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WSKF NIGERIA



Quarterly Newsletter

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Special points of interest:

- * RIA Kata Challenge
- * National Officiating Seminar (Port Harcourt)
- * Kihon, Kata & Kumite Seminar (Abuja)
- * National Kata Seminar (Port Harcourt)
- * Back to the Basics with SKIF
- * World Shotokan Cup (Japan)
- * NASK Seminar
- * WSKF Nigeria Shotokan Cup & Seminar

2017 in Review

January – RIA Kata Challenge: Beginning with the RIA Kata Challenge on the 7th of January, the WSKF 2017 karate year kicked off across all WSKF dojos within the country. The challenge was being done with JKA England in memory of Ria Stewart, Sensei Gary Stewarts daughter who passed on sadly in 2016. The rules of the challenge are fairly straight forward, do all the 25 Shotokan karate katas (jiin excluded) twice, first with count and the second with full speed and power. The activity turned out to be a good way to burn

out the yuletide weight and get everyone back into form. The year itself portended to be a great one for WSKF Nigeria. After making her debut in 2015, the association had been recording steady growth with new dojos springing up and membership expansion in different states in the country.

However, growth comes with its usual challenge and as expected, the new executives who had been sworn in in November 2016 had their work cut out for them. Top of mind was to organize a unified calendar with all the do-

jos and have National Courses and Seminars to ensure that standards and the WSKF philosophy are enshrined with the growth. A cumbersome and costly campaign but Sensei Bob Bamgboye, Chief Instructor, WSKF Nigeria showed no sign of backing down.

The first of these activities was the RIA kata challenge.

Name Kata	Number Moves
Heian Shoden	21
Heian Nidan	25
Heian Sandan	20
Heian Yodan	26
Heian Godan	23
Tekki Shoden	28
Bassai Dai	42
Kanku Dai	65
Jion	47
Empi	37
Hangatsu	41
Tekki Nidan	24
Bassai Sho	27
Kanku Sho	47
Jutte	24
Gankaku	42
Chinte	33
Seichin	40
Nijushihō	33
Uruu	48
Gojushihō Dai	62
Gojushihō Sho	65
Tekki Sandan	35
Makiyo	33
Wankan	24



National Officiating Seminar Shell ASKA Dojo Port Harcourt

April – National Officiating Seminar: This seminar which was initially scheduled to take place in February met with a few delays and finally kicked off in April. Held at the Shell ASKA Dojo, Port Harcourt, this course was anchored by Sensei Bob Bamgboye and Sensei Charles Mezie-Okoye (WSKF Nigeria Chairman). The course served both as a good primer and refresher pro-

gram, particularly for those who would be officiating and participating in the Shotokan Cup coming up in October.



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Reinseikan Kado Dojo Abuja

May – Kata, Kumite and Ki-hon Seminar: The next national seminar took place at the Reinseikan Kado dojo in Abuja recently opened by Peace Emezue. On hand to assist Sensei Bamgboye were Sensei Nnamdi Onyeaghala and Sensei Edward Obi. The program was a resounding

success and an additional WSKF dojo was birthed in Abuja. Congratulations to all those who participated and passed the grading exercise. A key note of warning though, karate is not about the belt we tie across our waist but in striving for perfection of character in everything we do.



Kata Seminar Port Harcourt

June – National Kata Seminar: By June, the build-up for the World International Seminar & WSKF World Championships scheduled for August in Tokyo, Japan was gaining momentum. This is a biennial event for the global WSKF family. It's a great opportunity to train, bond, network

and get a lot of international exposure. And with a world growing smaller by the day as a result of globalization, international exposure is now the grand norm in almost any activity. WSKF Nigeria was making her first appearance as a team and preparations for this activity led to the second national workshop to



be held in Port Harcourt.

Facilitated by Sensei Bamgboye and Sensei Mezie-

Okoye, the workshop was well attended by the members of both the ASKA Shell dojo and the Zen Budo Dojo.

