

March 2018

# WSKF NIGERIA



Quarterly Newsletter

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Welcome to our first quarterly publication for 2018. Last year was an exhilarating karate year for WSKF, Nigerian karate and the West African Coast. With the winds still strong on our sails, 2018 promises to be even more exciting.

## Special points of interest:

- RIA Kata Challenge
- Murakami Sensei Storms Lagos
- WSKF/NASK Kata Seminar
- Strictly For the Women
- Reinseikan Alpha Fitness Dojo Opens
- Farewell Nigeria
- Reinseikan Utako Dojo, Abuja
- WSKF Burkina Faso

## JANUARY

### RIA KATA CHALLENGE

As what has become a tradition, WSKF dojos opened their doors on the 6<sup>th</sup> of January with the RIA Kata Challenge. 25 Shoto-kan katas (Jiin excluded) performed across all WSKF dojos within the country.



Each kata is done twice, first done with count and followed with full speed and power. This year we were joined by Oki Martial Arts (OMA) headed by their Chief

Instructor Sensei Kelvin Oki.

The Kata Challenge is a good way to burn off some of the yuletide calories and get the budo mindset in place. It's also an excellent way to broaden your kata knowledge. This is the second year running and to ensure technical depth, Bamgboye Sensei has set up a program



to ensure an improved technical understanding of each kata ahead of next year's addition.

Want to give it a shot?

Contact the WSKF website or send a mail to [info@wskfnigeria.com.ng](mailto:info@wskfnigeria.com.ng) to find out how you can be a part of next year's edition.



## FEBRUARY

### MURAKAMI SENSEI STORMS LAGOS.

What February lacked in days, it made up for in action. The first international event for the year was held on 5<sup>th</sup> – 6<sup>th</sup> February with the



hosting of Murakami Sensei, 8<sup>th</sup> Dan, Chief Instructor of Shotokan Karate-Do International Federation (Japan) by SKI Nigeria.

The event was a very technical one with lots of emphasis on unsokun waza i.e. footwork. Interesting lessons on feet positioning, turning on the heels as against turning on the balls of the foot and the use of Yori Ashi in retaining proper form as we slide in and out of our stances.



The lessons were all brought together in the kata session to show how the various components affect our kata performance. In continuation of our usual collaboration, WSKF Nigeria and NASK attended in their numbers in full support of SKI.

### SELF DEFENCE/KATA BUNKAI

“Bunkai should not only be the exact movement, it should be the principles and the idea. It should be natural and does not have to be exact movements”. This quote by the legendary Kanazawa Soke formed the theme of the WSKF/ NASK kata bunkai seminar held on the 17<sup>th</sup> of the month.



“Bunkai Should not only be the exact movement, it should be the principles, the idea, it should be natural and does not have to be exact movements”

A well-attended event anchored by Sensei Alfred Ohaimen (Chief Instructor, NASK) and Sensei Bobby Bamgboye (Chief Instructor, WSKF) at the Eko GYM and SPA, VI, Lagos. Katas treated were Heian Nidan and Heian Godan for the junior belts while Bassai Dai, Jitte and Wankan were handled by the senior belts. There was a remarkable synergy between these two instructors as each took turns in teaching the Bunkai and Oyo for each of these katas.

Kata is the soul of karate; tools required for an effective self-defence are all encapsulated within them. As Sensei Bamgboye is fond to say, “these are self-defence waza and we must adapt accordingly with the right maai (distance) to make our waza as effective as possible.” We must free our minds to flow.

We also got to see Jitte done with a Bo (Jitte No Bo) by Bamgboye Sensei. This raises hope that a Kobudo seminar might be coming up sometime soon.



It is not the size of the dog that matters but rather, the fight in the dog.

### STRICTLY FOR THE WOMEN

The maiden edition of the self-defence course for women was held also at the Zen Budo dojo, Port Harcourt on Feb 17. The event which was organised by Sensei Amakiri was anchored by Mezie-Okoye Sensei, Chairman WSKF Nigeria.



Focus of the course was on simple and effective self defence techniques that can be used by women on the streets. Key points were discussed on the different forms of violence, the application of self-defence and importance of fleeing the scene within the shortest possible time. Sensei Charles Mezie-Okoye advised the participants that only through building confidence in the skills learnt will they be able to apply them in real life situations. He explained further that it is not the size of the dog that matters but rather, the fight in the dog.



