



Shito-ryu Karate-do Kofukan International Members' Newsletter



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KARATE IN THE TIME OF CORONAVIRUS COVID-19

Covid-19 has brought tragedy and disruption to the world in the last few months. Nations are adapting their behaviour to the different environment according to their specific circumstances, but in general a large amount of normal activity has been curtailed. One result of this is that our championships, the Kofukan International Cup 2020, due to take place in Denmark on April 4 & 5, had to be cancelled, a great disappointment to us all, and that karate classes, in common with all sorts of gatherings, have not been able to continue, at least not in the same way. People are very inventive and members have found ways to keep sharing training, by conducting sessions online or sometimes by one-to-one sessions, while observing distancing rules and in accordance with their particular country's regulations. Social media has been useful in allowing members to be helpful and supportive to each other, and just generally in keeping people as cheerful as possible in trying circumstances.

The last overseas visit that Shihan Tomiyama was able to make before countries began to close their borders to travellers was to Belarus for the weekend of March 14/15. Many seminars due in 2020 have had to be cancelled and it is uncertain when the world will start opening up again. He is looking forward to being able to resume his travels and meet up with old acquaintances again as soon as possible.

In the meantime, here are a few stories looking back at easier times, and a pictorial guide to two of the Fighting Combinations taken from Shihan Tomiyama's most recent book, 'Essential Basics of Karate in Depth'.

- Editor



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OLYMPICS 2020 POSTPONED

After being confirmed that karate would be included in the Olympic programme for 2020, with Japan hosting the event, karate-ka around the world began to work towards the competition. After inevitably having to be postponed, the hope is now for the Games to take place in July/August 2021. Hopefully it will bring renewed enthusiasm, interest and appreciation for karate around the world, and members into our clubs; we will follow developments with interest. It's something to look forward to, as is our own International Cup 2021 (more news about that at a later date).



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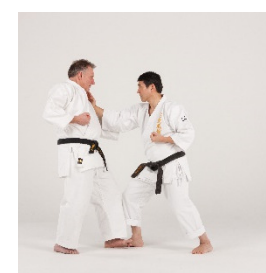
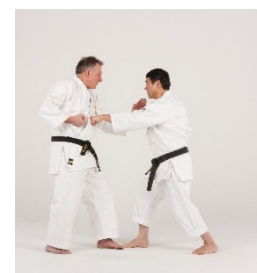
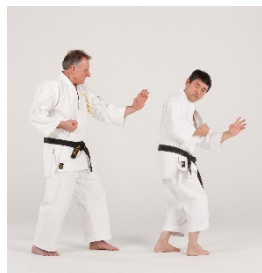
Fighting Combinations

An example of the Fighting Combinations required for grading, starting from 6th kyu (orange belt), as shown in Shihan Tomiyama's latest 'Basics' book

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CELEBRATIONS IN ENGLAND

Each year in February, Shihan Omi travels from Paris to Nottingham, England, to lead a weekend seminar in conjunction with Shihan Tomiyama. This year's course took place on the 22nd and 23rd at Djanogly Learning Trust, a school where several Kofukan instructors ran two weekly classes in the 1990s. Classes were divided on Saturday so that a kyu grade group and Dan grade group could each get instruction for their level from each instructor, with training based around the katas 'Jitte' and 'Paiku', while on Sunday all participants practised the kata 'Suparinpai', its bunkai and other techniques. We were happy to welcome Alex Lyall from Scotland, Dick and Jane Schorling from Sweden and Denis Koltsov, ex-instructor of the Lancaster club in northern England, who travelled from his current domicile in Poland.



EVERY PICTURE TELLS A STORY!

On Saturday evening many of the course participants joined in an early 70th birthday celebration party for Shihan Tomiyama, while also congratulating Shihan Omi, whose birthday was a few days before. We enjoyed a 3-course meal plus coffee and cake at the Strathdon Hotel in Nottingham, followed by presentation of gifts and cards and the rendition of some old standard tunes by Shihan Tomiyama on trumpet.

Five people attempted different Dan gradings on Sunday afternoon after the training sessions and we are pleased to say that everyone passed, as follows: Shaun Muldowney, Shodan; Jonathan Tse, Nidan; Lawrence Petty, Sandan; Clive Petty, Sandan; John Wynd, Yondan; Nigel Parsons, Godan.

