

Japan trip 2018

Dear member,

The Japan trip for 2018 will take place Saturday 21st January – Friday 2nd February, this trip is often seen as a once in a lifetime opportunity and for some it is, but at the very affordable price of £2,000 approx it is an opportunity that everyone can take advantage of.

The trip as mentioned is based on an all-inclusive type of trip which will include:

Return flights to Tokyo, Japan

All transport while in Japan

All accommodation in Japan

All breakfast & evening dinners

All Kangeiko fees (seven mornings) & evening training fees at the JKS HQ

The trip will include staying in Tokyo whilst training on Kangeiko (Early morning, cold season training) & evening training, sightseeing in the daytimes.

Moving on to more a different location possibly to Hakone, Kyoto, Okinawa for a different aspect of Japan and its culture.

Accommodation is traditional Ryokan style (Tatami and futons)

Exact itinerary will be given nearer to the time, if you would like to come then please read the following **carefully**;

Age/Grade

You must be a JKS member & minimum 18yrs old unless accompanied by parent (not carer) then age minimum is 14yrs old. The minimum grade for Adult or Child is Shodan.

Food

The trip is as much a cultural experience of Japan as a training trip. If you are a fussy eater this trip is not for you. We will be immersing ourselves in the culinary delights of Japan, so if you don't like fish you probably won't enjoy yourself.

One of the rules is that western food is off limits for the duration. Fast food, although available in Tokyo, is strictly off the menu!

Outside of Tokyo the culinary delights are even more exciting but extremely restrictive if you're not a fish fan.

Special dietary needs are also very difficult in Japan, the concept of vegetarian is mostly lost on the Japanese. Even when you explain you don't eat meat your meal may well come laden with meat.

Don't take this advice lightly, as the most common cause for complaint by some is the difference in food.

Most embrace the experience but many sit and suffer.

As a group trip dining, will be done together, no sneaky Big Macs!

If you are untrained in the use of chopsticks get practicing before you go, almost all the restaurants in Japan will have no alternative.

One other thing to bare in mind is that restaurants can be quite smoky.

An oddment of Japan is that is illegal to smoke on the street but not in restaurants.

Although we do our best to avoid the smoky venues sometimes it is unavoidable.

There is no point moaning as it will change nothing!

Immersion

Japanese culture revolves around the group not the individual, the trip uses this ethos.

As a group, all will be expected to complete the Kangeiko training, which is the 7-8am session, for the Monday to Sunday of the first week. Training will also be taken in the evenings which although not compulsory is highly recommended.

The day trips and excursions are compulsory which will help bond the group. If you have no interest in exploring Japanese culture and history this isn't the trip for you.

As Japanese Society runs on a Sempai kohai structure to a degree the trip will as well. This is done to elicit an ease of running the trip as well as a culture experience for all. If you're not happy being led, and find it hard not to be the leader then don't sign up.

If everyone pulls together you will have the trip of your life.

Be a team player!

If you have a problem with punctuality, stay at home.

Training

As you would expect the training at the headquarters can be extremely demanding. Unless you have experienced the fanatic pace of a Japanese dojo it's difficult to explain without it sounding like exaggeration. Suffice to say the pace can be 100miles an hour. So, if you turn up unfit you're not going to get much out of the sessions.

Of course, if you are injured you can train at the back and take it easier.

The advice is to train hard for the trip and get your fitness as high as you can so you can gain the benefits. Ensure your legs are ready for the training, practise squats and lunges or you may find walking around Tokyo a problem.

The morning Kangeiko run is done at a light pace, but again if you're not used to running this can be a shock to the system, so be prepared.

Ensure you can count to 10 comfortably in Japanese as you will be called upon.

Correct counting is considered essential by the Japanese. The rhythm of the count will change with the length of the drill, don't panic and speed it up, keep to the rhythm set by the instructor.

Manners

Japan can be a minefield when it comes to social faux pas.

The main things to watch for are shoes off at the door and don't let your unshod feet make contact with the designated shoe area.

Don't be tempted to stab your food with your chopsticks, this is an insulting gesture.

Don't drink at the table until the senior member of your group drinks.

In the dojo lots of Ossing is recommended, on seeing an instructor for the first time on **each** dojo visit, an Oss and bow is expected.

Be mindful to watch what the natives are doing and copy.

Learn some basic dialogue.

Register your interest by email ASAP as numbers will definitely be limited and on a first come first served basis.

Deposit of £1000.00 required by 1st August.

Balance required 1st January.

More in depth details about the trip will be given once your interest has been registered, if you have any question regarding the annual JKS japan trip, please do not hesitate to contact me on the email below.

If you're interested email alan@jksenglandwales.com