Back to the Basics—SKIF

July Back to the Basics 2.0: An interesting hallmark in 2017 was the collaboration between NASK, SKIF and WSKF. This was the first event to mark this synergy held from the 20th to the 23rd 2017. WSKF and NASK were invited to collaborate with SKIF with their “Back to Basics Series 2” program in Abuja. This was an open event and all karate-ka were invited. Different Instructors on the seminar all joined the line



when they were not instructing, Gobi Sensei from Benin Republic, Zozo Sensei from Ivory Coast, Segun Akinola & Bob Bamgboye Sensei from Nigeria

WSKF, TOKYO—JAPAN

August - World International Seminar & WSKF World Championships: Time flies swiftly when you have expectations and in no time the trip to Japan was upon us. Visiting and training at the birth place of modern Shotokan karate has a special place of pride in the heart of every karateka and being a part of the WSKF family gives you the opportunity to achieve this dream. A four-man team which included Sensei Bob Bamgboye, Sensei Nnamdi Onyeaghala, Peace Emezue & Babtope Aliu were to represent us at the event. Sightseeing, training, grading and competing in the world Shotokan cup, bonding and networking afterwards. Sensei

Nnamdi came back with an extra feather in his hat having successfully passed his sandan grade test. We were well represented in the event with Sensei Bob leading by example and making it to the semi-finals of the veteran kumite event. Sensei Nnamdi, not to be left out, also gave a good account of himself in the kata event. A big congratulation to him as we look forward to him carrying out his new responsibilities with some new gusto.



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Training with the Champions—NASK



August Training with the Champions: As part of the collaboration with the Nigerian Association of Shotokan karate (NASK), members of the WSKF stormed the NASK organized seminar held from August 28th to 1st of September 2017 in Lagos, Nigeria. WSKF members included WSKF Chairman Sensei Mezie-Okoye from Port Harcourt and other WSKF Instructors from Abuja and Lagos. The seminar conducted by KUGB, Andy Sherry and Frank Brennan Senseis was a great learning experience for all participants.

Shotokan Cup

October – Shotokan Cup and WSKF Nigeria Seminar: The expectations for this event had reached a feverish pitch both within the WSKF family and the Nigerian Shotokan Karate family. Social media had been agog with the Shotokan cup. Both Kasuya Sensei (8th Dan) and Tomiko Sensei (8th dan) had stormed the country for a Shotokan seminar last year and thus expectations were high for the upcoming of this year's event. Combine the 2-day seminar with the Shotokan cup and what you have is a 3-day karate convention. A grading and validation exer-



Kasuya Sensei commented during the seminar that he was very impressed with our performance on the seminar as it showed the hard work and effort put in by the participants since the last seminar in 2016

cise under the watchful eyes of Kasuya Sensei and assisted by Bob Bamgboye was also done. Successful candidates included Dayo, Obinna, and Uba (Shodan), Joseph from Burkina Faso passed his nidan and his sensei, Adama Galbane passed his Rokudan. Sensei Mezie-Okoye had his present grade validated by WSKF Japan.

The large turn out to this event was a good testimony to the growth in popularity of WSKF Nigeria, SKIF and NASK were highly represented in both the seminar and the shotokan cup, Kasuya Sensei commented during the seminar that he was very impressed with our performance on the seminar as it showed the hard work and effort put in by the participants since the last seminar in 2016. He also had positive comments about the standard of the shotokan cup, from

the discipline of the competitors, the organisation and especially the standard of the refereeing which in his own words "world class", Alfred Sensei (NASK) Sensei Mezie-Okoye (WSKF) and George Ochieze (SKIF) deserve an applause.



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The organizers (Edward, Nnamdi, Bamgboye Sensei) who were happy with the event learnt quite a lot from the Shotokan Cup. They will be looking at making 2018 better and ensure that the event will be the most prestigious shotokan event in Nigeria. Next one will be on the 29th of September 2018

Many thanks also to Sensei Adama Galbane (Chief Instructor, WSKF Burkina Faso) and Joseph Naon who represented their country at the event. We look forward to more of such collaborations within the West African Coast

Congratulations to Ujunwa Nwankwo for winning the Shotokan cup and a joint grand champion with Kolapo Oyagbola. Hope you guys will be able to retain your title come October 2018.



Beyond 2017

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In all, it's been a befitting end to a busy and exciting year. With three dojos in Abuja, two in Lagos and two in Port Harcourt we can say the family is expanding. We can all smile and look forward to our well-deserved end of year parties in our various dojos (Pictures coming up soon). You can visit our website www.wskf.com.ng to know which WSKF dojo is closest to you, all the latest news and learn more about WSKF