Congratulations to all of them. That gave us another reason to celebrate, so we went to the 'Indian Nights' restaurant for an excellent Indian meal as the finale to another interesting but tiring weekend.



KOFUKAN NEPAL LOOKING TOWARDS THE FUTURE

For this year's visit to Nepal I left on the 1st of January, arriving the next day in Kathmandu. I took an onward flight to Dhangadhi in the Nepalese lowland area in the west of the country, where most Kofukan clubs operate. Classes conducted over several days during mornings and afternoons were well attended and included young members of Nepal's National Team. I was gratified to see participants training very hard.

We met with the President of Kofukan Nepal, Mr Takura, one day, as he was visiting from Kathmandu on business. He is second from the right in this picture. From the left are Trilokaya Pandey, National Leader; me; Ashok Shah, senior member; Mr Takura and Lalit Khatri, National Technical Director.



While there I was taken to a block of municipal land which has been allocated by the Mayor of Dhangadhi to Kofukan Nepal to provide a new dojo. The association must raise the money required for the build themselves. The plan is to build shops as well as the dojo; they will front a new road which is to be built, so it will be a very good location for them. I wish them good luck in their fund raising efforts and look forward to being able to train in the new dojo one day.



I left for home on the 9th of January but had to stay overnight at a hotel within the new Istanbul airport. The airport itself is very impressive, and the hotel experience was rather different to normal. The room was extremely small but you could change the ambiance according to your mood by changing the lighting colour! Interesting.

