



ITKF

GLOBAL
TRADITIONAL KARATE

NEWS LETTER

World Governing Body of Traditional Karate

Number 6 August 9th 2024



22nd

World
Traditional
Karate
Championship

Vila do  Portugal
Conde

2024, October 7-13



CÂMARA MUNICIPAL
VILA DO CONDE



Dear ITKF member,

We are happy and proud to present the 6th ITKF newsletter.

We hope you shall enjoy and benefit from the materials included as we jointly promote our art of Dento Karate-Do worldwide.

Sensei Nishiyama always emphasized the importance of maintaining top quality not compromising it for quantity, yet it is with great satisfaction that we witness the ITKF grow in number of countries, active members, activities, initiatives and global partnerships while keeping and striving to improve the quality of our art.

Your feedback, suggestions, ideas and materials, to be included in a next newsletter, are highly appreciated and should all be sent to us via mail to: communications@itkf.global

ITKF Communications & Marketing committee: **Eyal, Ibrahim, Roman, Leo**

Dear ITKF family,

We hope that everyone is in good health with their families and practicing traditional karate.

A special thanks to the team of Eyal, Ibrahim, Roman and Leo for the excellent work in planning and creating the 6th edition of ITKF News Letter. We also thank Marcelo Azevedo for the excellent layout and final art.

The year 2024 is being a year of hard work and many important achievements for our institution, starting with a very rich calendar of activities with global scope. We also formalized our membership with ICSSPE (International Council of Sport Science and Physical Education) and, in addition, we renewed our partnership with TAFISA (The Association for International Sport for All) and also with IAKS (Inter-

national Association for Sports and Leisure Facilities). These partnerships reinforce our international credibility with the governments of the member countries and other organizations with global operations.

Another very important achievement was the opening of ITKF office in Portugal, which attests that our institution is fully legalized in all aspects and facilitates negotiations with international bodies within the European Union. We are grateful for the efforts of our entire team (Mr. Palu, Mr. Kuster, Mr. Fernando and others involved).

In partnership with French Traditional Budo Karate Federation, we held the 31st edition of the Master Course in Les Sables d'Ologne, which was a great success. Sever-

al regional events were also held, demonstrating the vibrant energy present in ITKF. We congratulate all the organizers and participants. The second edition of the International Seminar was also held in partnership with the International Karate Teachers Academy in Claremont (CA - USA). We thank Sensei Dino for his work and perseverance.

During the event in France, ITKF Technical Committee finalized the new exam program, which is being revised for publication and implementation. Thanks to the work of the ITKF Technical Committee.

In October, we will hold the 22nd edition of ITKF World Championship in Vila do Conde, Portugal, led by Sensei Fernando and his team, whom we thank in advance for their dedication and commitment.

We look forward to holding a great event, in which the entire ITKF family will be present and the exchange will be one of the high lights. We look forward to seeing you in Portugal.

We would like to thank our entire board of directors once again for their tireless work, all regional and national leaders and all affiliates for their commitment to developing high-quality works that together we can build an increasingly strong and respected institution.

The tradition continues to grow stronger. Greetings to all.

Gilberto Gaertner, PhD
ITKF Chairman



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2024 H2 Outlook

2024 World championship

The ITKF shall proudly hold its 22nd WORLD TRADITIONAL KARATE CHAMPIONSHIP in Vila Do Conde – Portugal.

The date for this prestigious event 7-13/10 was internationally selected around October 10 which is the birth date of our founding president sensei Nishiyama.

Picture on the side – mayor of hosting Vila Do Conde giving his blessing and support to our friend sensei Fernando Silva for hosting the 2024 world championship.





Dear Participants, Officials, and Distinguished Guests,

On behalf of the Hosting Country (Portugal) organizing committee, it is my profound honor to extend a warm welcome to all of you to the World ITKF Karate Championship in the beautiful city of Vila do Conde. We are thrilled to host this prestigious event, which brings together the finest karatekas from around the globe. This championship is not just a celebration of martial arts but a testament to the values of discipline, respect, and camaraderie that are at the heart of karate.

