

2nd Bega(Hanshi/Renshi) 2015 visit to Hornsby.

Hornsby dojo was again graced with the visit by Bega Instructors – the second time this year! Hanshi Warren, Renshi Adam – along with Sensei Pat O,Connell & his son Sempai Bernie, gave two classes on Saturday, 8th August at our dojo. From 10:00am – 11:30am, then 1:00pm – 2:30pm; attending students of Hornsby were treated to advanced fighting techniques, break-fall practices, striking and kicking forms, along with the fun skills of break-fall/ ninja shuriken (Ninja star knives throwing) target practice!! Although some of the class were advanced, in nature, all students enjoyed the participation as taught by Renshi Adam!!

Hornsby dojo is blessed to have the regular support and experienced teachings, provided by our senior Instructors of WGKA NSW (Bega). Even Sensei John, of Hornsby dojo, was given individual advanced training in Bunkai of Gekisai/Saifa kata., as defined and taught by Renshi Adam.

Renshi Phil sincerely thanks Hanshi Warren, Renshi Adam and his Instructors for their unselfish support and efforts to help further the abilities and knowledge of Hornsby students. Hanshi Warren expressed good luck and effort to those Hornsby students, who will be attempting their next Grading at the dojo on 12th August!

“

“Sharing Knowledge—Gaining Strength”