



# All Japan Budo Federation - Nippon Seibukan Dojo – UK



To preserve and teach the traditional martial arts of Japan, including Okinawa



## AJBF UK Event 006

**Special Event : Col Roy Jerry Hobbs, Hanshi**

**US Shidojin, AJBF, Assistant Director AJBF (English Speaking Countries)**

Date : Friday 15<sup>th</sup> October 2010

Time : 1800-2000

Venue : Pattishall Village Hall, School Road, Astcote, NN12 8NN, Northamptonshire

Chief Instructor : Roy Jerry Hobbs, Hanshi



The syllabus often says “a thorough demonstration of yakosoku kumite”. Following this fantastic session we all now know what that means !

Sensei Hobbs arrived in the evening following his flight from the USA looking fit, untroubled by jet-lag and with a gleam in his eye ready to put us through our paces. The assembled group ranged from 8<sup>th</sup> Dan to 8<sup>th</sup> Kyu and many travelled from afar, including our Karate Division Head, Sensei Steve Taplin, who travelled up from London (and back later to his new baby !). Many styles were represented as is usual with AJBF events.

Sensei Hobbs started us off with some simple foot movements, concentrating on efficiency and speed. Simple blocks were added along with tai sabaki to take us out of straight line attack and defence.

As the intensity gradually increased (and we can all say it definitely did increase ...) we found ourselves moving automatically in the prescribed fashion without thinking, enabling us to concentrate on launching counter attacks.

Sensei Hobbs then developed the attack, counter-attack, attack again and repeat cycle until we were all working flat out in pairs.





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We then “moved up a gear” and worked through high, middle and lower attack and defence, with appropriate bodyshift and counter-attacks. The dojo echoed with the sound of fist against gi as the participants enthusiastically experimented with the methods. As we became even more proficient Sensei Hobbs then moved us on to a new level of intensity. To the credit of all participants everyone kept going and pushed themselves really hard.



Two hours passed in the blink of an eye and we finished the session with tired bodies, but all thoroughly enjoyed the experience and learned a great deal. Bruises were compared in pubs and bars later I am sure !

We thank Sensei Hobbs yet again for his excellent and enjoyable instruction, and look forward to a future event with him



US Shidoi and UK Shidoi plotting together, prior to the session