

Australian Okinawan
Goju-ryu Karate-do Federation




2017 NATIONAL GASSHUKU

OCTOBER 27-29, 2017

FEATURING SENSEI HENRIK LARSEN
IOGKF 8TH DAN - WORLD VICE CHIEF INSTRUCTOR
AND SENSEI JOE ROSES - IOGKF 7TH DAN

Canberra, Australia
Australian Institute of Sport

www.australiakarate.com

 [facebook/GojuryuKarateAustralia](https://www.facebook.com/GojuryuKarateAustralia)

AUSTRALIA 2017

INFORMATION PACKAGE

G'day mate!

A Message of Welcome from Sensei Joe Roses - IOGKF International Australia - AOGKF

I would like to be the first to invite you and your families to join us in Canberra, Australia, the heart of our great nation, for this very special event. It has been a long-time dream of mine to bring Sensei Henrik Larsen to Canberra to share his knowledge, expertise and charm with martial artists down under.

Our organisation has achieved many milestones in the last few years and it seems only fitting that we bring Sensei Henrik Larsen to our country to help us celebrate these and everything else wonderful about Australia. This is Sensei Larsen's first visit to Canberra and we are doing everything possible to make sure that this event is not only one to remember for him, but for you and your family also.

On the world stage, Sensei Larsen is one of the most accomplished and impressive instructors I have had the privilege of knowing. Alongside Sensei Ernie Molyneux and Sensei Tetsuji Nakamura, they form the IOGKF International Executive committee and are responsible for guiding over 75,000 Karate practitioners in over 60 different countries around the globe. Both Nakamura Sensei and Sensei Ernie have both been treated to fantastic variety of activities Canberra has to offer and I am so happy that we can now have Sensei Larsen join us here also.

I am so happy that we have once again secured the impressive combat centre, located inside the Australian Institute of Sport. This world class facility is one of a kind, so much so that the Japanese Olympic Judo team spend a large amount of time reaping its benefits for their own training. This incredible venue coupled with the 'Top of the Cross' function centre inside the Canberra Southern Cross Club will mean we can train and dine in style. Our annual 'Karate Party' event will give us all a chance to share a meal and drink together under the banner of friendship and goodwill.

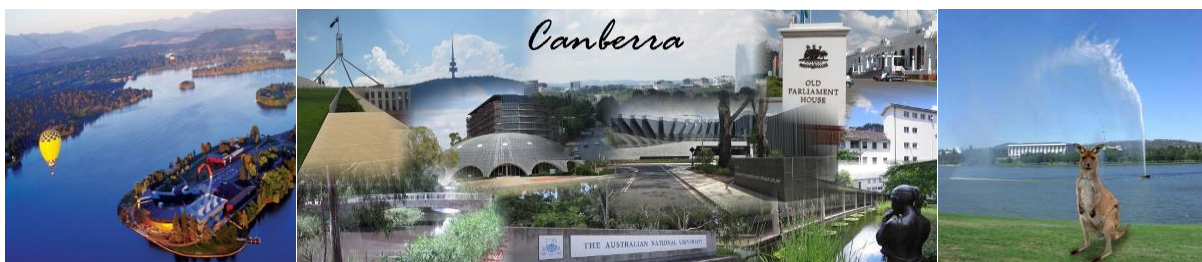
I hope you will make the effort to come to Canberra, enjoy this incredible event and learn from the inspiring Sensei Henrik Larsen and our other invited guest instructors.

Joe Roses

IOGKF International – 7th Dan Black Belt

IOGKF International Australia – AOGKF – Chief Instructor

WWW.VISITCANBERRA.COM.AU



OUR SPECIAL GUEST & FEATURED INSTRUCTOR

SENSEI HENRIK LARSEN

IOGKF INTERNATIONAL - WORLD VICE CHIEF INSTRUCTOR - 8TH DAN



Sensei Henrik Larsen was born in Nykøbing F, Denmark in 1960. At the age of 15 he began studying Karate, learning the Kyokushinkain style before his club changed to Goju-kai and then he moved to Goju-ryu under Master Morio Higaonna in 1985.

