

第15回 欧州合宿 沖縄剛柔流空手道協会

15th EUROPEAN GASSHUKU
OKINAWA GOJU-RYU KARATE-DO KYOKAI



Program

1st - 4th June 2016
Hustopeče, Czech republic

www.ogkk-gasshuku.info

Foreword from the president of the Czech Karate Federation



It was very good news for all supporters and friends of Goju-ryu Karate in Europe, that Okinawa Goju-ryu Karate-Do Kyokai leaders decided to host this unique event, 15th European Gasshuku O.G.K.K. 2016 in Czech republic.

My special thanks to Chairman of Organizing Committee Mr. Jaromir Musil for all he is doing for Goju-ryu Karate-Do, for his commitment, professionalism and interest shown for the successful organization of this Gasshuku and wish, that this event will serve to further promote Goju ryu Karate popularity.

I'm sure, that we will enjoy unforgettable days in Hustopeče with unique possibility to be taught by real Goju-ryu Masters.

Jiri Bocek, 7th Dan WKF

President
Czech Karate Federation

1st Vice-President
European Karate Federation



Foreword from the chairman Czech Branch Dojo Okinawa Goju-Ryu Karate-Do Kyokai

Dear Senseis, guests and friends,

As the chairman of the Okinawa Goju-Ryu Karate-Do Kyokai in Czech Republic, it is a great honour to welcome you to the 15th European Gasshuku of the Okinawa Goju-Ryu Karate-Do Kyokai.

This seminar is in many aspects very important for us. This year we are going to celebrate: first, 25 years of the establishment of the Czech Goju Ryu Karate Federation, then 20 years of the establishment of the L. F. Club Karate in Hustopeče (this mentioned club was founded by Mr. Jaromir Musil) and finally we are going to celebrate anniversary of the foundation of the Nidoshinkan Dojo, serving as Czech Hombu Dojo O.G.K.K. under the leadership of Mr. Jaromir Musil.

It is a honour for us that we may present an elite corps of teachers from Okinawa and Europe. With „THEM“ it is going to be an unique event for Czech Republic.

I would like to introduce you the Senseis, namely:

Mr. Koei TERUYA, Hanshi 10th Dan - the president O.G.K.K.
Mr. Ryoichi ONAGA, Hanshi 9th Dan - the vice president & European Director O.G.K.K.
Mr. Masataka MURAMATSU, Hanshi 9th Dan - the vice president O.G.K.K.
Mr. Masanari KIKUGAWA, Hanshi 9th Dan - the vice president O.G.K.K.
Mr. Seigo TAKARA, Kyoshi 7th Dan - the administrative director O.G.K.K.

and their assistant:

Mr. Masatoshi TAKENISHI, 7th Dan - General Secretary O.G.K.K.

I am sure that under the supervision of these Senseis we will have a phenomenal and unique Gasshuku.

By this occasion I would like to deeply gratefully thank to the following instances:

- The city of Hustopeče with a support dealing with the sport hall.
- The Czech Goju-Ryu Karate Federation for great help with organization stuffs.
- Finally, the biggest thanks belong to all my friends, students, and last but not least my girlfriend, for their support and encouragement for present event.

I wish you all a pleasant Budo time during the 15th European Gasshuku in Czech Republic

Jaromír MUSIL, 6th Dan O.G.K.K.

Chief instructor of the Czech Branch Dojo O.G.K.K.
& vice president of the Czech Goju-Ryu Karate Federation



Schedule

WEDNESDAY 1st JUNE 2016

15:00 – 16:00	Registration of delegates (Reception HQ Wine Wellness Hotel Centro)
16:30 – 17:00	Registration of delegates (Sports Hall)
17:00 – 19:00	Training for Black belts & Instructors O.G.K.K.
20:30 – 22:00	Dinners with the Masters from Okinawa and wine tasting (intended for one delegate from each country)

THURSDAY 2nd JUNE 2016

08:30 – 09:30	Registration of delegates (Sports Hall)
09:30 – 10:00	Opening Ceremony Gasshuku
10:00 – 12:00	Training for All (Black Belts & Kyu Belts)
15:00 – 17:00	Training for Black Belts (half pool in gym)
15:00 – 17:00	Training for Kyu Belts (half pool in gym)
17:00 – 19:00	Examination for Dan Level

