

SABAKI Camp 2018

July 2018

On the 5th to the 8th of July, the Danish Ashihara family gathered at Bosei Idrætshøjskole near Præstø for the annual family retreat - **SABAKI Camp**. 160 family members showed up from Do-jo's all over Denmark strongly accompanied by our good and persistent friends from Valencia in eastern Spain.



This was the 10th time we stayed at Bosei. Our host Morten and his crew delivered, as always for a great experience, and everything worked out in the most perfect way. The food was fantastic, the cake was delicious and there was always hot coffee on the stove.

Bosai is just a great place to be at camp. The Japanese surroundings inspires and although we are a very large family, it does not feel overcrowded. You can always find a spot when you need rest and contemplation, for example in the nice garden Do-jo.

Thursday at 4pm, we were ready in Bosai's big training hall and the Instructors for the camp's 15 training sessions were presented.

After welcoming everybody, we began our first training session. The session included Kihon, Ido-Kihon and funny fighting combinations where brain and body was challenged. At this point our bodies and muscles was still quite relaxed and we finished the training with one-thousand-punches (Tsuki) by Shihan Kim. It was a strong and meditative exercise that lasted for eight minutes. A fun experience and you could hear some children whisper 'One thousand punches – THIS is COOL'.



The participants were then divided into smaller groups and all of Bosei training facilities inside and outside were put into use for the next four days.



The training sessions for the next four day included even more Kihon, Ido-kihon, Kata, Kata Bunkai, SABAKI and fighting sparring. The training sessions were almost similar to the training sessions in the local Do-jo's, but it is always inspiring to be tough be new instructors and meet new exercise mates, who do the move or punches differently from your friends at home.

Among the slightly different training sessions were, defense against weapons - primarily knives, floor battle - held in judo hall, a referee course and swimming in Bosei's large swimming pool. The swimming part was especially popular among children and youngsters.



The Danish Championship in Ashihara Kata 2018

The Danish championship in Ashihara Karate 2018 took place Friday evening. All participants at the camp was invited to show at least one kata. The championship is a brilliant opportunity to practice kata in front of an big audience without becoming too distracted. You also have the possibility to become inspired by other karate ka's perform the same kata as you.

The participants were divided into five classes. In the first round all competed against all. The four best participant from each group continued to compete for the 1st, 2nd and 3rd places.

Some amazing good looking kata were shown, and after a couple of hours we were ready to announce the winners of the five classes.

Class: Children - Open - Under 11 years

1. Sally Frahm Khouri - Ashihara Karate København
2. Imogen Mear - Ashihara Karate København
3. Villum Torp Kjærgaard – Ashihara Gentofte



Class: Children - From 11 - 15 years to 6. Kyu

1. Tristan Hansen - Ashihara Karate Østerbro
2. Aksen Jepsen – Randers Karate Skole
3. Emilie-Jo Sand Barat - Randers Karate Skole

Class: Children - From 11 - 15 years, 5. Kyu+

1. Emilie Møller Jensen – Randers Karate Skole
2. Benjamin Lausersen – Randers Karate Skole
3. Jakob Breum – Viborg Kampsport



Class: Adults - From 16 - 3rd Kyu

1. Sebastian Frank Jakobsen – Randers Karate Skole
2. Johanne Elming – Ashihara Karate Frederiksberg
3. Emilie Ludvigsen– Ashihara Karate Frederiksberg



Class: Adults - From 16 years, from 2. Kyu

1. Morten Hansen – Ashihara Karate Århus
2. Christer Haven – Viborg Kampsport
3. Robin Klitgaard Thomsen – Randers Karate Skole

This year's Fighter Trophy in Ashihara Kata was awarded to Christer Haven from Viborg Kampsport. Christer showed a superb, powerful and strong Nage No Kata Sono Yon. The kata was amazing even though Christer has had a break from Karate for several years.



Great prizes were awarded to 1., 2. and 3rd place by **Grenå Karate Skole, Ebeltoft Karate Skole** and **Hadsund Karate Skole**.

In addition, all children and juniors were donated a nice drinking bottle and all adults got the Kancho Ashihara book. This was donated by BUDOX / FIGHTX.

Thanks to all our fantastic sponsors.



The spirit was compassionate and at the same time everyone held a strong competitive atmosphere during the DM in Kata.

DAO Grading test

Grading test was held Sunday morning for all grades. Special attention was paid to the DAO Grading test, where the higher grades were tested, - *These grading candidates are our future to brown and black belts.*

The technical grading was closed to public and only grading candidates, the grading council and the branch chiefs were allowed access. After completing the technical part of the test, the entire camp was invited to watch and participate in One-Way SABAKI and the final sparring fights.

SABAKI is when you gain fighting control over your opponents. SABAKI is the core essence of Ashihara Karate. All aspirants must therefore show great assurance in this discipline to pass the grading test.



The grading candidates did a great effort and it was a pleasure to experience the focus and intensity they showed.

The atmosphere was god and excited among spectators, participants and grading candidates. After a hot Saturday morning we had seven new brown belts and a new 1st Kyu, a new 1st Dan and a new 2nd Dan.

A big applause to all who passed the test.



2. Dan

Jan Schødt-Thomsen, Hadsund Karate Skole

1. Dan

Morten Hansen, Ashihara Karate Århus

1. Kyu

Camilla Brokholm Pedersen, Randers Karate Skole

2. Kyu

Mikkel Tullin, Ashihara Karate København

Emilie Møller Jensen, Randers Karate Skole

Malou Santi, Randers Karate Skole

Sebatian Frank Jakobsen, Randers Karate Skole

Bertram Spanggaard, Randers Karate Skole

Anna Foseide Henriksen, Viborg Kampsport

Maja Gert Sørensen, Viborg Kampsport

Sayonara Party - Thanks for now ...

The Sayonara Party was celebrated Saturday evening. At the Sayonara Party we say - *thanks for now and see you next year for another great gathering in the Ashihara family.*

This year, all Do-jo's had the task of preparing entertaining. Sensei Bernhard was in charge of the evening program and there was a very relaxed and joyful atmosphere.

Among the many fun activities was a good Norwegian Tale - about why we should take care of Nature, a funny Ashihara song with several verses featuring all the Do-jo's. There were some challenging exercises including balloons and a Guess the Song Challenge.



The many funny bits was spiced up with sodas and popcorn and party went on for several hours.

.. and see you again next year

We finish of Sunday afternoon with exhausted bodies and muscles. We all have had some unforgettable days with great experiences and fantastic new friends. Thank you for an amazing experience with the Ashihara family and thanks to Morten and his Bosei crew for their great hospitality. See you next year, where we are accompanied by Kancho Hidenori Ashihara. OSU!!