In 1980 Sensei Larsen opened his now world famous Nykøbing F. Karate Centre. Today it is one of the strongest and largest IOGKF Karate clubs in the world, having over 100 black belt ranks and close to one thousand students regularly training with him.

Higaonna Sensei promoted Sensei Larsen to chief instructor of IOGKF Denmark in 1986. Since then he was appointed as an honorary member of the Danish Karate Federation and all of his grades have also been recognised by the World Karate Federation (WKF). Sensei Larsen has also completed his degree in elite and competitive coaching at the University of Denmark and hold the highest coaching degree possible for his country.

In 1994 Master Higaonna promoted Sensei Larsen to the IOGKF International Executive committee, the panel responsible for guiding over 75,000 Karate-ka world wide. He was also awarded a 'Shihan' or 'Master's degree' in Okinawan Goju-ryu Karate-do by Higaonna Sensei in the same year. Sensei Larsen has taught in over 15 different countries and regularly teaches at large scale events with his countries biggest ever Gasshuku having over 1,100 Karate-ka on the floor.

"I am very much looking forward to seeing everyone in Canberra. I will make sure that this is a great Gasshuku!"

-Sensei Henrik Larsen, 2017



AOGKF 2017 NATIONAL GASSHUKU TIMETABLE:

- **Please note** a final and more detailed training timetable including instructors and classes will be released closer to the event. All participants will get the opportunity to train with Sensei Larsen on all three days of the Gasshuku. The timetable below is tentative.

NATIONAL GASSHUKU TIMETABLE



FRIDAY OCTOBER 27th, 2017: NATIONAL GASSHUKU - Day 1

Black Belt Gasshuku instructors will be: Sensei Henrik Larsen, Sensei Joe Roses & Guests.

TIME:	EVENT:	INSTRUCTOR/VENUE
10:00-14:00	NATIONAL GASSHUKU	Sensei Henrik Larsen
10:00-11:00	All Dan Grades	Sensei Larsen
11:00-12:00	Dan Grades Split Session 1	Sensei Larsen & Guests
12:00-12:30	Lunch	-
12:30-13:00	Dan Grades Split Session 2	Guest Instructors
	Kyu Grade Session	Sensei Larsen
13:00-14:00	Dan Grades Split Session 3	Sensei Larsen & Guests
	Kyu Grade Session	Sensei Joe Roses
14:30-17:00	DAN GRADING	Sensei Larsen
18:00-21:30	BLACK BELT DINNER	TBA

Please note: This dinner will be for Black belts and their families only. It will be a pay as you order event and will give all participants a chance to meet Sensei Larsen personally.

SATURDAY OCTOBER 28th, 2017: NATIONAL GASSHUKU – Day 2

Sensei Larsen & Sensei Roses will lead the all grades sessions. Group training instructors will be Sensei Larsen, Sensei Roses, Sensei Gary Adams (Scotland), Sensei David Lambert (Australia)....

09:00-15:00pm	NATIONAL GASSHUKU	INSTITUTE OF SPORT
09:00-10:00	Dan Grades Training	Sensei Larsen
10:10-11:30	All Grades Training	Sensei Larsen
11:35-12:25	Group Training Session 1	Sensei Larsen & Guests
12:25-13:00	Lunch Break	
13:00-13:50	Group Training Session 2	Sensei Larsen & Guests
14:00-14:45	Group Training Session 3	Sensei Larsen & Guests
14:45-15:15	Lecture	Sensei Larsen

18:45-22:30 **KARATE PARTY DINNER** **SOUTHERN CROSS**

This Party will feature a sit down meal, entertainment and more. Tickets are available for purchase through www.australiakarate.com Ticket Sales End Oct 20th.

