

# Special karate training

By ZANZEER SINGH

OVER 40 karate enthusiasts underwent four days of specialised training which ended in Lautoka on Sunday.

The training was organised by the Lautoka Shotokan Karate Club at the Natabua High School hall.

Australia School of Shotokan Karate chief instructor Sensei Edji Zenel conducted the training.

LSKC president Sharun Ali said Sensei Edji's trip was made possible by the Australian Sports Outreach Program.

He said Sensei Edji would hold another training seminar later in the year.

"We are grateful to the Australian Sports Outreach Program for providing the much-needed assistance to get Sensei Edji here," Ali said.

"During the four days Sensei Edji developed our existing athletes further by implementing new training strategies. This developed their technical skills needed to becoming more competitive in the national and international arena. The focus of his training was to develop the aspects designed for sports karate in both the *kata* and *kumite* disciplines."

"His training will also develop and empower our head instructor, instructors and senior students further in this field. It will enable them to continue to channel their knowledge to other karate athletes as they take up leadership positions within their *dojo* (training centre)."

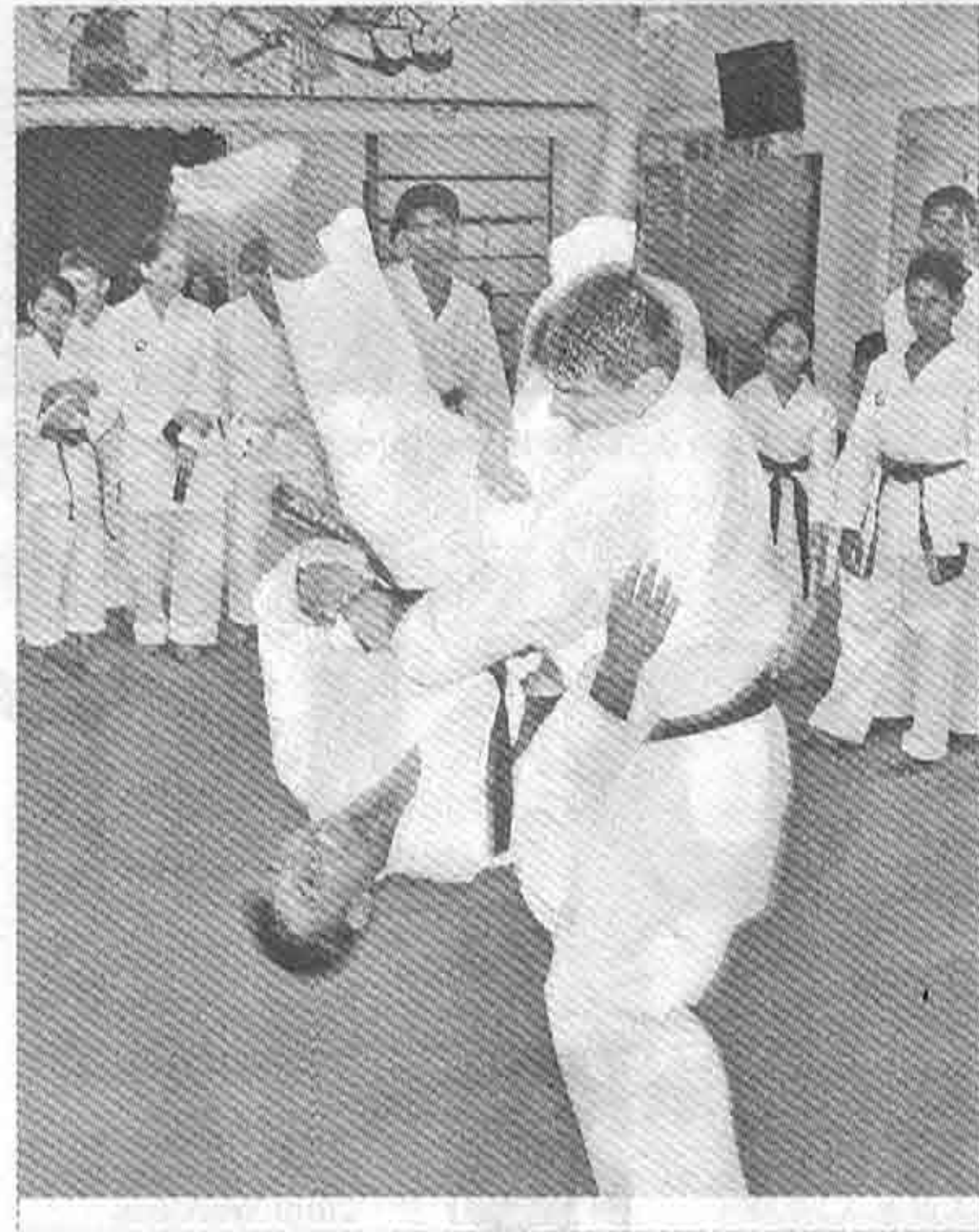
Sensei Edji commenced his karate in 1974 at a small club in an inner suburb of Melbourne and has trained under numerous world renowned karate masters.

He has travelled extensively all over the world to associate with the world's best karate-ka. Sensei Edji takes his traditional karate seriously and is also involved in competition karate.

He competed in several Australian Karate Federation and Japanese Karate Association competitions.

In 1987 he was voted the number one competitor in *kata* and *kumite* in an independent martial arts magazine.

Sensei Edji was the Australian *kata* coach from 2006-2008 and has also refereed and judged in state, national and international competitions. He holds the rank of Godan which is the fifth degree black belt. National rep Jasmine Rafiq was one of the participants at the training.



■ Sensei Edji Zenel, right, in a demonstration at Natabua High School in Lautoka.

Picture: BALJEET SINGH