

Hanshi/Bega Visit - 2nd May 2015

On Saturday, 2nd May, Hornsby dojo was again visited by Hanshi Warren Ross, 8th Dan (WGKA NSW Director/Chief Instructor) He was accompanied by his son, Renshi Shihan Adam Ross, 5th Dan- Bega Dojo Chief Instructor. Also from Bega dojo were; Sensei Sandy Rogers, 3rd Dan, Sempai Bernie O'Connell and student, Jenny Robertson as Dojo Photographer.

Two classes for both Pee Wees and Juniors, were taught by Renshi Adam. He brought new and fun techniques and practices to all who attended. With continued encouragement & assistance from Hanshi Warren & Renshi Phil; the students gained new skills to perfect in future classes, as well as improve their introduction to Renshi Adam's "Ninja". Renshi taught them how to break fall , counter attack ,left & right, then as they recovered; to skilfully throw 3 star knives(Shuriken) at a wall target (A hooded Ninja!!) Even though Renshi Phil was, accidentally hit, a number of times, by stray Star knives (ha-ha!!), the laughing students enjoyed the training immensely, as did the Beaming parents, present!!

Though the visit was only one day, Renshi Adam & Hanshi Warren promise to re-visit Hornsby dojo, again this year!! Hopefully, more students will attend future visits and experience the same enthusiasm.

Bega student/Dojo Photographer, Jenny Robertson took many wonderful photos, which she has posted on Facebook, WGKA Bega Karate. Renshi Phil encourages all students to visit this group site & view the videos/photos, regularly posted. Thank You, Jenny!!



Back (L-R) Renshi Adam, Sensei John, Hanshi Warren, Renshi Phil, Sensei Sandy, Shidouin Alex, Sempai Bernie
Front (L-R) James, Caroline, Christian, Emilia, Angus



Back (L-R) Shidouin Alex, Shidouin Adrian, Renshi Phil, Hanshi Warren, Senpai Bernie, Sensei Sandy, Sensei John, Jenny
Front (L-R) Annie, Emily, Jessica, Kevin, Angus, Renshi Adam



Renshi Adam demonstrating use of 'open hip' for sidekick to Shidouins Alex and Adrian



Renshi Phil teaching Emily and Angus use of mawashi geri



Adrian aptly defending against reverse punch using sidestep and blocks



Sensei Sandy assisting Annie in her use of yoko geri