- K Tomiyama



KOFUKAN INTERNATIONAL CUP 2019 RESULTS

TOYOOKA, JAPAN



27 & 28 JULY 2019

GIRLS INDIVIDUAL KATA UNDER 10 & 10 YRS

1. RUKO FUKUOKA JAPAN
2. SARA UEMATSU JAPAN
3. LIVA ROHRSTED DENMARK
3. CHARLOTTE JOUANNE FRANCE

GIRLS INDIVIDUAL KATA 11/12 YRS

1. KOKO FUKUOKA JAPAN
2. HARUKA YOSHIDA JAPAN
3. NANASE SUMIYA JAPAN
3. NANAHO NISHIYAMA JAPAN

GIRLS INDIVIDUAL KATA 13-15 YRS

1. MIKO FUKUOKA JAPAN
2. SAYAKA ISHIGAMI JAPAN
3. MAO SAWADA JAPAN
3. HANA TOMISHIRO JAPAN

BOYS INDIVIDUAL KATA UNDER 10 YRS

1. RYUSEI INOUE JAPAN
2. AIKI YANAOKA JAPAN
3. HAYATO SAKANE JAPAN
3. AOI HASHIMOTO JAPAN

BOYS INDIVIDUAL KATA 10 YRS

1. KIHARU TAKEDA JAPAN
2. WIHAN VISAGIE SOUTH AFRICA
3. JIGEN TANAKA JAPAN
3. SHINNOSUKE NISHIYAMA JAPAN

BOYS INDIVIDUAL KATA 11/12 YRS 4TH KYU & BELOW

1. EITA OKADA JAPAN
2. OSCAR SORENSEN DENMARK
3. ANGEL ANGOV BULGARIA
3. BORIS SAVOV BULGARIA

CHILD & CADET EVENT

SUNDAY 28 JULY 2019

BOYS INDIVIDUAL KATA 11/12 YRS BROWN & BLACK BELTS

1. ICHIGO NAKAMA JAPAN
2. SHO ODANE JAPAN
3. HYUGA ISHIGAMI JAPAN
3. EISHUN TAKEHARA JAPAN

BOYS INDIVIDUAL KATA 13 YRS

1. KAKI TAKEDA JAPAN
2. YUTO MORIMOTO JAPAN
3. BLAKE BAIRSTOW AUSTRALIA
3. HARUTO OKADA JAPAN

BOYS INDIVIDUAL KATA 14/15 YRS

1. KOTARO INAGAKI JAPAN
2. RYUYA TANIGUCHI JAPAN
3. ANDREAS OPPELSTRUP DENMARK
3. IBUKI SUMIYA JAPAN

GIRLS INDIVIDUAL KUMITE 10/11 YRS

1. KOKO FUKUOKA JAPAN
2. LIVA ROHRSTED DENMARK
3. EMILIA ROHRSTED DENMARK
3. CHARLOTTE JOUANNE FRANCE

GIRLS INDIVIDUAL KUMITE 12/13 YRS

1. JULIE MOLLERUP DENMARK
2. NANASE SUMIYA JAPAN
3. NANAHO NISHIYAMA JAPAN
3. MAO SAWADA JAPAN

GIRLS INDIVIDUAL KUMITE 14/15 YRS

1. MIKO FUKUOKA JAPAN
2. KLARA ROHRSTED DENMARK
3. HANA TOMISHIRO JAPAN
3. MAI FORBERG NORWAY

BOYS INDIVIDUAL KUMITE 10/11 YRS SMALL

1. OSCAR SORENSEN DENMARK
2. KIHARU TAKEDA JAPAN
3. EITA OKADA JAPAN
3. MAX DRING AUSTRALIA

BOYS INDIVIDUAL KUMITE 10/11 YRS TALL

1. NOA TRICERRI FRANCE
2. JEREMY CASTLE AUSTRALIA
3. RIKUTO ASADA JAPAN
3. BORIS SAVOV BULGARIA

BOYS INDIVIDUAL KUMITE 12/13 YRS SMALL

1. ANDERS HOEDT HANSEN DENMARK
2. ICHIGO NAKAMA JAPAN
3. HAYATO YURI JAPAN
3. KOKI TAKEDA JAPAN

BOYS INDIVIDUAL KUMITE 12/13 YRS TALL

1. HYUGA ISHIGAMI JAPAN
2. MICHIIHIRO OOKIMOTO JAPAN
3. DANIEL ROWE AUSTRALIA
3. VICTOR SORENSEN DENMARK

BOYS INDIVIDUAL KUMITE 14/15 YRS

1. ALIAKSEI PADYMAKA BELARUS
2. IBUKI SUMIYA JAPAN
3. JOHAN BRUNO FRANCE
3. ANDREAS OPPELSTRUP DENMARK

KOFUKAN INTERNATIONAL CUP 2019 RESULTS

TOYOOKA, JAPAN

27 & 28 JULY 2019

SENIOR TEAM KATA

1. PORTUGAL
2. FRANCE
3. NORWAY

SENIOR MALE INDIVIDUAL KATA

- | | | |
|----|-----------------|----------|
| 1. | LAWRENCE PETTY | ENGLAND |
| 2. | JONATHAN TSE | ENGLAND |
| 3. | DAVID FERNANDES | PORTUGAL |
| 3. | ODIN BIRKEFLET | NORWAY |

SENIOR FEMALE INDIVIDUAL KATA

- | | | |
|----|------------------|----------|
| 1. | WILMA EKLUND | SWEDEN |
| 2. | JOANA PEREIRA | PORTUGAL |
| 3. | CAMILLA TRUONG | NORWAY |
| 3. | CATHERINE TRUONG | NORWAY |

JUNIOR MALE INDIVIDUAL KATA

- | | | |
|----|------------------|--------|
| 1. | YOSHIKI IKEUCHI | JAPAN |
| 2. | HAKKAI SASAHARA | JAPAN |
| 3. | BASTIEN ARBANERE | FRANCE |
| 3. | HUGO PARMENTIER | FRANCE |

SENIOR MALE TEAM KUMITE

1. PORTUGAL
2. BULGARIA
3. ENGLAND
3. DENMARK

JUNIOR MALE INDIVIDUAL KUMITE

- | | | |
|----|---------------------|--------|
| 1. | KRISTIAN HJERPAASEN | NORWAY |
| 2. | YOSHIKI IKEUCHI | JAPAN |
| 3. | BASTIEN ARBANERE | FRANCE |
| 3. | EVAN ISAAC | FRANCE |

JUNIOR & SENIOR EVENT

SATURDAY 27 JULY 2019



Senior Female & Male Kata winners Wilma Eklund of Sweden, left, and Lawrence Petty of England, below



SENIOR MALE INDIVIDUAL KUMITE UNDER 67KG

- | | | |
|----|------------------|----------|
| 1. | DAVID FERNANDES | PORTUGAL |
| 2. | STANCHO STANCHEV | BULGARIA |
| 3. | YAVOR KOLEV | BULGARIA |
| 3. | MATHIAS JENSEN | DENMARK |