SUNDAY NOVEMBER 1st, 2015: NATIONAL GASSHUKU – Day 3

TIME:	EVENT:	INSTRUCTOR/VENUE
09:00–14:00	NATIONAL GASSHUKU	Sensei Nakamura
09:00-10:00	3 rd Dan & above training	Sensei Larsen
09:00-10:00	All Grades Training	Sensei Larsen
10:10-11:00	Group Training Session 4	Sensei Larsen & Guests
11:10-12:00	Group Training Session 5	Sensei Larsen & Guests
12:00-12:30	Lunch Break	-
12:30-13:30	All Grades Training	Sensei Larsen
13:30-14:00	SENSEI LARSEN & SENIOR INSTRUCTOR DEMO	



KIDS GASSHUKU TIMETABLE



AOGKF guarantees that Sensei Larsen will take a Children's only session as part of the National Gasshuku event. Full timetable will be released at: www.ioqkf.com.au

SATURDAY OCTOBER 28th, 2017

10:30-17:00pm	NATIONAL GASSHUKU	TBA
10:10-11:30	All Grades Training	Sensei Larsen
11:35-12:25	Kids Only Session 1	Guest instructors
12:25-13:00	Lunch Break	
13:00-13:50	Kids Only Session 2	Guest instructors
14:00-14:45	Kids Only Session 3	Guest instructors
14:45-15:45	Lecture	Sensei Larsen
18:00-22:30	KARATE PARTY DINNER	SOUTHERN CROSS

SUNDAY OCTOBER 29th, 2017

09:00-15:30	NATIONAL GASSHUKU	Sensei Nakamura
09:00-10:00	All Grades Training	Sensei Roses
10:10-11:00	Group Training Session 4	Guest instructors
11:10-12:00	Group Training Session 5	Guest instructors
12:00-12:30	Lunch Break	-
12:30-13:30	All Grades Training	Guest instructors
13:30-14:00	SENSEI LARSEN & SENIOR INSTRUCTOR DEMO	

- *The afternoon demonstrations will feature Sensei Larsen in action along with senior instructors from Australia and around the world. A event not to be missed!*



GASSHUKU EARLY BIRD PRICING STRUTURE:

Pee-wees:	AUD\$65.00 each (10 years and under) + FREE t-shirt
Juniors & Cadets:	AUD\$95.00 each (11-17 years) + FREE t-shirt
Seniors:	AUD\$125.00 each (18 + years) + FREE t-shirt
Black Belts:	AUD\$225.00 each + FREE t-shirt
Large Families:	Price on application to AOGKF + FREE t-shirts

- Online Registration is now open and can be completed via www.australiakarate.com Above early bird rates end September 30
- Post early bird fee rate is higher and is increased in increments without notice, with no T-shirt is included at all.

SOCIAL EVENTS:



2017 AOGKF Karate Party Dinner - Saturday October 28th 18:00 – 23:00

The AOGKF Karate Party has become one of the most popular events on our annual calendar for members and their families and the 2017 event is set to be the most exciting yet. The 'Top of the Cross', inside the Canberra Southern Cross club will be high class venue for this year's party celebration. This venue offers a sunken dance floor, raised stage and cabaret setting. AOGKF is proud to offer a live DJ playing all of your favourite hits and more.

2 Course meal + tea & coffee ticket:	\$50 per person
3 hour unlimited beer & wine pass (7pm-10pm) ticket:	\$30.00 per person
Children (up to 12 year old) meal & dessert ticket:	\$25.00 per person

Tickets for this event & drink pass details are available online at: www.australiakarate.com and are not included as part of the Gasshuku training package. There are a limited number of seats available so be sure to book your tickets fast to avoid disappointment!

GASSHUKU VENUE: THE AUSTRALIAN INSTITUTE OF SPORT



The best training in the world, in the best location in the world! That is what is waiting for you in Canberra in 2017!

