



**INTERNATIONAL KARATE ORGANIZATION
KYOKUSHINKAIKAN**



2024 **EHIME** INTERNATIONAL SEMINAR SCHEDULE

March 27(Wed.) Seminar Day 1

- 9:00-10:30 Registration at Ehime Budokan Kendo Hall
*Gather at the site on your own
- 10:30 Orientation to the seminar
- 11:00-12:30 Karate Seminar (Basic Training, Transfer Training)
Instructors: Shihan Shigeru Tabata, Shihan Yasuhiro Shichinohe
- 12:30 Lunch(Bento Box) at Main Conference Room
- 13:30-15:30 International Meeting (Participants self-introduction)
- 15:30-16:30 Karate Seminar (Self Defense)
Instructor: Shihan Michio Toda
Bus transfer to ANA Crowne Plaza Hotel
- 17:30 Arrival at ANA Crowne Plaza Hotel
- 19:00 Welcome Party (ANA Crowne Plaza Hotel)

March 28 (Thu.) Seminar Day 2

- 9:00 Gather at ANA Crowne Plaza Hotel, Transfer by bus to Imabari City.
- 10:30 Arrive at Itoyama Cycling Park(split into two groups, 1 and 2, at this point)
 - Bicycles and helmets for rent are prepared.
 - Cycling is available for beginners with a one-way course of about 5 km and back.
 - The course is suitable for beginners, but there are some uphill and downhills.
 - It is possible to turn back halfway.
 - The course is a bridge ride with a view of the ocean and islands.Please refer to the link below.
<https://www.ib-honshi.co.jp/shimanamicycling/course/index03.html>
[English - しまなみジャパン \(shimanami-cycle.or.jp\)](https://shimanami-cycle.or.jp/)

Group 1 Australia, Belgium, India, South Africa, Netherlands, Chile, Iraq, Sweden, Germany

11:00 Cycling

14:00-15:00 Lunch at Kaze Restaurant

15:00 Bus transfer to Senyuji Temple

15:30 Arrive at Senyuji Temple

**At the temple, the group will be divided into two groups: a meditation group and a kata seminar group. First, the Australia team will meditate, and the non-Australian team will do the kata seminar. After each group finishes, they will take turns.*

Meditation is done by a temple priest.

Kata Seminar Instructors: Shihan Shigeru Tabata, Shihan Yasuhiro Shichinohe, Shihan Yoshikazu Koi

17:00 Bus transfer to Itoyama Cycling Park

17:30 Bus to Matsuyama City

19:00 Arrive at ANA Crowne Plaza Hotel, Dismissal

Group 2 Canada, Kazakhstan

11:00 Arrive at Senyuji Temple

** At the temple, the group will be divided into two groups: a meditation group and a kata seminar group. First, the Canadian team will meditate, and the Kazakhstan team will conduct the kata seminar. After each group finishes, they will take turns.*

Meditation is done by a temple priest.

Kata Seminar Instructors: Shihan Shigeru Tabata, Shihan Yasuhiro Shichinohe, Shihan Yoshikazu Koi

12:30 Bus transfer to Itoyama Cycling Park

13 : 00-14:00 Lunch at Kaze restaurant

14:30 Cycling

17:30 Bus to Matsuyama City

19:00 Arrive at ANA Crowne Plaza Hotel , Dismissal

March 29 (Fri.) Seminar Day 3

9:00 Gather at Shiroyama Park *Gather at the site on your own

9:00-10:00 Karate seminar (Basic Training, Transfer Training)

Instructors: Shihan Shigeru Tabata, Shihan Yasuhiro Shichinohe, Shihan Yoshikazu Koi

Move to Matsuyama Castle Keep

11:00-12:00 Karate Seminar (Kata Training)

Instructors: Shihan Shigeru Tabata, Shihan Yasuhiro Shichinohe, Shihan Yoshikazu Koi

12:00-13:30 OHANAMI, Cherry blossom viewing bento box lunch, free time

13:30 After all participants gather, return to Shiroyama Park and board the bus.

14:30 Bus transfer to Budokan

- 15 : 30-17 : 30 Split into Referee Seminar and Kumite Techniques Seminar
Referee Seminar Instructors: Shihan Shigeru Tabata, Shihan Yasuhiro Shichinohe, Shihan Yoshikazu Koi
Kumite Techniques Seminar Instructor: Shihan Toru Okamoto (Former world championship winner)
- 18:00 Depart Budokan by bus to ANA Crowne Plaza Hotel
- 18:30 Arrive at ANA Crowne Plaza Hotel, Dismissal

March 30(Sat.) Seminar Day 4

Ehime International Friendship Karate Tournament

- 8:15 Gather at ANA Crowne Plaza Hotel, Transfer by bus to Budokan
- 9:00 Registration
- 10:00 Tournament begins
Morning- Kata matches
Lunch break(Bento Box)
Demonstration
Afternoon- Kumite Match
Depart Budokan by bus to ANA Crowne Plaza Hotel
- 18:30 Arrive at ANA Crowne Plaza Hotel, Dismissal

March 31 (Sun.) Seminar Day 5

- 11:30 Gather at ANA Crowne Plaza Hotel, Transfer by bus to Budokan
- 12:00-13:00 Registration for dan promotion examination
Lunch (Bento Box)
- 13:00-17:00 Dan promotion examination
- 17:00-18:00 Deliberation
- 18:00 Depart Budokan by bus to ANA Crowne Plaza Hotel
- 18:30 Arrive at ANA Crowne Plaza Hotel
- 20:00-22:00 Farewell Party