any of the sessions, Live , Zoom

Note closing date for registration – 11 August 12h00