

Seminar WJKA Canada

Date 16-02-2019

The seminar started at 3:30 pm and went to 5:30 pm
the West Vancouver Community centre.

The theme of the seminar was Maai, evasion and oyo.

Sensei Rick Chernoff started the seminar off with Maai and shared ideas on how to use to your advantage. He also demonstrated aka not just theory, on the various ways to cover distance against an opponent.

Sensei Don Owens did the sessions on evasion and oyo.

He started the session by explaining the difference between bunkai and oyo and then went on to show examples of oyo using Heians 2 and 3.

Then he had the class practice the oyo demonstrated.

After this he showed evasion techniques on how to get close to the opponent using sliding blocks as opposed to the traditional blocks which tend to keep the opponent at a further distance away.

The sliding blocks and the subsequent attack was designed to effectively take away any chance of a counter attack by the opponent and also to show how to throw the opponent with little or no effort.

Sensei Don Owens

9th Dan WJKA

Next seminars WJKA Canada

6 April Vancouver Champlain Heights 10 am to 12 am

28 April 6:45 pm to 8:45 pm West Vancouver