



AUSTRALIAN FEDERATION OF TRADITIONAL KARATE INC.

The Secretary
35 Pulgul Street
Urangan QLD 4655

A REPORT ON THE 2019 AFTK NATIONAL SEMINAR – CANBERRA

Canberra was the first in our seminar series for 2019 and was extremely successful attracting over 40 karateka. Sensei Reece Cummings made his new dojo available and the dojo is a credit to him. A new format was trialled in Canberra starting at 11.00 am Saturday and finishing 12.30 pm Sunday, which appeared to suit members. With this format 5 seminars were comfortably presented.

Over the two half days, five seminars were presented. The first seminar, Sensei Reece Cummings presented on the kata Chinto/ Gankaku and the oyo. This seminar started with Sensei's Ryan van Leent, Andrew Wright, Adrez Diez Deaux and Sensei Cummings presenting their different version of their style's kata, so participants could see the variations.

It was not necessary for the individual to know the kata as the oyo was broken down into templates.

The second seminar was taken by Sensei David Hennessy and he presented the oyo for Tekki Shodan again the participants did not have to know the kata.

The last seminar for Saturday was presented by Sensei Adam Ball and his topic was transitional body movement and footwork.

Sunday morning was particularly cool for us northerners, but once the seminar was underway the cold was not an issue. Sensei Ryan van Leent started the Sunday off with Suikendo, a partner drill for developing fast hands.

The last seminar was oyo from Nipaipo led by Sensei Howard Leong and assisted by Sensei Adrez Diez Deaux. Kata Nipaipo is a Chinese White Crane kata. When performed initially it struck participants as being complicated but after practising oyo it proved otherwise.

At the conclusion of the seminar AFTK president Lester McCormick thanked everyone for participating the presenters and Reece Cummings for the use of the dojo. He then wished all a safe trip home.

We are now looking forward to our Sydney seminar 23 June and Toowoomba 13 October. The website will be updated with information in the coming weeks.

More information on the instructors at the Canberra seminar:

Sensei Reece Cummings: <http://karatecanberra.com.au/>

Sensei David Hennessy: <http://chidokan.com/training/chidokan-instructors/>

Sensei Adam Ball: www.kenbukanaustralia.com

Sensei Ryan van Leent: www.actshotokan.org.au/home/

Sensei Howard Leong: www.itosu-ryu.net/single-post/2018/01/08/1

Congratulations to all our presenters on a well delivered seminar event

A handwritten signature in blue ink, appearing to read "Lester McCormick".

Lester McCormick
President
AFTK