FRIDAY 3rd JUNE 2016

09:30 – 10:00	Registration of delegates (Sports Hall)
10:00 – 12:00	Training for Black Belts (half pool in gym)
10:00 – 12:00	Training for Kyu Belts (half pool in gym)
15:00 – 17:00	Training for Black Belts (half pool in gym)
15:00 – 17:00	Training for Kyu Belts (half pool in gym)
19:00 – 20:00	Meeting of chief instructors O.G.K.K. (HQ Hotel Centro)

SATURDAY 4th JUNE 2016

08:30 – 09:00	Registration of delegates (Sports Hall)
09:00 – 11:00	Training for Black Belts (half pool in gym)
09:00 – 11:00	Training for Kyu Belts (half pool in gym)
11:00 – 12:00	Photo with Masters O.G.K.K.
12:00 – 12:30	End of the 15 th European Gasshuku
18:00 – 24:00	Sayonara party and Result of Examination

Training location

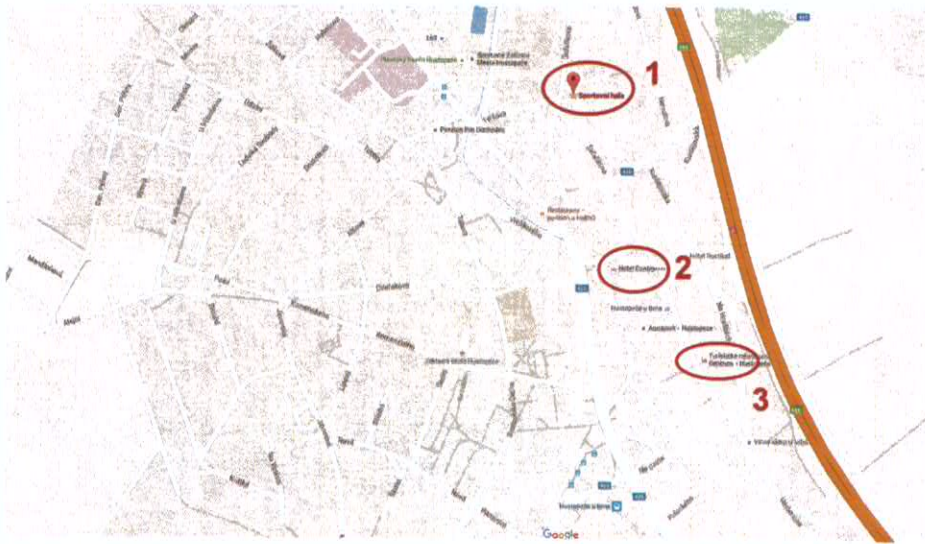
PLACE AND SPORT HALL:

Šafaříkova 1016/22
Hustopeče, 693 01
okres Břeclav
Czech Republic

GPS: 48.9445267N, 16.7352967E



Map of Hustopeče city



1 - SPORT HALL

Address:

Šafaříkova 1016/22, Hustopeče, 693 01, okres Břeclav, Czech Republic

GPS: 48.9445267N, 16.7352967E

2 - HEADQUARTER – WINE WELLNESS HOTEL CENTRO ****

Address:

Husova 8, 693 01 Hustopeče, +420 774 662 607, info@centro.cz

GPS: 48°56'29.498"N, 16°44'9.696"E, D2 – Exit 25

3 - TURISM CENTRE HUSTOPEČE

Address:

Dukelské nám. 94/23, 693 01 Hustopeče, +420 519 412 909



Headquarter

Wine Wellness Hotel CENTRO ****



VÍTEJTE V HUSTOPEČÍCH

Welcome, Willkommen

Hotel Centro Hustopeče je zajímavým komplexem budov, kde se snoubí moderní architektura přední fronty s architekturou italské renesance - Domem pánů z Vizovic. V jeho podzemí se skrývají staré vinné sklepy, které údajně vybudovali němečtí osadníci, kteří už do minulého století významně ovlivňovali historii místa. V areálu hotelu původně stál i rodný dům matky 1. československého prezidenta Tomáše Garrigue Masaryka.