AOGKF has secured the state of the art and internationally acclaimed Australian Institute of Sport (AIS) as the Gasshuku venue. The AIS is renowned for producing world class athlete's world champions to Olympic and Paralympic gold medal winners; many of who put much of their success down to the facilities of the AIS.

Situated in Northern Canberra and a ten minute drive to central business district of Canberra and a fifteen minute walk to a major shopping centre, with public transport easily accessible, the AIS is an ideal location to bring the whole family. See some of the world's best athletes training and honing their skills as the 2018 commonwealth games are fast approaching when you take a tour of the facilities.

The Gasshuku training itself will take place in the combat centre of the AIS. Encompassing both a hard surface area and fully matted options, your training experience will be like no others. The facilities of the combat centre are so world recognised that the Japan Judo team recently came to Australia just to utilise the facilities. Here is what they had to say:

"We have a Japanese training centre which we have used several times, but compared that that in terms of facility and environment, the AIS combat centre has more enough to develop high performance training. Including the great Tatami mats, recovery centre and staff of the AIS."

- *Kosei Inoue, Head Coach: Japan Judo Team*

AOGKF has utilised this facility on numerous occasions and our organisation is excited to welcome you back to this world class facility. See our accommodation section for options on how you can stay, eat and train in the one location.



NATIONAL GASSHUKU GROUP INSTRUCTORS



SENSEI JOE ROSES, IOGKF 7th Dan – Australia Chief Instructor

Sensei Joe Roses has practiced Karate for over 45 years. He is the chief instructor for IOGKF Australia (AOGKF). In 2012 in Okinawa, he was graded to 7th Dan by Master Morio Higaonna and is the highest ranked IOGKF member for the Oceania area. He has taught at the IOGKF North & South American Gasshuku's. Sensei Roses trained under Master Higaonna in Okinawa this year at private sessions for those ranked 7th Dan & above and will share his knowledge at this Gasshuku.



SENSEI KEVIN NASH, IOGKF 6th Dan – Australian Chairman

Sensei Kevin Nash is chairman of the AOGKF and has been practicing Karate for over 37 years. He epitomises the true blue Aussie Karate-ka. He been to Okinawa on numerous occasions to attend Higaonna Dojo and was personally selected by Higaonna Sensei to represent the masters Dojo at the Okinawan World Karate Day demonstrations in 2014. Sensei Nash will be attending the IOGKF Chief Instructor Gasshuku in October 2017 & sharing his knowledge with us at this National Gasshuku event.



SENSEI DAVID LAMBERT, IOGKF 4th Dan

Sensei David Lambert is an Executive Committee member for AOGKF. He is also publications editor for IOGKF International. He has been training in Karate for over 25 years and runs three Dojo's in Australia. He has taught all over the world, including at two IOGKF World Budosai events in Okinawa. In 2017 Sensei Lambert has attended training under Master Higaonna in Okinawa & in September will learn from Sensei Nakamura at his Dojo in Canada, before sharing his experience at this event.



SENSEI GEOFF TAIT, IOGKF 3rd Dan

Sensei Geoff Tait runs two IOGKF Dojo's in Australia under the AOGKF. Originally from New Zealand, Sensei Geoff has travelled the world with Karate and makes regular trips to Japan where his brother, Sensei Joseph Tait, is based. In 2017 Sensei Geoff will be returning to Japan to spend time studying Sensei Kazuo Terauchi before attending the Japan Gasshuku with Higaonna Sensei, Yamashiro Sensei & Kuramoto Sensei. He will have a wealth of knowledge to share with attendees in Canberra.

More event guest instructors will be annouced closer to the event!

GETTING TO CANBERRA:

As well as being the voted the number one city in the world to live in in recent years, Canberra is very easily accessed by International visitors.

You can choose to fly direct into Canberra's brand new International airport, which is accepting a range of direct International flights from New Zealand and further afield, along with connecting flights from Sydney, Brisbane and Melbourne International Airports.



