

Canberra karateka train in Okinawa



Cummings and Arakaki Sensei (front, centre) with the Aussie training group in Okinawa

Kancho Reece Cummings recently took five students from his Kodokan Matsubayashi-ryu Cummings Karate Dojo in Canberra to train in the birthplace of karate, Okinawa. While it wasn't the first visit for most of the travellers, it proved to be one of the most intensive, with training twice per day (morning and evening) for two weeks with their teacher, Sensei Toshimitsu Arakaki Hanshi, 10th Dan, and a class with Sensei Yoshitaka Taira Hanshi, 10th Dan.

This year's annual pilgrimage consisted not only of the standard karate training, but had a heavy focus on the practical applications (*oyo bunkai*) of karate kata, and also the practice of traditional weaponry skills (*kobudo*). Between the intensive training sessions, the group also visited significant sites such as the Kosaku Matsumura Monument in Tomari, the Chojun Miyagi Monument in Matsuyama Park, Shuri Castle, the Peace Memorial Park, Okinawa World and the Ryukyu Mura.