Hotel Centro Hustopeče is an interesting complex of buildings where the modern architecture of the building facade is coupled with the Italian Renaissance (Dům pánů z Vizovic). The old wine cellars concealed in the underground level were reportedly built by German settlers, who played a significant role in the town's history until the last century. The childhood home of the mother of Tomáš Garrigue Masaryk, the first Czechoslovak president, also originally stood on the hotel complex site.

Das Hotel Centro Hustopeče ist ein interessanter Gebäude-Komplex, der die moderne Architektur der Vorderfassade mit der Architektur der italienischen Renaissance - dem Haus der Herren von Vizovice - verknüpft. Das Kellergeschoss verbirgt alte Weinkeller, die angeblich durch die deutschen Siedler, die bis zum letzten Jahrhundert einen bedeutenden Einfluss auf die Stadtgeschichte hatten, gebaut wurden. Auf dem Hotel-Gelände befand sich ursprünglich auch das Geburtshaus der Mutter des 1. tschechoslowakischen Präsidenten Tomáš Garrigue Masaryk.



WET ZONE



DRY ZONE

Just beyond the reception area at Wine Wellness Hustopeče is the Dry Zone, intended primarily for treatments, relaxation and rest. Passing through the dressing rooms, you will find on your right-hand side the further zone featuring a spa treatment table, Jacuzzi tub, waterbed and private steam sauna, all specially designed for couples to share on a relaxing romantic escape. Another wonderful option is the Massage Room, with an automatically adjustable massage table, which ensures ideal comfort during your massage. We focus on diverse types of relaxation massages which harmonize body and soul. Next, in the Body Wrap Room, you can experience an extraordinary wine wraps on a special wrap table that even emits a gentle warmth during treatments. Beyond this area, you will find the Rest Zone, where the atmosphere is defined by the soothing ceiling and the unparalleled view of the Renaissance building Dům pánů z Vizovic. Hotel Centro's unique facility, Wine Wellness Hustopeče, lies in the heart of the South Moravian wine region and is the first of its kind in the Czech Republic. Wine and wine treatments are the main focus. Wine therapy uses the restorative effects of wine, which have been recognised for centuries, in very modern and pleasant ways.

Descending one flight of stairs you enter the Wet Zone, where you can try various types of attractions. There's a whirlpool with a pleasant rest zone, adorned by a beautiful stained glass window, followed by the Sauna World with four different types of sauna, cooling heat and showers that can even create downpours. The Finnish Sauna emits a spruce wood aroma and has a temperature of 80-95°C and 3-12% humidity. The Kneipp wine trail, with alternating warm and cold pools, is an excellent way to rejuvenate the vascular system of the lower extremities - particularly for "heavy legs" - and helps prevent varicose veins. The salt wine room, which stimulates the respiratory system and alleviates respiratory problems, has a radiant heat temperature of about 30°C and is further enhanced by alpine herbal essences. The stone herbal room, which uses radiant heat from the sauna rocks, features a bowl with herbs in the middle of the room that is sprinkled by a trickle of water every 3 minutes. The temperature is 55 to 65°C with 20-40% humidity. The next room can serve as a steam sauna with a temperature of approx. 55°C and humidity up to 72% with optional aromatic essences, or as the Lacinium, which features dry heat without steam at the same temperature as the steam sauna.

- Instructional wine massage with partner
- Full-body grape seed oil mask
- Full-body or partial wrap
- Wine and champagne baths
- Aromatherapy bath
- Heat pulp bath
- Revitalization bath

A broad array of massage, wrap, spa and bath treatments

- Full-body relaxation wine massage
- Partial relaxation wine massage
- Partial relaxation massage (back, legs and feet)
- Full-body relaxation massage
- Full-body relaxation massage with massage candles
- Partial relaxation massage with massage candles
- Harmonisation relaxation massage with partner



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With thanks to:



Wine Wellness
Hotel Centro



Organization:

Czech Branch Dojo O.G.K.K.

NIDOSHINKAN Dojo, z.s.
Dunajská 160/41, Brno 625 00
www.nidoshinkan.cz

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<http://lfclub.gojuryu.cz>

www.ogkk-gasshuku.info