

SABAKI Camp 2019 with Kancho Ashihara



The yearly DAO (Danish Ashihara Organisation) SABAKI Camp took place at Bosei Sports High School in Præstø from Thursday the 4th to Sunday the 9th of July 2019.

This year we had the honor of hosting Kancho Hidenori Ashihara and Koichiro Saiki, Shihandai from Honbu in Matsuyama, Japan.

200 karate ka's was gathered at Bosei and our Japanese guests attracted many participants from Rumania, Canada, Russia, Spain, Norway and Sweden.

35 Black Belts instructed at the 16 training during the four days. Many of the 16 trainings was split in 5 sub tracks, with focus on children, juniors, and adults with different experience based on grades. Each track had two instructors. Planning, coordination and quick adaption was important to ensure smooth execution of such an event, especially with a moody weather like the Danish.

Everything was well planned and Kancho started the first training at 4 pm Thursday on time. The training focused on Kihon, basic movement and SABAKI.



Technical training and SABAKI in focus

Technical training and SABAKI was clearly in focus at the camp. Kancho did many teachings at all levels for children, juniors and adults.



Kancho Hidenori Ashihara has been Kancho for almost 25 years, and we experienced clearly his focus on refining the SABAKI movements and controlling the opponent.

Some of examples of Kancho's teaching are:

- Ensure to control the opponent while taking him down – so you do not open for counter attacks, because you have to wide movement.
- Be careful not to have too wide 45 positions, try to come directly – come close and speedy.
- And very important, you should adjust SABAKI techniques – (translated fighting control) on 'case by case', because all practitioners are different. SABAKI should be effective not always graceful.

Kancho gave us many other adjustments and exercises, to work with in the Dojo's. The training with Kancho was very inspirational and proved once more that Ashihara is a very well-thought-out system.

The other instructors followed up on Kancho's teaching and shows different combinations for various attacks, that we worked with in pairs.

Since the instructor team included Sensei and Senpais from Rumania, Sweden, Norway, Russia and Denmark the variety of combinations was very broad, but everything was clearly founded in movements of Kancho's SABAKI.

Grading test with Kancho Ashihara

Grading test is always one of the highlights at the Summer camp. This year's grading was of special interest because the candidates had the opportunity to be graded and evaluated by Kancho Ashihara.

39 karate ka's was ready Saturday morning.

The test started with technical evaluation, kata and kata bunkai.

2 ½ hours later the rest of the camp joint to assist with one-way SABAKI and fights. The energy, focus and intensity at this part of the grading is always the top experience of the camp. This year did not disappoint. More than 300 fights was needed and after four intense hours, we were able to

congratulate all 39 candidates with successful new grades.

The new grades are:

- 2 graduated for 4th Dan
- 4 graduated for 3rd Dan
- 6 graduated for 2nd Dan
- 14 graduated for 1st Dan
- 8 graduated for 1st Kyu
- 5 graduated for 2nd Kyu

This grading test was one of the largest in recent years with candidates from 6 different countries.

CONGRATULATION to All.



Ashihara SABAKI World CUP 2020 in Bucharest, Rumania

All branch chief meet at the SABAKI Camp to decide on where to host Ashihara SABAKI World CUP 2020. Russia and Rumania both came with some very good suggestion for hosting the event.

Russia presented Voronezh as the possible city for event. Rumania presented Bucharest as the location for the event.

Bucharest, Rumania was selected with a vote of 11 for Rumania and 5 for Russia. All branch-chief present at the Summer Camp had one vote. Russia and Rumania were not allowed to vote.

The 7th Ashihara SABAKI World Cup will be held in Bucharest, Rumania, The event will take place from the 6th to the 8th of November 2020.

Strengthening Ashihara NIKO

At the summer camp Kancho announced a strengthening of the Ashihara New International Karate Organization (NIKO) and preparation for future growth. Five new promotions were announced to ensure this devolvement.

Sensei Brian, Denmark was promoted to Area manager for Denmark. The Area manager has the responsibility to work closely with Honbu Staff, and members and branches in a specific country. Sensei Brian will cover all DAO members and the 10 Danish Branches.

Sensei Jesper Sørensen, Denmark, Sensei Dan Matusea, Rumania, Sensei Nicu Dascalu, Rumania and Sensei Sjaakha Sjaakhaemkaerzeajeve – Russia were promoted to Shihandai. The Shihandai is not related to a specific Dan level or location. The Shihandai is chosen by Kancho among Sensei's and Senpai's as the persons who shown the best understand and teaching of Ashihara Karate. The Shihandai should be able to communicate Ashihara Karate no matter age, nationality and grading.

CONGRATULATION with the new promotions



*From the left:
Brian Hansen –Sensei, Area manager for Denmark
Kancho Hidenori Ashihara, Honbu Japan.*



*From the left:
Jesper Sørensen – Denmark, Shihandai
Dan Matusea – Rumania, Shihandai
Nicu Dascalu – Rumania, Shihandai
Sjaakha Sjaakhaemkaerzeajeve - Russia, Shihandai*

Focus and fun

The SABAKI Camp is a good combination of focus and fun. Ashihara is one big family and therefore the camp is a family gathering where we - meet and greet – train and sweat - have fun and play.

The pictures on the right are snapshots of the more relaxing part of being together.

Sayonara party was celebrated Saturday evening, and was especially popular amongst the children, with popcorn, soda's and film.

Morten from Bosai's and his team of 'Red Samurai's' (helpers) took good care of us during the camp. Meals, coffee and cake was always ready on time. Thanks to the team, it is at pleasure to be at Bosei.



Kancho Ashihara promised to be back in Denmark for the SABAKI camp in 2021. We are already looking forward to his visit.

THANKS TO ALL for a fantastic SABAKI camp and hope to see a lot of you again next year. The summer camp will take place from the 2nd to the 5th of July 2020.



Visit to the Ashihara SAKURA Tree at Langelinie



After the SABAKI Camp Kancho and Saiki Shihandai visited the Ashihara SAKURA Tree at Langelinie Park. The tree was donated in 2017 by Ashihara Kaikan in hope that Japanese culture will become widely known in Denmark OSU.

The tree was planted during the Copenhagen Sakura festival in 2017. Kancho also visited the tree in 2017. The tree is a young strong Japanese Cherry Blossom Tree and is the only tree in the SAKURA Park not donated by Andersen Bakery.

Let us end these memories from the SABAKI Camp 2019 in the cooling shadow of the Ashihara Kaikan Cherry Blossom Tree with some of the thought's Kancho and Shihandai shared with us during their stay in Denmark.



In Budo, the following are important both in games and in social life.

1. Keep peace in mind
平常心
2. Don't be offended
油断しない
3. Clear your mind
心のゆとり
4. Think about the other person's feelings
相手の気持ちを考える
5. Win with modesty and accept defeat graceful.
勝っておごらず負けて悔やま
6. Be responsible for yourself. Don't put the blame on others.
自己責任(人のせいにしない)



There are many things to learn from whether you win or lose. It is a martial art that you question yourself and keep polishing yourself

勝っても負けても学ぶべきものは沢山ある。自問自答し自分を磨き続けることが武道である

OSU
押忍

DavidL