



31st European Gasshuku Prague, Czech Republic

This Year's European Gasshuku was held in Czech republic, in the very beautiful and historic city of Prague. It was hosted by Sensei Jaroslav Kulik and his supporting team, which did a fantastic job from the hospitality and training points of view.

The training for the Seniors was an hour earlier commencing with the San dans and going up the ladder grade wise until the last day which was only for 7th. dans and above. This training was given by Sensei Nakamura, our Chief Instructor, and Sensei Bakkies, the senior most Instructor in IOGKF. To say it was exemplary, would be an understatement.

The five hour session for all grades was divided into one hour sessions and the ten Instructors, who took the sessions are probably the best not only in IOGKF, but the World over.

The closing session on day five was taken by Sensei Nakamura, and will be remembered by one and all who attended, for sure.

The sights and sounds of this very scenic city were wonderful, and on our last day we took a seven hour cycle tour stopping for lunch and tea (or rather I should in all honesty say Beer at the Beer Garden), was the cherry on the cake. The history of this city spans from the early Roman days, right up to the time when they finally got their Independence.

So if you ever get the chance to go there, for heaven's sake don't miss the opportunity.