

Sabaki Camp 2017

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The DAO just held the annual N.I.K.O. Sabaki Camp at Idrætshøjskolen Bosei, Præstø, Denmark. Kancho Hidenori Ashihara and his assistant Shihan Dai Hara from Japan and 200 other participants from Denmark, Norway, Sweden, Germany, Rumania, Poland, Russia, Kasakhstan, Spain, Dubai and Hong-Kong, spent four days of karate and social gathering.



My expectations were extra high as I jumped into my car and plotted my way to Præstø to participate in the annual N.I.K.O. Sabaki Camp organized by DAO, The Danish Ashihara Organisation. This year, the camp would be extra special.....

Kancho Hidenori Ashihara himself would be participating this year's camp, and it has always been a great privilege and a source of great inspiration, to experience the leader of the system in action and receive technical instructions regarding the Ashihara Karate, which seems to be anchored in each cell of Kancho's body. This year Shihan Dai Hara would fill in the role as Kancho's personal assistant during their stay in Denmark.



Kancho Hidenori Ashihara

The weather was a bit cloudy which actually creates the most perfect circumstance for an outdoor training context, with adjust heat, and at the same time, protection from the strong rays of the sun.

Thursday, July 6th

Smiling faces and happy reunions reflected the hours in which the accommodation took place. Shihan Kim, Denmark, welcomed the arriving participants and Morten Bosei was, as always, ready to solve any problem. During the afternoon participants were accommodated in two-person rooms and the instructors of the camp held the mandatory coordination meeting.

Kancho Ashihara began his instruction of the camp's welcome training by sharing his opinion on the camp, also being a community of

communication and relaxation in a good atmosphere. Kanchos` smile quickly propagated on all the lips of the participants while he went through the basics techniques of Ashihara Karate. Kanchos` words and the sound of the kiais of the 200 participants filled the dojo with extreme good energy and launched the camp the best way possible.

The evening dinner was served in the large dining room and as always the food was a mix of various tasty dishes covering all nutritional needs.

With a participation of 200 it`s a logistic challenge to serve meals at Bosei but this first dinner went smoothly with at continous replacement of hungry karate folks.

The topics of thursdays` evening training were positioning and fight control and the pool was the last activity on this first day of the camp.



Friday the 7th

Friday`s weather showed off the dry and slightly cloudy side which made outdoor training possible all day on the very nice and beautiful green areas of Bosei Idrætshøjskole.

The first training of the day had kihon as a theme and Kancho featured new variants and modifications in, among other things, hiza geri. During training Kancho demonstrated several practice examples of techniques that so far clarified how little energy needed to pass an opponent. It`s all “only” a question of timing and technique.....!!

Autograph signing

When Kancho participates in the Sabaki Camp in Denmark he always sets up for autograph signing. This year the queue of autograph hunters was particularly long due to the many students wanting a unique autograph on the dogi or t-shirt as a very special camp souvenir.

Kancho Hidenori Ashihara signed autographs for one hour and he seemed tired at no point but on the contrary smiling and present until the last autograph hunter had achieved his wish.



The Danish Kata Championships

Friday`s absolute highlight was the settlement of The Danish Kata Championships 2017 and during all day the participants had had the opportunity to get the last details in place.

Friday`s other teaching themes all had kata as a focal point so that the aspirants of the graduation Saturday would be able to practice and repeat the forms.



There were five tatamis with every four cornermen, a head judge and three scoreholders



Sponsorship prizes from Budo-X

Results from the Danish championships in Kata

Children up to 10 years:

1. Alfred Lindskov-Dahl – Copenhagen/DK
2. Emil Harvig-Maigaard – Gentofte/DK
3. Villads Lindskov-Dahl – Copenhagen/DK



Children from 11 years until 15 years, until 6.kyu:

1. Aksel Schmidt Jepsen – Randers/DK
2. Frederik Manigoff – Copenhagen/DK
3. Katrine Lindstrøm – Gentofte/DK



Children from 11 years until 15 years, from 5. Kyu:

1. Jakob Breum – Viborg/DK
2. Bertram Spanggaard – Randers/DK
3. Benjamin Laursen – Randers/DK



Adults from 16 years until 4. kyu

1. Camilla Brokholm Pedersen – Randers/DK
2. Benjamin Morino - Sweden
3. Marianne Vester – Grenaa/DK



Adults from 16 år, from 3. kyu

1. Drăgănoiu Robert - Romania
2. Bucsa Mihai Vlad - Romania
3. Simon Calmann – Østerbro/DK



The fighter trophy

Camilla Brokholm Pedersen – Randers/DK



Saturday july 8th

It's always on Saturday that camp graduation takes place and this year was no exception. All aspirants to 2 kyu and up should be graduated in front of Kancho and the Danish Graduation Council, and from 10 kyu and up to 3.kyu in front of the respective branchchief's, sensei's and sempai's.