SENIOR MALE INDIVIDUAL KUMITE UNDER 75KG

- | | | |
|----|------------------|-----------|
| 1. | ANDRE VASCONVELO | PORTUGAL |
| 2. | CARLOS GUERREIRO | PORTUGAL |
| 3. | CAMERON HEATH | AUSTRALIA |
| 3. | VINCENT SIPION | FRANCE |

SENIOR MALE INDIVIDUAL KUMITE UNDER 84KG

- | | | |
|----|--------------------|----------|
| 1. | ALEXANDRE SEQUEIRA | PORTUGAL |
| 2. | JOAO DINIZ | PORTUGAL |
| 3. | LAWRENCE PETTY | ENGLAND |
| 3. | SALVADOR ALMEIDA | PORTUGAL |

SENIOR MALE INDIVIDUAL KUMITE 84KG+

- | | | |
|----|-----------------|--------------|
| 1. | BATRIC LEKIC | DENMARK |
| 2. | GERHARD BRITS | SOUTH AFRICA |
| 3. | PETER GALLAGHER | AUSTRALIA |
| 3. | ROBERT MCGREGOR | AUSTRALIA |

SENIOR FEMALE INDIVIDUAL KUMITE UNDER 55KG

- | | | |
|----|--------------------|----------|
| 1. | YLVA FORBERG | NORWAY |
| 2. | CATARINA RODRIGUES | PORTUGAL |
| 3. | BARSHA SAUD | NEPAL |
| 3. | TANESHA BALGOBIN | ENGLAND |

SENIOR FEMALE INDIVIDUAL KUMITE 55KG+

- | | | |
|----|---------------|---------|
| 1. | TINA SLOTT | DENMARK |
| 2. | ONEKE TEBBS | ENGLAND |
| 3. | EMMA FRANCOIS | FRANCE |
| 3. | WILMA EKLUND | SWEDEN |

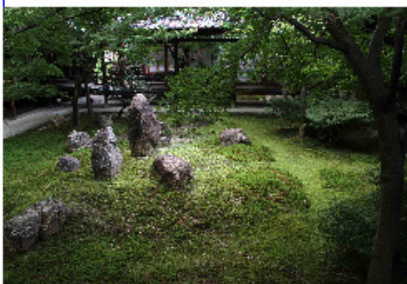
MEMORIES OF THE JAPAN TRIP 2019



Our trip to Japan starting from the end of July 2019 is now a somewhat distant but pleasant memory. Some of us arrived before the official start date and so had a chance for additional activities, for example the Tenjin Matsuri street festival in Osaka (left), or general sightseeing, such as to Osaka Castle (below).



On the morning of July 26, 250 people from 14 different countries set off by bus towards Toyooka and Izushi for the first leg of the trip. The Kofukan International Cup was held over the following 2 days in Toyooka. On the Friday and Saturday evenings, groups found their own way around to discover places to eat. Sunday night was time for the Farewell Party, held at wedding venue 'Art Bell Ange'. It is the norm in Japan to hold parties in a hired venue for a limited time, usually 2 hours, but on this occasion we had 3 hours in which to eat, drink and watch our member groups perform for us as per our annual custom.



Slightly more difficult to access in narrow streets, it was a hot walk from the buses to get there, but totally worth the effort, in my opinion. The gardens were inviting and the buildings tranquil, with exceptional decorations, like on the ceiling on the right.

After returning to Osaka on Monday morning we had some free time before we were due in Himeji for the second competition of the trip. Many members came on the 1-day tour of sights in Kyoto, which included Kenin-ji, a temple we have not included before, which is the oldest Zen temple in Kyoto.

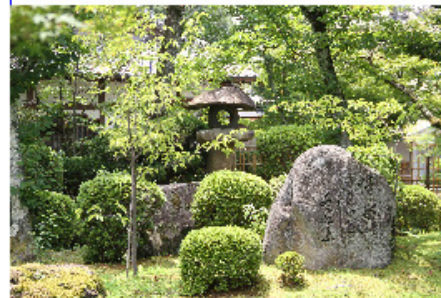


Another day we went by train to Nara, site of the famous giant Buddha and bowing deer. Wednesday evening saw most of us taking the underground to Umeda, for the Kofukan Supporters Party at 'Chandelier Table', which is actually inside the Hankyu department store. Sensei Suzuki, who was Chief Instructor of the original Shukokai World Karate Union Europe, was special guest for the evening.