Welcome to Vila do Conde

Nestled along the picturesque coastline of Portugal, Vila do Conde is a city that blends rich history with vibrant modernity. Known for its stunning beaches, historic architecture, and welcoming spirit, Vila do Conde offers a unique backdrop for this championship. Our city is not only a haven for tourists but also a community that embraces sports and cultural events with open arms. As you explore Vila do Conde, you will experience its charming streets, delectable cuisine, and the warmth of its people. We hope that you will find time to enjoy the local attractions and immerse yourself in the cultural tapestry of our city.

A Safe Haven

Vila do Conde prides itself on being one of the safest cities in Portugal, providing a secure and welcoming environment for residents and visitors alike. The local community is known for its hospitality and the city boasts low crime rates, making it an ideal location for international events. Our local authorities work diligently to ensure the safety and well-being of everyone in the city, and we are confident that you will feel comfortable and secure throughout your stay. Whether you are walking through our historic town center, enjoying the scenic coastal paths, or attending the championship events, you can rest assured that Vila do Conde is a place where safety and peace of mind are paramount.

Fostering Sportsmanship

At the heart of the World ITKF Karate Championship lies the spirit of sportsmanship. This event is a platform where competitors from diverse backgrounds come together to showcase their skills and share their passion for karate. While the competition is fierce, it is essential to remember that mutual respect and fair play are the true marks of a martial artist. We encourage all participants to honor the principles of karate-do, embracing both victory and defeat with grace. This championship is an opportunity to build lifelong friendships and promote international understanding through the universal language of sport.



Federação Budo Tradicional de Portugal Membro da ITKF Global - Traditional Karate

Federação Budo Tradicional de Portugal NIPC Nº 516033751
Rua António Costa Neiva, 785 Vilar do Pinheiro 4485-016 Vila do Conde



Honoring Nishiyama

This year's championship holds special significance as we pay tribute to the legacy of Hidetaka Nishiyama, a revered figure in the world of traditional karate. Nishiyama Sensei's dedication to preserving and promoting the essence of karate-do has left an indelible mark on the martial arts community. His teachings emphasized the importance of discipline, humility, and the continuous pursuit of excellence. As we gather in Vila do Conde, we honor his memory by upholding these values and striving to embody the true spirit of karate. Let us remember his words: "Karate is not a game. It is not a sport. It is a way of life."

Conclusion

In closing, I would like to express our gratitude to all the individuals and organizations that have worked tirelessly to make this championship a reality. The support of the International Traditional Karate Federation, local authorities, sponsors, volunteers, and the community of Vila do Conde has been invaluable. To the athletes, we wish you the best of luck and hope that your dedication and hard work will be rewarded. To the coaches, officials, and supporters, we thank you for your unwavering commitment to the art of karate.

May this championship be a memorable and enriching experience for all. Let us celebrate the unity, strength, and spirit of karate-do as we come together in Vila do Conde. Welcome, and enjoy the 2024 World ITKF Karate Championship!

Yours sincerely,

[Host of the Organizing Committee of the 22º ITKF World Karate Championship]

___ Fernando da Silva _____

(Presidente da FBTP – Federação Budo Tradicional de Portugal)

(MOBILE Number; +351 969856859)



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Global News and Achievements



As part of ITKF's cooperation with TAFISA our members were invited to attend

TAFISA WEBINAR: 'Democratising Access to Sport For All' - May 15, 2024
TAFISA SEMINAR: 'Capacity Building in Sport for All' - Jun 26, 2024



As part of ITKF's cooperation with ICSSPE (International Council of Sport Science and Physical Education) an interview with our chairman was published

<https://itkf.global/news/icsspe-interview-with-prof-dr-gilberto-gaertner-chairman-of-the-itkf/>

The chairman emphasized the ITKF core 'Karate for Life' concept – leveraging and applying Traditional Karate's centuries accumulated knowledge, experience and wisdom as tools for life improving people's life and wellbeing in many areas beyond the well-known self-defense context.



