

## **Summer Seminar of Okinawan Karate and Kobudo, Radava 2025**

### **ORGANIZATIONAL GUIDELINES**

Participants will be divided into karate and kobudo groups according to their technical level, interests, and recommendations from Okinawan masters and instructors. This will ensure optimal conditions for their learning and development.

Some participants will undergo Dan level exams in both karate and kobudo. In addition to the regular training program, they will also have the opportunity to prepare through special training sessions and individual practice outside the official seminar schedule.

The seminar will be held at a facility with two gymnasiums, which will also serve as the dining area. We kindly ask for your cooperation, mutual respect, and discipline throughout the event.

There will be no official doctor on-site. A basic first-aid kit and medical staff will be available to address minor injuries. In case of more serious medical situations, emergency services from the local area will be contacted. Please be mindful of your safety and that of others.

In traditional Chinese and Okinawan martial arts, learning is based on direct transmission from master to student. To maintain full concentration and respect for this tradition, photography, audio recordings, and video or live streaming are strictly prohibited during training sessions. The Slovak Federation will provide an official photographer (photo/video), and photos will be shared on the Federation's website and Facebook page. All media will remain the property of the Federation and may only be shared with the official watermark. On July 26, 2025, there will be an official photo session with Okinawan masters in Gym T1.

We encourage participants to ask questions to the masters through Slovak instructors or assistants at the appropriate times during training. An official interpreter, Mgr. Branislav Daráš, will also be available.

This document contains the basic seminar schedule and accompanying events. Please follow the program and the instructions of your instructors. Maintain cleanliness, order, and punctuality. Thank you in advance.

Trainings will be held in Gym T1 (the original gym) and Gym T2 (the new gym at the end of the football field).

Okinawan instructors will lead their groups with assistance from Slovak instructors. Slovak instructors will divide their attention across groups to ensure individual support.

As in the previous year, training units are scheduled as 60-minute closed sessions. Each session is preceded by a 15-minute individual warm-up period. Use this time for warm-up only, not for chatting. If the group has back-to-back sessions, this time will serve as a hydration break and the training will continue smoothly.

Please bring the following items to each training session:

- Towel
- Water bottle (take it with you afterward)
- Your own training weapons

Access to kobudo weapons belonging to clubs is only allowed with the owner's permission and must be returned to their original location afterward.

Any room defects should be reported immediately upon arrival.

Any damages discovered after check-out will be fully charged to the occupant, even after the event.

During free time, participants may observe other training sessions as long as they do not disturb the process.

## Training Etiquette – Greetings:

At the beginning of training:

- Students to teacher: JOROSHIKU ONEGAISHIMASU
- Teacher to students: OTSUKARESAMA DESU

At the end of training:

- Mutual greeting: ARIGATOU GOZAIMASHITA

**The instructor leading the ceremony gives commands in the following order:**

1. KI-O-TSUKU
2. REI
3. MOKUSŌ
4. MOKUSŌ YAME
5. KI-O-TSUKU
6. SHŌMEN NI REI
7. SENSEI NI REI
8. OTAGAI NI REI

## **SCHEDULE OF ACTIVITIES**

- July 22, 2025 at 16:00 – Official Opening of the Summer Seminar (Gym T1)
- July 23–27, 2025 – Trainings as per schedule
- July 23, 2025 at 20:00 – Discussion with Renshi Shinichiro Maeda: *“Inside Okinawa – A Journey Through Time with an Okinawan Master”* (location TBA)
- July 24, 2025 at 16:45 – Kobudo Dan Level Exams (Gym T1)
- July 25, 2025 at 10:00 – Special Training for Children and Youth, led by Renshi Maeda
- July 25, 2025 at 15:30 – Group Photo Session (by clubs)
- July 25, 2025 at 16:15 – Karate Dan Level Exams (Gym T1)
- July 25, 2025 at 20:00 – Sayonara Party (grill pavilion)

Bratislava, June 23, 2025

Kyoshi Ján Dado

Chairman of the Technical Committee

Renshi Daniel Baran

President of the Slovak Federation of Karate and Martial Arts