Example of the decoration on Osaka Castle

The whole of Saturday was devoted to the Kounotori Karate Cup organized by the Keiyuukai friendly groups. There were many successes among Kofukan members at the event. As there was no party after the tournament, the evening and following day were at leisure for participants to do as they chose, for example, a trek up Mount Shosha to visit Engyo-ji temple (featured in the film 'The Last Samurai').



Various people had already gone home by Friday August 2 when the remaining members, still more than 220 in number, moved by bus to Himeji, stopping on the way to visit Ichijo-ji, the oldest temple in Japan.



Kiyomizudera, Kyoto

Monday August 5 saw everybody heading back to Osaka for last-minute shopping, etc., before the official end of the tour on Tuesday. The Kofukan International Cup has been held in Japan each ten years starting in 1999 and if everything is well, the next one should be in 2029. It may seem a long way off, but I'm going to start planning now!

Looking forward to seeing you all there.
- Editor

Visit to Kiev, Ukraine

In the early morning of Friday 1st November 2019 I left Birmingham Airport and, flying via Frankfurt, arrived in Ukraine's capital Kiev at 1p.m. I checked in to "Hotel Tourist", my usual hotel, and had a light lunch. In the evening, we had a training session for 3rd Dan and above studying "Higaonna Seisan".



We trained for the whole day the next day, practising "Naihanchin Shodan", "Jitte" and "Wanshu". There were 5 black belts from Belarus as well as Ukrainian members.

Pictured from left to right are Sergei Podymako, head of Kofukan Belarus, Vitalii Rudchenko,

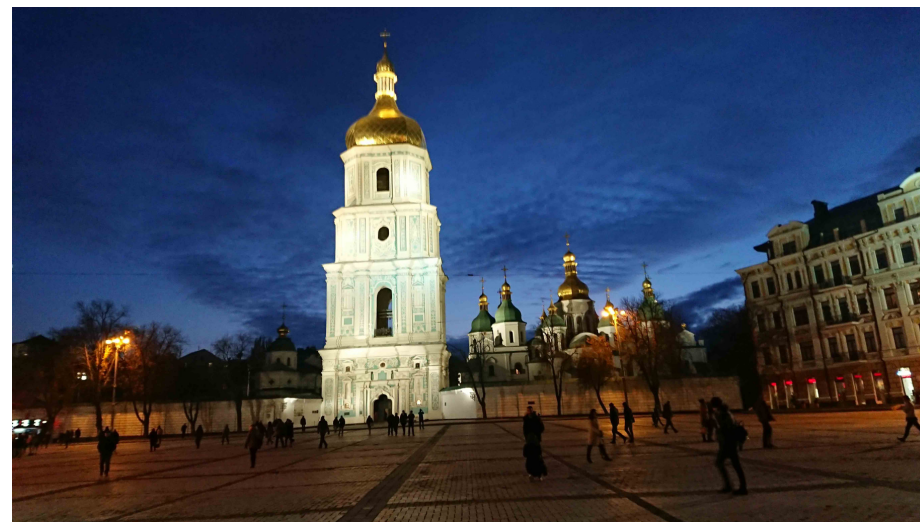
Ukraine, Shihan Tomiyama, Eduard Gezhoyan, head of Kofukan Ukraine, Vladimir Skurydin, Ukraine.

In the evening, Eduard, Yuri and I went to the Opera theatre and watched ballet. As usual, we sat on the top floor. Seats are a bit small but I like it as I can see the orchestra as well as the ballet.

A Dan grading examination was conducted on Sunday morning. 4 people took the examination and all passed. Vitaliy Trofimenko, at 44 years old, passed his Shodan after several attempts. Both Viktor Chesnov and Yuri Petriv are over 50 years old but were well prepared for their Nidan grades. Serhii Rynskyi



Grading success for candidates
Trofimenko, Rynskyi, Petriv, Chesnov



was the youngest at 37 years and did very well to pass his Sandan. After the examination, we trained in "Gekisai 1 & 2", "Sanchin" and "Suparinpai".

In the evening, members had dinner together at a Georgian restaurant. People from Belarus took a night train home after the dinner.

On Monday, Eduard, Yuri and I walked round the town before having a sushi lunch. After that, we visited the "Roshen" chocolate factory before heading to the airport, at the end of another successful and enjoyable visit to Kiev.



- K. Tomiyama



Kofukan International Dan Gradings

Congratulations to all the following members around the world who successfully graded since the last newsletter, an impressive achievement. Lots of Junior Shodans this time: well done! Good luck to everyone who will be grading in the future.