The ITKF is a proud member of the International Association for Sports and Leisure Facilities (IAKS) – a leading global non-profit organization for sports and leisure facilities. IAKS collaborates with international organizations, such as ITKF, to promote active and meaningful lifestyles and transform communities and urban areas into places of active living.

OSS



REGIONAL NEWS

EUROPE



ITKF Permanent Representation Office in EU

ITKF has officially opened a Permanent Representation Office within the European Union.

ITKF Europe Regional Judges seminar was held in Ljubljana – Slovenia,

with approximately 60 referees from 8 different countries (Italy, Portugal, Germany, Bosnia and Hercegovina, United Kingdom, Serbia, Macedonia and Slovenia). Special thanks to sensei Eligio Contarelli for leading the seminar with such skill and dedication.

ITKF Europe has established its Marketing Committee

and elected sensei Eyal Nir to head its activities. Sensei Nir is putting together the committee's team that shall prepare a 'Marketing Plan' for promoting Traditional Karate in Europe.



TRADITIONAL KARATE BUDO FRANCE FEDERATION

SABLES D'OLONNE

ITKF EUROPE MASTER COURSE FRANCE 2024

MINISTERS OF ITKF TECHNICAL COMMITTEE: Gilberto Casarini 5th Dan, Eligio Contarelli 8th Dan, Justo Gomez 7th Dan

MAY	TIME	ACTIVITIES
9	9:00 - 9:50 am	●
	10:00 - 11:00 am	●
	11:00 - 12:00 pm	★
	4:00 - 5:00 pm	●
10	8:10 - 6:10 pm	●
	9:00 - 9:50 am	●
	10:00 - 11:00 am	★
	4:00 - 5:00 pm	●
11	5:10 - 6:10 pm	●
	9:00 - 9:50 am	●
	10:00 - 11:00 am	★
	11:00 - 12:00 pm	●
12	4:00 - 5:00 pm	●
	5:10 - 6:10 pm	●
	9:00 - 9:50 am	●
	11:00 - 12:00 pm	★

Legend: ● Theoretical Class, ★ Technical Training, ● Judge Training

Activities: Kata Training, Kumite Training, KYU EXAMS

Logos: ITKF GLOBAL, ITKF Traditional Karate EUROPE, FKT BUDO FRANCE

ITKF 2024 Master Course Held In France

The 31st edition of the Master Course was held May 7 to 12 in the city of Les Sables-d'Olonne, France. ITKF held this international course in partnership with the French Traditional Budô Karate Federation, ITKF Europe, and with the support of the Les Sables-d'Olonne Sports Department bringing together 55 instructors from 12 countries.



REGIONAL NEWS

ASIA/OCEANIA



4th ARARAT CUP 2024

The Armenian Traditional Karate-Do Federation working with the ITKF Asia -Oceania Federation hosted the 4th Ararat Cup and International Asian technical Seminar led by sensei Suren Matevosyan and sensei Ibrahim AL-Bakr!

This prestigious international event was held July 13-14 in the city of Yerevan-Armenia.



A diplomatic meeting with her Excellency the Ambassador of Egypt in Armenia Dr. Sarinad Gamil with sensei Ibrahim AL-Bakr and Sensei Suren.



3rd Central Asia Championship

The Asian Traditional Karate Federation held the 3rd ITKF Central Asia Championship June 12-13 for the first time ever in Almaty City Kazakhstan!

This historic event showcased the talent, skill, and cultural heritage of karateka from across the region.



Traditional KARATE AT “BARKAMOL ALOD” CHILDREN’S SCHOOLS

A memorandum of cooperation was signed between the Republic “BarkamolAvlod” children’s school under the Ministry of Pre-school and School Education and the Karate-do Federation of Uzbekistan (ITFK) to support the development of ITKF karate-do in the educational system promote the development of educational programs for student.