All participants not going for graduation had kumite as training theme in the special joint training class.

The timing of the graduation is arranged so that everyone is able to witness one-way attack and the fights that the aspirants from 2 kyu and up must go through after the basic graduation programme.

This year the number of 2 kyu+ aspirants were high which made the graduation lasting longer

than it normally does and it had to be settled over three laps.



In one-way the aspirant faces a row of attackers attacking one at a time and these attacks must be answered by the aspirants with a satisfactory counterattack with a finish.



The many fights showed how dynamic Ashihara Karate can be due to the personal style and temper that the sole fighter acquires in his own bushido.



The graduates of Sabaki Camp 2017, from 2 kyu:

New belt:

2 kyu

Bertram Spanggaard(Randers/ DK)

Ida Wang(Frederiksberg/ DK)

1 kyu

Thais Nygård(Grenå/ DK)

Benjamin Laursen(Randers/ DK)

Oliver Jensen (Randers /DK)

1.Dan

Stig Krøjer(Frederiksberg/ DK)

Aylin Oral(Randers/ DK)

Robin Thomsen (Randers/ DK)

Katrine Olsen(Randers/ DK)

Draganoiv Robert (Romania)

Rafael Szomanski (Poland)

Bavelikc Ionel (Romania)

Antony Knebb (Sweden)

Bulgaru Petre (Romania)

Oliver Krogstrup (Randers/ DK)

Camilla Hansen (Randers/ DK)

2. Dan

Alfredo Ayala (Spain)

Eduard Hutanu (Romania)

Lupu Adrian (Romania)

Neagu Remus (Romania)

Vaseliu Nicolae (Romania)

3 .Dan

Marcin Kozera (Poland)

Toderici Kristian (Romania)

Peter Liebecke (Germany)

Ralf Richter (Germany)

4. Dan

Khrepko Vyacheslav (Russia)

After graduation the pool was open to everyone and there was a need for cooling and relaxation on top of Saturday's great effort.

The rest of Saturdays trainings had Sabaki movements and special weapon training as themes.

Sayonara-party

"Sayonara" means goodbye or farewell in japanese and this traditional festive event gathers all participants in a forum of play and fun in the non-alcoholic environment of the camp.

This year all participating counties had the task of bringing an entertainment activity to the joint party that is always the last point on Saturdays programme. Kancho and Shihan Dai had a special seat in the middle of the hall and they had the interpreter Pernille at their side as translated continuous.

Morten Bosei had provided instruments and sound systems for the performers and the various countries' features represented a wide range of entertainment from balloon party, chair dance, rock / scissors / paper, live music to stand-up jokes. The festivities ended at. 23.00 where all children were to bed. It was a bit of a sayonara-party that will probably be remembered for a long time.....!



Congratulations to all the graduates from the editors ☺



Sunday the 9th

The camp's last day was shone with the brightest sunshine and after breakfast, packing and cleanup in the rooms, the participants had to train for the last time, with sabaki, combat control as the theme. Many participants had yesterday's graduation in the body, but this despite all gave the last effort in this particular Kancho training.



Kancho Ashihara demonstrating the technique maki-komi-nage

Photosession

Before departing from Bosei it is a solid tradition that a joint picture of all participants at the camp will be taken. Kancho and Shihan Dai also posed to the many group photos of the clubs that were taken afterwards



Sayonara

Golden Karate dust was cast over all the participants through the many trainings for adults and children, such as Kancho Ashihara and Shihan Dai Hara, as well as the other instructors of the camp, were in charge of.

Kancho Ashihara said after the closing meditation that he was delighted to have participated in the camp and Shihan Kim added a big "thank you" to Kancho and Shihan Dai Hara, as well as all participating countries and instructors for their great contribution and efforts to the good camp atmosphere. A special "thank you" also went to Bosei Idrætshøjskole which again facilitated the most perfect setting for organizing an event like Sabaki Camp

We are looking forward to next year's Sabaki Camp ☺ Sayonara !