Junior 1st Dan

Tomoya Kaneshita Japan
Keita Yoshimoto Japan
Haruna Morimoto Japan
Mahiro Morimoto Japan
Taiga Kuratome Japan
Yuuto Morimoto Japan
Shou Odane Japan
Haruka Yoshida Japan
Chihiro Yoshida Japan
Kumi Momohara Japan
Minami Nakama Japan
Tori-Leigh Adams Scotland
Srijith Venugopal Australia
Hyuuga Ishigami Japan
Michihiro Ookimoto Japan
Touki Shimizu Japan
Klara Rohrsted Denmark
Andreas Oppelstrup Denmark
Alexandra Baptista Portugal
Duarte Francisco Portugal
Tomás Damião Portugal
Laura Bergant Slovenia
Eishun Takehara Japan
Nanaho Nishiyama Japan
Mizuki Miyata Japan
Masahiro Oishi Japan
Hayato Yuri Japan
Kouki Takeda Japan
Taiyou Morimoto Japan
Ichigo Nakama Japan

Suzu Shinzato Japan
Morimichi Momohara Japan
Mao Sawada Japan
Ai Toubaru Japan
Yuuta Tomimori Japan
Hana Tomishiro Japan
Atsuki Ooshita Japan
Rebecca Dworsky Denmark
Sami Ali Al-Rubaie Denmark
Julie Mollerup Denmark

1st Dan

Peyo Yordanov Bulgaria
Roy Stevenson Scotland
Ciaran Evans Scotland
Sharon Olesen Australia
Lana Haydar Australia
Robert Sage Australia
Tori-Leigh Adams Scotland
Vendela Wallin Sweden
Vadim Kuznetsov Russia
Eshgin Amirov Russia
Ekaterina Kurenkova Russia
Elizaveta Novikova Russia
Ivan Molev Russia
Pavel Zhelezov Russia
Nikolai Stakhorskii Russia
Kirill Baranov Russia
Tyler Rheanne Archer England
Ryhor Lapitski Belarus

Jasna Slemenšek Slovenia
Maria Baptista Portugal
Fernando Gonçalves Portugal
Alexandra Baptista Portugal
Duarte Francisco Portugal
Pedro Casqueiro Portugal
Tomás Damião Portugal
José Nascimento Portugal
Filipa Silva Portugal
Gabriel Anunciação Portugal
Diogo Sousa Portugal
Aleksandar Hristov Bulgaria
Rusi Tyankov Bulgaria
Svien Erik Welle Norway
Laura Bergant Slovenia
Susan Edwards Australia
Wilma Persson Sweden
Slavko Ponorac Slovenia
Žerjav Nuša Slovenia
Ivan Janez Domitrovič Slovenia
Godwin Munyoro Zimbabwe
Mikael Ewans New Zealand
Jack Hayato Demouth New Zealand
Vitaliy Trofimenko Ukraine
Stephanie Scarvaci Australia
Aidan Humphreys Australia
David Lyon Australia
Troy Jarvis Australia
Shaun Muldowney England
Sami Ali Al-Rubaie Denmark
Lone Hoedt Hansen Denmark
Maksim Buliak Belarus

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Kofukan International Dan Gradings continued...



2nd Dan

Bogdan Bonev Bulgaria
Yoshiki Ikeuchi Japan
Takashi Morita Japan
Wilma Eklund Sweden
Sverre Huseby Norway
Erling Røed Larsen Norway
Anders Kristian Vik Norway
Cathrine Truong Norway
Kristian Wicklund Norway
Katja Stisovič Slovenia
João Barreto Portugal
Gabriel Lourenço Portugal
Vilde Ljungberg Norway
Niels Østergaard Norway
Aleš Farčnik Slovenia
Aleksander Arh Slovenia
Viktor Chesnov Ukraine
Yuri Petriv Ukraine

Mihail Genadiev Bulgaria
Bosse Andersson Sweden
Thomas Gunnarsson Sweden
Arun Kumar Nagar India
Jonathan Tse England

3rd Dan

Eduard Gezhoyan Ukraine
Amy Curtis Scotland
Maria Jonsson Sweden
Alexander Mizgunov Russia
Ratnadeep Mazumdar India
S. Rajesh Kumar India
Dimitar Troanski Bulgaria
Serhii Rynskyi Ukraine
Monika Larsson Sweden
E. Vadivel India
Lawrence Petty England
Clive Petty England