4th ITKF ASIA-OCEANIA Regional Championship @ SAMARKAND - UZBEKISTAN

The ITKF Asia-Oceania Federation is delighted to invite you to the 4th ITKF Asia Oceania Regional Championship and Master Course led by sensei Ibrahim Al-Bakr in the historic city of Samarkand, Uzbekistan.

This prestigious event will take place **August 18-20, 2024, in Samarkand, Uzbekistan.**

Technical seminar held by Sensei Suren Matevosyan

On April 20-21, Sensei Suren Matevosyan, President of the National Traditional Karate-do Federation and ITKF Asia Oceania Technical Chairman, conducted 2 days seminar at the Cross Sports Complex.



3

Karatê-Dó Tradicional Inter-Estilo do Uíge (ITKF Angola) Judges Course by sensei Adres Fedal



ITKF Angola

4

The tournament to celebrate the 101st anniversary of the founding of the city of Lubango, which was held on 05/18/2024... Sensei André Fidel




ITKF
Traditional Karate
AFRICA

AFRICAN TRADITIONAL KARATE CUP

بطولة كأس أفريقيا
للكاراتيه التقليدي

NEXT EVENT

5

- African Traditional Karate Cup for seniors
- The African Traditional Karate Open Championship From 6 to 20 years
- The International African Course for refereeing - coach - physical education sciences

REGIONAL NEWS

PAN AMERICA



IN URUGUAY, ITKF TRADITIONAL KARATE GROWS AND ADVANCES!

On the last Sunday of July, the city of Durazno will host the Ninth Edition of the BUSHIDO CUP, corresponding to the last date of the IKTU - ITKF Uruguay National Championships.



More than a hundred Athletes from all corners of the country, added to invited delegations from Argentina, Brazil and Chile, will provide the appropriate framework for this prestigious sporting event. It will be a highly technical spectacle, with teams preparing to participate in both the 7th Club World Cup and the XXII ITKF World Team Championship, a unique opportunity to

see our illustrious Representatives. In addition to being able to see the renewed national team, you will be able to see and appreciate the large number of promotional and senior categories, showing that the practice of karate is for life. A party from beginning to end. On 7/28 the "heart of the country" will dress in Traditional Karate! See you there!





22nd Edition of Goshin-dô

The 22nd edition of Goshin-dô, held from April 12 to 14 in the city of Alto Paraíso de Goiás, brought together around 50 black belts.

Organized by the Goshin-dô Institute, this edition of the traditional meeting was endorsed by the International Karate Federation (ITKF) and the Brazilian Confederation of Traditional Karate-dô (CBKT), entities that were represented at the meeting by presidents Gilberto Gaertner and Sérgio Bastos. After the passing of Shihan Watanabe, the Goshin-dô Institute was presided over by sensei Ulisses Damasceno, the host of the event.

Above all, Goshin-dô is a meeting experienced in nature and the training takes place in unusual environments, different from a conventional dojo. Due to the nature of the event, karate gi is not used and the exchange of knowledge and experiences between participants is one of the relevant points.



Buddhist Emptiness, BuDo MuShin and KumiTe

By Eyal Nir - Founder of the BuDo-Way program

Buddhist Sunyata (emptiness) can be understood as the realization that no entity or being has its own separate, independent or permanent nature.

MuShin and KumiTe

Rather all beings are interconnected through mutual influence and in an on-going flux of constant change.

BuDo concept of KumiTe can serve as an example or analogy as when two martial artists face each other in KumiTe they become one. There is no separate independent existence of each, rather the flux of mutual influence where each is aware, responsive and constantly adjusting to the other.

This is one deep meaning of the Japanese word Kara (empty) of KaraTe-Do where each practitioner becomes empty of separate independent existence symbolically represented by the term KumiTe (integrated hands).

As explained facing an opponent in real self-defense situations we try connecting so we can anticipate his next move early on, ideally identifying his intention prior to actual physical action so we can efficiently respond with good timing (Oji-Waza) leveraging any momentary Qyo (opening or gap in the opponent's mental-physical completeness) unintentionally exposed by our opponent.