The program, which would be held monthly, forms a major element in the training module at the Zen Budo dojo.

### RENSEIKAN ALPHA FITNESS DOJO

Friday February 23rd, 2017 saw the opening of our Renseikan Alpha Fitness Dojo located at Centro Lekki Mall on Admiralty way in Lekki, Lagos State.



The dojo would be run by Sensei Dolly Philips. This records good growth to the WSKF Nigeria family and brings to three the number of dojos in Lagos.

### FAREWELL NIGERIA

“Don’t be dismayed by good-byes. A farewell is necessary before you can meet again. And meeting again, after moments of lifetimes is certain for those who are friends” – Richard Bach

This month we also had to say good bye to Sensei Edward Obi, Secretary and Founding member of



WSKF Nigeria. With his charming smile and robust energy, his contributions to the growth of our association has been immense. A passionate karate-ka with an easy-going personality, Sensei Edward was always good company in and out of the dojo. Thankfully, with social media and WSKF Australia, keeping in touch wouldn’t be difficult. We wish him the best in all his endeavours and a lovely time at Australia.



## MARCH

### ABUJA KATA SEMINAR

On the 5<sup>th</sup> - 6<sup>th</sup> of March, the Renseikan Utako dojo was host to Bamgboye Sensei for a 2-day kata workshop. It was a nice opportunity to train with those in Abuja and bring them up to speed on some of the techniques learnt in recent seminars.

The workshop served as a good primer for the grading exercise which will be coming up on the 7<sup>th</sup> of April. It is one of those exciting moments where Renseikan Abuja gets to train with Bamgboye Sensei. It was also nice to have members of SKI Abuja participate in the workshop.

Good luck to all those participating in the grading exercise.

### WSKF BURKINA FASO

The final event for this quarter was the 2-Day WSKF international seminar held in Burkina Faso. Adama Sensei, Chief Instructor, WSKF Burkina Faso actively participated in our Shotokan Cup & Seminar held last October and in building on the relationship, our Chief Instructor was invited as guest instructor to anchor the seminar in Burkina Faso.



The turnout was impressive and the level of karate is quite high. Day one kicked off with an emphasis on turning on heel and ball of the foot, importance of the hip and keeping the feet close to the ground while moving in all directions. Connection between Breathing techniques, correct posture and kime was also a key point. All the les-



sons were brought together with some advanced spinning Wazas. Day one was rounded up with Heian Shodan, Enpi and Jitte kata. The katas were practiced in WSKF manner followed by the bunkai for each kata. Day 2 resumed with a quick review on some of the key points from Saturday including performing zuki, geri and uke in gyaku stance. A kumite session followed beginning with Kihon ippon kumite. Sensei Bamgboye then took the class through Jiyu Ippon Kumite, Kaeshi Ippon and finally Jiyu kumite. The seminar came to an end with a study on Heian Nidan, Hanget-su & Tekki Sandan.

In all, the level of karate was very good and all participants worked with great enthusiasm. Sensei Galbane Adama also

Bamgboye Sensei also thanked Kasuya Sensei for giving him the opportunity to go to Burkina Faso and show other countries our

extended an open invitation to Sensei Bamgboye for further seminars in the future.

The bar was raised for the upcoming WSKF Nigeria Seminar as lots of the participants indicated their interest to attend the Seminar coming up in September this year. It was an exciting and a well spent 4-day stay at Burkina Faso for Sensei Bamgboye who got to meet some old friends and make some new ones in the process. He thanked Kasuya Sensei (Chief Instruc-



tor, WSKF) for giving him the opportunity to go to Burkina Faso and show other countries our style .



The hospitality by the Burkinabe's was exceptional and as a testimony, Bamgboye Sensei was garbed in true Burkinabe style as a parting gift.

**Have an article you would like to share in our next edition?**

To contribute you can send your article to:

zenbudokarate@outlook.com

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Visit the WSKF website at [www.wskf.com.ng](http://www.wskf.com.ng) for videos and more pictures of this event. Remember to look up our calendar to see which if our activities comes up near you next quarter.