

Saturday & Sunday  
March 30 - 31, 2019

# Okinawa Goju-ryu Karate

## Dutch Black Belt Gasshuku 2019

### Sanchin & Tensho, Kokyu & Kiko and Kaki-e

Day I. Sanchin & Tensho are so-called hard forms of energy-work [kiko]. Great masters of past & present have stated that these contain the most essential aspects of goju-ryu karate. This day we will deeply explore these statements, by deeply delving in to the core principles of body, breath & mind.

Day II. Kaki-e refers to the grappling drills, skills & techniques of goju-ryu karate that are an integral part of its close combat approach to self-defense. This day will offer a wide range of drills, skills & techniques.

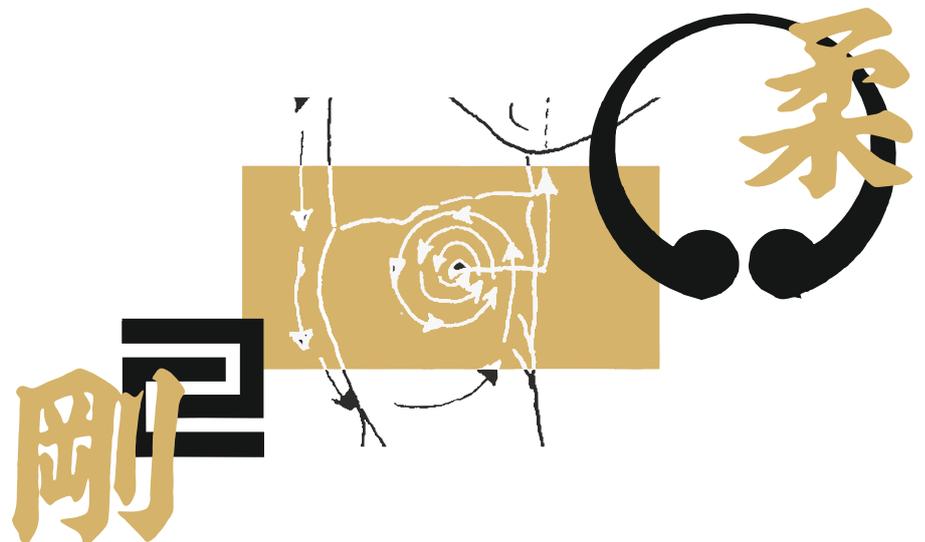
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For: 1st Dan and up; 16 year and up

By: Sydney Leijenhorst, 6th Dan  
Chief Instructor of the Netherlands

Maximum: 40 participants / If we get overbooked, full participation will have priority



# Sanchin, Tensho & Kiko

Many masters have made bold statements about the depth and importance of these two *kata*. It is said they are the foundation and contain the secrets of the whole system.

For several decades I have tried to gain an understanding of the truth behind such statements. An understanding that grew and ripened slowly and is still continuing. First of course through the practice of *sanchin* & *tensho*, secondly also through exploring similar practices from other fighting-, healing- and meditative arts. In particular the study and practice of *qigong* [Japanese: *kiko*], Buddhist meditation, Tibetan yoga and physiotherapy. In all this, I have always been interested in where all these traditions were transmitting either the same insights and experiences or where they could elucidate and support each other in achieving their goals.

Topics that will be covered range from the key-points of form and their benefits, abdominal breathing & breath power, *chinkuchi kakin* patterns, building & circulating *ki* (breath), *seishin tanren*, *kiko undo* and meditative aspects.

## Kaki-e

*Kaki-e* is a topic I have always enjoyed. I enjoyed the search to find more strength through deep & subtle integration of body, breath & mind, as e.g. developed through *sanchin* & *tensho*; the rich array of techniques; exploring the bridge between various 'ranges of combat' and developing a wide spectrum of *kaki-e* drills, based on the basic *kaki-e* drills transmitted within *goju-ryu* and further inspired by my previous practice of *judo*, MMA and *qinna* [Chinese grappling skills].

## Integration

Although both days have different topics, I will attempt to integrate them on both days. E.g. on the basis of similarities in breathing methods [*kokyu undo*] and energy work [*kiko*].

## Schedule

Saturday & Sunday 9.30 - 16 h

## Subscription

[info@iogkf.nl](mailto:info@iogkf.nl); +31 - (0)344-627382; Prof. P.H. Buismanlaan 25, 4007 WB TIEL

## Costs [per day]

IOGKF members: € 50,- ; Non-IOGKF members: € 95,-

**Lunches & course materials included.**

Subscription & payment before March 1st: € 10,- discount

## Costs [Full weekend participation]

IOGKF members: € 85,- ; Non-IOGKF members: € 175,-

**Lunches & course materials included.**

Subscription & payment before March 1st: € 25,- discount.

## Payment

IBAN NL63INGB0007738419; BIC INGBNL2A

## Various.

Minimum age: 16; Minimum grade: 1st dan; Maximum number of participants: 40; those who choose full participation will get priority if we get overbooked [on a last in, first out basis].

It is possible to join the ongoing Friday night session before the seminar for free donation in the donation tin. Sleeping in the dojo is possible for € 15 per night.