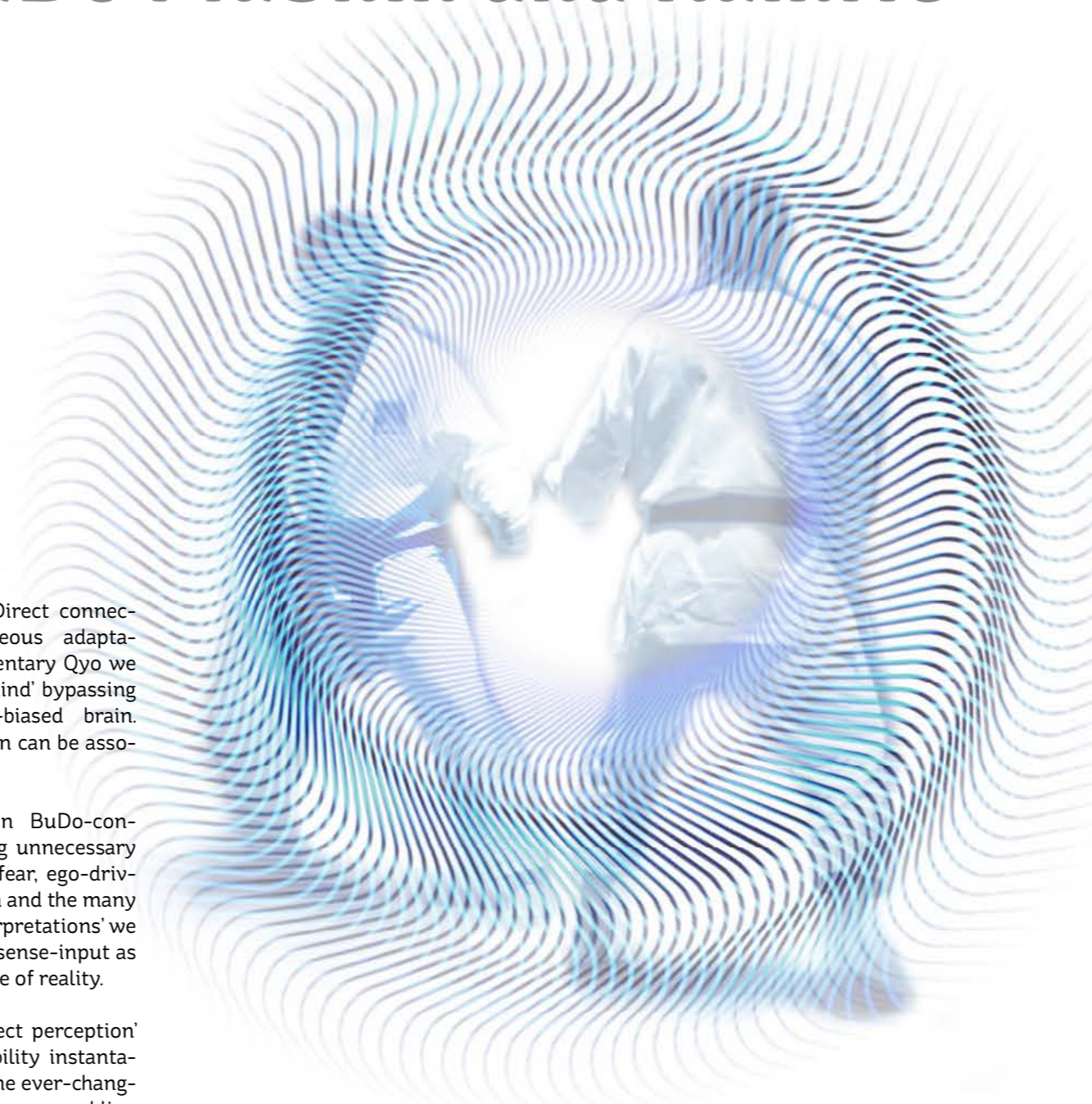
Furthermore, connecting to our opponent, we attempt influencing him to proactively create a Qyo through Managing risks by applying relevant strategy as part of Shika-ke-Waza (setup).