If flying into Sydney International airport suits you, transfers to Canberra are cheap and easy. Murray's coach lines departs hourly for from Canberra to Sydney and back again between 4am-7pm daily, starting at only \$38.00. Visit: www.murrays.com.au

There is also a range of train and other services that can give you a relaxing ride through the unique Australian countryside on your way to Canberra 2017!

TOURISM: WWW.VISITCANBERRA.COM.AU

CANBERRA – The heart of a Nation, Australia's capital

Coming to Australia? Why not make a holiday out of it! Both Sydney, Canberra and all the places in between can help you make the most of an 'All Aussie Adventure' that won't hurt the back pocket.

Canberra is Nations Capital and literally Aboriginal for 'Meeting Place'. Its unique modern architecture along with safe and clean environment makes is a city of the future. It is little surprise it has been voted the best city in the world to live in 2014.

There is plenty to see and do before, after or on breaks between the Gasshuku in Canberra. From top deck bus city tours, the Australia War Memorial Museum, Kingston Foreshore, Lake Burley Griffin, Questacon – the National science centre, the Australian Institute of sport, Parliament house, Balloon-a-loft hot air balloon rides, the National Zoo and Aquarium and the four story Civic centre shopping district just to name a few.

All of these are easily accessible via Canberra's world class affordable and efficient public transport network.



SYDNEY – The city you have to see to believe, the Olympic city

If you have time for a stop in Sydney on your journey to Canberra, there is so much to see and do there also. From majestic darling harbour and the world famous harbour bridge and opera house, centre point tower and skywalk, the Chinese botanical gardens, the power house museum, wildlife world and Sydney aquarium, the famous Bondi Beach, Paddy's markets, Sydney jet boating, Luna Park and more!



See the 2017 Gasshuku Website for links to all of these attractions and start planning your time in the 'wonderful Land of Oz' today! www.iogkf.com.au

ACCOMMODATION

The Australian Institute of Sport: Eat, Sleep & train in one same place!



The Australian Institute of Sport (AIS) has a number of athlete accommodation facilities available for the course of the Gasshuku. There are packages available including accommodation and meals for the course of your stay. This gives you the rare opportunity to eat, sleep and train all in the one location at affordable rates.

To book please contact the AIS directly via: reservations@ausport.gov.au

Or phone:

+61 2 6214 1995 (business hours)

+61 2 6214 1388 (up to 10pm Australian Eastern Standard Time)



OFFICIAL GASSHUKU EVENT ACCOMMODATION OPTION

If you choose to stay off campus. The official event hotel of the 2017 AOGKF National Gasshuku is the abode apartment hotel in Woden. This hotel is within walking distance to our party venue and has rooms in multiple configurations to suits groups and families with kitchenette and laundries to minimise travel costs. It is the perfect place for you and your family and friends to make a holiday out of this trip.

ABODE HOTEL APARTMENTS WODEN

10 Bowes Street, Woden, ACT. Call: 1300 122 633 www.abodehotel.com.au



OTHER ACCOMMODATION OPTIONS IN CANBERRA

For an endless supply of accommodation options to suit all budgets and room configurations, please visit: www.visitcanberra.com.au/accommodation

FOR MORE INFORMATION:

Would you like more information about this event or want to register your interest for future updates? Simply contact us and our AOGKF Administrative team will do everything possible to make your Australian visit as enjoyable as possible.

Website & online registration: www.australiakarate.com

Facebook: [/GojuryuKarateAustralia](https://www.facebook.com/GojuryuKarateAustralia)

Email: admin@australikarate.com

Call: +61 423 958 485

Mail: AOGKF Admin Office, 76 Gibson Street, Goulburn, NSW, Australia, 2580

Canberra Tourism, accommodation options and more: www.visitcanberra.com.au

Visit Canberra App: itunes search: Canberra Region Visitor Guide

See 'ya in Canberra Mate!

AUSTRALIA 2017