4th Dan

Svetoslav Vitkov Bulgaria
Vladimir Schasniuk Belarus
Vitalii Rudchenko Ukraine
Russell Humphreys Australia
Yuri Krutov Russia
John Wynd England

5th Dan

Almas Ashuba Russia
Atul A. Potdar India
Vernon Visagie South Africa
Tommy Janse van Renburg South Africa
Ivaylo Kraychev Canada
Nigel Denis Parsons England
Sergei Podymako Belarus

ESCAPING THE SNOW IN CANADA

On Thursday 7th November 2019 I flew to Montreal via Brussels. My Air Canada flight from Brussels to Montreal had some mechanical problems and left Brussels quite late, arriving in Montreal with 90 minutes of delay. I was met by Ivaylo Kraychev, the founder of Kofukan in Canada, and drove directly to Ottawa, where we went straight to "Jadeland" Chinese restaurant in Ottawa's Chinatown. This small family run restaurant is one of my favourite restaurants, serving beautiful food in generous portions.

The weekend course took place at a school gym in Gatineau. Ottawa is in Ontario but the other side of Ottawa river is Gatineau and it is in Quebec. Boris Balgaranov and his students drove from Montreal to participate in the course, during which we practised Seisan on Saturday and Matsukaze on Sunday.

We had a group dinner on Saturday evening at "Jadeland" restaurant, which of course I had no complaint about!

Ivaylo took his grading examination on Sunday morning and passed to Godan.

Boris and his group drove back to Montreal after training on Sunday but Ivaylo and I drove back there on Monday morning. Because a snow storm was forecast, Ivaylo dropped me off at Boris' house and drove straight back to Ottawa.

After having lunch at a Chinese restaurant nearby, Boris took me to the airport. It started snowing heavily as I was checking in and everything rapidly became white. People started to work busily to clear the runways and to de-ice planes. Flights started to be delayed but luckily my flight to Brussels managed to take off, even though one hour late.

- K Tomiyama





NEW DOJO PREMISES FOR KOFUKAN DENMARK

SHIHAN TOMIYAMA REPORTS ON HIS VISIT IN MARCH 2020



KIC 2020 Cancellation

Host countries of the Kofukan International Cup each year put in a lot of hard work to organize the event and 2020 was no exception, so it must have been very disappointing for Kofukan Denmark, as well as for the members worldwide who were looking forward to participating, when the rise of the coronavirus pandemic forced the cancellation of the tournament this year. We are still all living through it, but efforts are being made by many knowledgeable people to find ways out of the crisis. Let's hope that life will get back as near to normal as possible before too long. Our sympathies are with anyone who has been affected by Covid-19.

I left home in the early morning of Friday the 6th of March and arrived in Copenhagen around half past eleven.

On arrival I was met by Jonas Bisgaard of Kofukan Denmark together with Mimmo Graziano, who had arrived a bit earlier from Oslo. We went to the city centre to have lunch at the Royal Garden Chinese restaurant, then checked in to our usual hotel in Ballerup. In the evening, training for 3rd Dan and above took place at Kofukan Denmark's new Dojo premises (see pictures). We practised Kuru-runfa, Uechi Sanchin and Higaonna Seisan. On Saturday, training covered Koshiki Rohai, Pin'an Kumite and Chatan'yara-no-Kosokun, after which there was a Dan grading examination. Julie Mollerup passed her Junior Shodan and Lone Hoedt Hansen passed her Shodan. In the evening we had a group dinner at the Royal Garden restaurant, enjoyed by around 20 members, young and old. On Sunday, we trained in Paiku and Hamahiga-no-Tonfa.

After the training, they celebrated my 70th birthday with big and beautiful cakes covered in strawberries, as shown in the picture. Delicious!

On Monday morning, Jonas, Mimmo, Lars Sorensen and I visited the aquarium near the airport before Mimmo and I were dropped off to fly home.

Thank you Kofukan Denmark for your hospitality, which is always appreciated.



Café area of the dojo above—an ideal place to get together to eat cake!



Don't forget to visit the Kofukan International Facebook page or members' group from time to time for news updates. Until next time, I hope you manage to keep up with your training.

Above all, keep safe, and we look forward to being able to get together again as soon as we can. - Editor