This 'connecting or becoming one' with our opponent is beautifully captured by BuDo term KUMITE translated into integrated hands in the deepest sense of oneness as opposed to separation and duality.

To achieve such Direct connection and instantaneous adaptation leveraging momentary Qyo we should 'empty our mind' bypassing analyzing emotions-biased brain. Such direct perception can be associated with MuShin

(no mind) that in BuDo-context implies removing unnecessary analysis, judgement, fear, ego-driven haste or Hesitation and the many other 'filters and interpretations' we usually apply to raw sense-input as we establish our image of reality.

Such 'MuShin direct perception' enables mental flexibility instantaneously adapting to the ever-changing KumiTe Situations enabling 'reaction is action' which implies leveraging our auto-mode instinct-based natural reactions to become



Being empty of all these KumiTe is enabled as you become one with your opponent.

skillful effective action bypassing analyzing emotions-biased brain in the spirit of 'you feel - you go'.

Among the ways to acquire such MuShin ability or skill Traditional Karate teaching uses:

'EYES BACK' - seeing the overall big picture without hopping or analyzing the many details.

All action from center **TAN-DAN** that serves both as an antenna, perceive the opponent, and for technique initiation

ACT BY KI - let your breath take over connecting to opponent and activating any action.

Stable emotions and **COMPLETE PRESENCE**

HOSHIN - giving everything to remain full while removing any doubt, hesitation or fear of mistake.

In MuShin we perceive all input without the usual latency and bias caused by our emotions, habits, conditioning, desires.

Traditional Karate Training for Kids Under 15



By Sensei Miguel Arellano Quezada - President of the Traditional Karate Federation of Chile

Karate isn't just about powerful kicks and lightning-fast punches. It's a journey of self-discovery, discipline, and physical development. But how do we tailor this art form for the boundless energy and growing bodies of children under 15?

In the following lines, we explore some ideas of effective training methods that nurture young minds and bodies while igniting their passion for karate.

Initial considerations

It is important to mention that in addition to having technical knowledge, it is the task or responsibility of teachers to know the psychology of children in the contemporary era. Many of them may have difficulty socializing and sharing with their new classmates. Others could be abused in their schools. And in the other extreme, they could even be the children who cause the abuse problems. Whatever the scenario and despite not being experts in the subject, the ideal is for teachers to be aware and prepared to use different tools that allow them to propose entertaining alternatives that maintain children's interest in classes.



Building a Strong Foundation: Physical Preparation

Focus on Fun: Young children have short attention spans. Make training sessions engaging with interactive drills, obstacle courses, and partner exercises. Think less "reps and sets," and more "capture the flag" with karate techniques.

Gradual Progression: Focus on proper form over raw power. Start with basic stances, blocks, and strikes, gradually increasing complexity as coordination and strength develop.

Movement is Key: Our classes should incorporate agility drills, jumping exercises, and animal walks to improve balance, coordination, and overall athleticism.

Keeping it Dynamic: Class Structure

Keep the variety: Incorporate a mix of activities in each session. Start with warm-ups, followed by technique drills, partner exercises, light sparring (controlled point-fighting), and cool-down stretches.

Don't forget the games: Introduce games that utilize karate techniques. Dodge-ball with hand blocks, tag with specific kicks – these activities reinforce skills while keeping kids motivated and attentive to class variations.

Reward System: Acknowledge progress with a belt ranking system or small rewards for mastering new techniques. Colored tags for the different training blocks (kihon, kata, kumite) could help to keep the interest level through the progression of the program.



Learning Through Play: Games and Activities

Karate imitating animals: Emulate animal movements – the powerful “crane kick”, the low-crouching “tiger stance”. This sparks imagination and makes learning fun.

Focus Games: activities like balancing on one leg with eyes closed to improve focus and concentration, essential skills for karate and beyond.

