

JKS England Course with Kosho Kanayama Sensei 7th Dan April 2026

On the 19th of April 2026, JKS England hosted the General Manager of the JKS, Kosho Kanayama Sensei 7th Dan, in Long Eaton. Kanayama Sensei is a very popular instructor who always leads by example with a particular but meticulous approach. Kanayama's style of teaching finely blends a demanding look at the execution of all the technical aspects in karate, with the need to strengthen one's own body to satisfy and support the techniques, resulting in the capacity to be extremely powerful, no matter the size.

After the warmest of introductions by Alan Campbell Sensei, 8th Dan, Head of JKS England, a warmup would take place. Alan Sensei, along with the sold-out class had shown their appreciation for Kanayama Sensei's visit and there was a definite buzz in the air, anticipating Kanayama Sensei's seminar, which always delivers new exercises and drills to refine crucial elements of technique or body conditioning.



Kanayama Sensei would start with some basics to identify how a correct stance is needed to generate stability and engage the muscular and skeletal structures which have been improved through focused training. Knee position, weight distribution and foot position were central to allow sufficient hip mobility and dynamism in the strikes and kicks being practiced.

The ability to deliver such scrupulous repetition, highlights Kanayama Sensei as a stalwart in showcasing the importance of understanding what you are doing and why. When this is the case, any repetition becomes an opportunity for the student to

enhance their performance and Kanayama Sensei is very effective in communicating where the concentration is most valuable as the exercise is practiced.

Kanayama Sensei would then examine front leg kicking as an instrument to further polish one's stance, while at the same time challenging the class to maintain posture, drive forwards and prevent any weak links in the chain of technique from creeping in to slow or diminish the level of energy required. Students would be paired to identify this in others and use feedback for themselves to recognise specifically where their ability would benefit from more of this precise training. Snapping the leg, whilst powering the hip forwards without sacrificing the rear leg position became difficult to execute as the legs tired, but Kanayama Sensei was watching with vigilance, preventing the effort from waning anywhere in the dojo.

Kanayama Sensei had made the class feel immediately like it was a team effort. With the partner work and feedback, students were empowered to be able to help others, as well as themselves. To further comprehend the influence of the hip, Kanayama Sensei recruited the students into threes with the active karateka grabbing the belts of the remaining two students standing on either side of them. A sharp and vigorous pulling action was demonstrated to show the result which students are working towards when done without the aid of the other students.

Although always pressing for intensity in the exercise, Kanayama Sensei would never allow this to overtake and forego the technique(s) being examined. Aligning the front foot and knee position was a vital starting point in the potential to thrust the hips and body forwards, not upwards. Keeping the front foot position until it became the rear foot meant it could then drive the body into the final position with the legs squeezing to control the endpoint. Kanayama Sensei was diligent to ensure students kept attention to avoid their heel lifting or knee folding in.

After stepping, a knee lift would then be introduced as students alternated to complete the drill on both sides, helping to connect the earlier kicking practice and what this required in support from the stance. A very illuminating look at how this translated to other techniques would be something Kanayama Sensei referred back to many times, also meaning that students would not forget the central theme as other demands were introduced as part of the seminar's new exercises.

Kanayama Sensei would then move the class on to Gohon Kumite (five step sparring) as a way to test the subtleties of their stance and the necessary hip rotation which had been looked at in the basics at the start of the session. It was here that Kanayama Sensei's pressure and immense strength, borne of his technical prowess became easily apparent. Kanayama Sensei was able to move swiftly with his body dynamic always leaving him in a stable, balanced position which transferred the energy into his attack or into his block. This meant Kanayama Sensei never lost connection, either internally through his stance, core and upper body or externally into the contact with his opponent.



Kanayama Sensei looked closely at where the knee should sit in the attack, relative to the partner's knee position. The distance needing to be sought was also explicitly mentioned and tied into the desired knee position, to make certain students were under pressure and situated where the block would have to be done correctly. All of this was crucial for the defence to be successful and allow a counterattack to follow suit after the last punching attack had been received. As students practiced this with one another, they built upon the earlier solo practice to increase the potential for danger as the speed and intensity grew to gain maximum advantage from the exchange for themselves, but also give their partner the chance to benefit on both sides of the kumite drill as well.

Kanayama Sensei spent time showing how the hip position and whole-body connection transferred to a stability which is needed to deliver strong attacks and give poise when blocking, without the opponent being able to disturb this foundation which began with the stance. Controlling the front foot from any unnecessary movement was also mentioned as a fundamental which couldn't be overlooked as it negatively impacts distance in attack and the timing in defence. This was particularly true with the mae-geri attack, where Kanayama Sensei referenced the earlier knee lift (aided by the partners to the side) to be done rapidly and afford the chance to contact the opponent before they could respond.

Students worked through jodan, chudan and mae-geri attacks with the appropriate blocking combinations, building on the speed and testing how comfortable students could remain in the defensive structure which Kanayama Sensei had spent time detailing how to implement. Many students would feel a great sense of accomplishment as they engineered their body to mimic the blueprint technique that Kanayama Sensei was displaying and although not always performing as well as they would want to, helped them to appreciate how imperative it is for the technique to marry with body conditioning so the outcome can be maximized. The sequence finished with two jodan, two chudan and two mae-geri attacks as the opponent responded, blocking intently without losing the ability to counterattack each time.

Kanayama Sensei would then look at how to relax as punches were delivered in close proximity. Firstly, just blocking and then countering with punches afterwards, students were encouraged



to recall the earlier hip action to be able to respond with a counter which had body action behind it, and not just the weight of the arm being thrown.

Students had to concentrate closely as the punches were thrown at head height and with an increasing frequency. Kanayama Sensei's words of advice rang in the ears of the students with how to most effectively deal

with the fluid stream of punches being delivered. This closer form of blocking necessitated a different expectation on distance and how much the body could be employed as the closeness more limited but didn't preclude the use of the hips and body.

Once students' reactions had been primed, they were once more grouped into threes to respond to kizami-tsuki attacks in the manner which the day had been designed to facilitate. This culminated in a high energy and lively dojo as the groups moved quickly in both attack and defence to attempt to assemble and implement the teaching points which had been succinctly detailed by Kanayama Sensei throughout the seminar.

Kanayama Sensei would finish with a Jion masterclass, covering essential points of standardization and utilizing performances from the class to highlight where students could make progress in their own delivery. A Kanayama Sensei signature was then used as slow press ups brought the fantastic course to a close. Up to a count of ten and the same on the way down, all done with a smile, reminded students how a lifetime pursuit of karate should not be without humour and happiness, even when demanding hard physical and mental effort. Kanayama Sensei had delivered a brilliant seminar once more, with many students eager for his return.

