

WSKF NIGERIA

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Quarterly Newsletter

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Editor-in-Chief: Sensei Amakiri Oruamabo (2nd Dan WSKF)

Q2 in Review

- RAK Dojo Opens
- Reinsekan Dojo Abuja
- NASK/WSKF Kata Competition
- Alpha Fitness Dojo
- Awards

Welcome to the end of yet another exciting quarter at WSKF Nigeria. Though not as activity packed as Q1, lots of our Q2 activities have been in preparation for the various competitions coming up in Q3 & Q4. Besides the Shotokan Cup coming up in September, WSKF Nigeria has been invited for the WSKF Shotokan Cup in Dublin & the 4th Zainab International Women Championship both in October. We intend to have a good showing in both events and come back home with as many trophies as possible.

6th April RAK DOJO OPENS

Though this event had long been expected, RAK Dojo finally kicked off in true traditional Shotokan Karate style on the 6th of April. The maiden training session expressed the tone and expectation of members of WSKF Nigeria with six black belts showing up in support of the Chief Instructor, Sensei Kingsley Okey-Ejiowhor (AKA Sensei Bobby Rak), 4th Dan WSKF. This brings to three the number of WSKF dojos in PH and a total of 10 nationwide. RAK Dojo is expected to cater not only for new karate enthusiasts but also to support black belts within

the WSKF family with some specialized training. Look out for more to come on this space.



7th APRIL Reinseikan Dojo Abuja

Q2 also turned out to be grading season within the fold. Starting with the grading at the Reinseikan Dojo Abuja. The grading was conducted by Bamgboye Sensei, Chief Instructor WSKF Nigeria and supported by Sensei Nnamdi Onyeaghala, 3Rd Dan and WSKF Head of Technical. Three candidates successfully passed the grading test with Margaret Akpan moving to 1st Purple while Carla Eking & Nnenna Anekwe both progressed to Green Belt. We wish them continued good luck as they continue to progress in their karate journey and look forward to seeing them compete at the Shotokan Cup & the upcoming Zainab Tourney.



26th MAY NASK/WSKF Kata Championship

It was a large gathering of members from both associations all gathered on the 26th of May for the Maiden Edition of the NASK/WSKF Kata Championship. Done in true traditional Shotokan karate style, the tournament turned out to be quite competitive, with good quality and proper etiquette shown by all competitors. Participants were divided into three categories i.e. Male Cat 'A', Cat 'B' and the female Category. In the Male Cat 'A', Sensei Ibrahim Muse took the gold medal while Sensei Morris Albert & Sensei Shina David took the silver and bronze medal respectively. In the male Cat 'B' we had Andre Blaze picking up the gold medal, Daniel Ajibulu picked up the silver and Bosah Okonyia took the bronze medal. In what is quick becoming a habit in the female Category, Ijeoma Nwankwo won



the gold medal while Ngozi Okoro & Chinyerem Adika won the silver and bronze medal respectively. There were lots of learning points for Participants and judges alike and the event served as a good primer for the upcoming Shotokan Cup in September.



On the left: Bamgboye Sensei presenting the Male Category Winner Sensei Ibrahim with his gold medal after a tight finish that saw his sublime transitions in his Gojushiho performance triumph over Sochin kata performed Sensei Morris. Bronze medallist Sensei Shina can be seen to the left.

Below : Winner of the female category Ujunwa Nwankwo as she warms up for her performance.



Below: Mezie-Okoye Sensei as he decorates the female category silver medal with her. She put up a spirited display but fell short to Gold medallist Ujunwa Nwankwo. More to come from them at the WSKF Shotokan Cup coming up this September.



All Work and No Play....

As the saying goes, all work and no play makes Jack a dull lad. This also holds true for we karatekas and as a way to show appreciation to everyone for our active participation in the event, our Chief Instructor took us to some good lunch. It's always an interesting time whenever you have one of these informal meets with the senior instructors. It provides an opportunity to update your knowledge bank and ask quite a few questions that would otherwise leave you with the risk of having sore knuckles in the dojo. It was an interesting end to a nice day and another memorable one in the WSKF fold.

27th May Alpha Fitness Dojo

As this was the first time we were coming together this year, Sunday turned out to be a great opportunity to formally launch Sensei Dolly's Alpha Fitness Dojo. The training kicked off with a typical warm up session from Sensei Dolly before the group was split in two with Bamgboye Sensei & Mezie-Okoye Sensei handling and alternating between each group.



The date had also been set for ho-

mologation for members who had joined WSKF and hadn't had their grades regularized within WSKF. We also had as our guest, Sensei is a 5th Dan SKIF – confirmed by Murakami Sensei February 2018 – congrats to him. Those of us who weren't part of the grading activity, had an interesting Kihon Kumite Session with him. Congrats and double celebrations to Sensei Aaron who Successfully graded 3rd with the WSKF Japan on his birthday.

Awards

The day ended with our first meeting for the year during which Mezie-Okoye Sensei was presented with a WSKF embraided belt in appreciation for his contribution to the association. Next on line was Tunji Suleiman who was all smiles as he received his Sho Dan Certificate from Japan. Sensei Kingsley Okey-Ejiowhor and Sensei Nnamdi Onyeaghala were also presented with their official Officiating and Examiners certificate.

This was yet again another major milestone for the association. It was drinks and clicks as we worked down the clock and bade each other farewell.

A Bientot

With Q2 firmly behind us, all attention is now on the Shotokan Cup coming up this September. This year's edition promises to be much bigger with lots of interests from across the continent. And with the growing number of WSKF dojos in the country, one might dare to say that more prizes are expected within. Perhaps we should have an in-house prize for best performing dojo at these events.

Happy training people and see you at the end of Q3.

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