Encourage team work: Partner drills and group activities foster cooperation and communication skills, become valuable life lessons learned through karate practice.

Age-Appropriate Training: For younger children (6-10 years old), shorter, more frequent sessions (2-3 times a week for 30-45 minutes) are ideal. As they mature, sessions can lengthen (45-60 minutes) and frequency can decrease (2-3 times a week).

Rest and Recovery: Allow ample rest days for growing bodies to recover and prevent injuries. Encourage healthy sleep habits for optimal energy levels during training.

Building Strong Minds: Mental Strengthening

Goal Setting: Help young karatekas set achievable goals, both short-term (mastering a technique) and long-term (earning a higher belt). Witnessing their own progress strengthens determination and perseverance.

Respect and Discipline: Instill the core values of karate – respect for self, others, and hierarchy. This translates into better behavior at home and school.

Building Confidence: Overcoming challenges and mastering techniques builds self-confidence in young karatekas. This newfound confidence spills over into all aspects of their lives.

Benefits of Karate for Kids Under 15

Karate training offers a wealth of benefits for children under 15, including:

Improved Physical Fitness: Increased strength, flexibility, coordination, and balance.

Enhanced Focus and Concentration: Sharpened mental discipline and focus that translates into academic success.

Boosted Confidence and Self-Esteem: A sense of accomplishment through mastering techniques and achieving goals.

Developed Self-Discipline and Respect: Learning valuable life skills like perseverance, respect for self and others, and following instructions.

Stress Relief and Improved Mental Health: Physical activity and goal achievement are excellent tools for stress management and promoting emotional well-being.



In conclusion, karate training for children under 15 is much more than just learning self-defense techniques. It's a holistic approach to development, fostering physical fitness, mental strength, and valuable life skills that serve them well on and off the mat. So, the message for parents that are looking for an activity that encourages their child's growth in a fun and rewarding way, is with no doubt, “consider enrolling them in a karate program”. We might just be nurturing the next karate champion, but more importantly, we will be empowering a well-rounded, confident young individual.

The History Of Karate Belt & Meanings Of Its Color

By Sensei Jeewantha Kariyawasam - Sri Lanka Traditional Karate Federation

When you visit a karate Dojo have you seen students wear different colored belts on their karate uniforms. Some wear green or blue, while other students have purple and brown. What do these different color belt mean and what is the order of this belts?

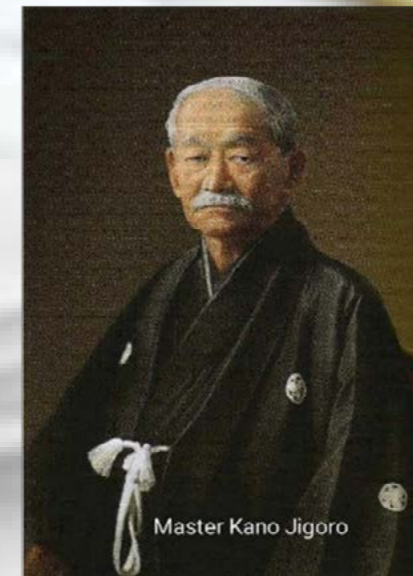
Before that, let's look a little at the origin or history of these karate color belts

You may be surprised to know that colored belts were not given to those who practiced karate in the past.

Legend has it in karate history that students were given a white belt when they began their training. Over the years, the belt has become stained with sweat, dirt and blood. And the students were told never to wash their dirty belt. The reason for that is that in the past, teachers told students that by doing so, they would wash away their experiences, so after a long period of hard training, the white belt that was originally worn turned black color. That student is considered as a true martial artist and in Okinawa, the birthplace of karate, martial artists have practiced karate secretly for

centuries. Because of this secretive nature, they did not have color belts or other symbols associated with martial arts.

Even in the early 19th century, present color belt system was not used for grading of students. Instead, students were only given a certificate indicating their level of achievement.



In 1936 Mikinosuke Kawaishi went from Japan to France to teach judo and jiu-jitsu. While Japanese students at the time were content with the years it took to progress from white to black belt, he found that students in Western culture were not so patient.

He introduced belt colors to give students more immediate recognition of their growth, skills, and knowledge as they move toward their black belts.

Later the tradition of colored belts quickly spread to other styles such as taekwondo and jiu-jitsu.

In the history of martial arts, a color belt grading system was first introduced to the world by the founder of Judo, Dr. Jigoro Kano in the 1880s. For that, he first used only two colors, white and black. At that time, students used white belts and their teachers used black belts. In fact, the origin of white and black belts dates back to the 1880, and the use of colored belts in between 1930 and 1940 was introduced by Mikinosuke Kawaishi, a Japanese judo master. Accordingly, he is often cited as the originator of color belts.

Here is a summary of the colors' symbolic meaning organized by common order of belt awarding:



White The first belt in karate is the white belt, which represents initiation. As the young plant bursts through the soil as the root plant grows, it is greeted by the bright, and white light of the day. The white belt symbolizes the beginning of a child's desire to learn karate skills, and is therefore worn by those who begin practicing the art.



Green is usually a representation of the growth of a plant. The little plant has survived the intense sun and is now putting out new growth. Green leaves and shoots extend from the plant. The student is growing and becoming more proficient in the fundamentals.



Brown The color brown represents the color of a seed nearing ripening and harvest time. As harvest approaches, the seed is maturing and ripening. The student begins to reap the fruits of all his hard work and practice.



Yellow symbolizes the first ray of sunlight. As a plant adapts to light, it tends to turn yellow in sunlight. The student warms up in pursuit of his goals in sports. Accordingly, a yellow belt is worn by a beginner who has learned to practice the basic postures of karate.



Blue indicates the sky where the plant gradually grows and spreads upwards. The student's knowledge expands and he grows further. So the blue belt is given to students during their studies when they begin to learn additional martial arts knowledge that allows their mind and body to continue to grow and develop.



Black symbolizes the darkness beyond the sun. When darkness falls on the plant, the plant dies. But in its place is a new beginning. Now the student has learned a lot and he has a lot more to learn. Although the first phase of their martial arts journey is over, the journey continues. In addition, the width of the black belt in the Dan rank of karate is 5 cm, and the width of a Kyu rank color belt is 4 cm. Also, the red belt of a Grandmaster is usually dark in color. According to tradition, Dan's rank sashes are embroidered with their Grandmaster's name and style of study.



Orange symbolizes the rising energy of the sun. As the sun heats up, life becomes more difficult for the little plant. In the same way, the student also makes his training more difficult. After mastering 10 self-defense measures in karate, a beginner is given the orange belt.



Purple As the blue sky darkens to purple as the day draws to a close, a student who approaches advanced academic stages is awarded a purple belt.



Red color Sometimes you have seen some people wearing red belts in karate. A red belt is one of several colored belts used to distinguish opponents or rank in certain martial arts. But like the black belt you're more familiar with, its use varies between martial arts, often worn by the founder, grandmaster, or other high rank of a fighting style, and even used to identify beginners in certain styles. Especially in Kodokan judo sports schools, red is the highest belt instead of 9 Dan or 10 Dan by a red belt. Okinawan karate styles and Kobudo (weapon) styles, the red and white belt is used for 7 Dan and

8 Dan, and the dark red belt is used for 9 Dan and 10 Dan.

Red (AKA) and White (SHIRO) belts were previously worn to represent the colors of the Japanese flag in tournaments sanctioned by the Japan Karate Association (JKA). Since the 1980s this practice has changed a lot and you may have noticed that both contestants wear black belts and only one wears a thin red tassel on the black belt.

In modern karate governed by the WKF competitors wear the red (AKA) and blue (AO) belts.

In Traditional Karate governed by the ITKF competitors wear the red (AKA) and white (SHIRO) belts.

In Kyokushin Karate governed by the International Federation of Karate (IFK), a red belt represents 10 Kyu and 9 Kyu. Most other Kyokushin organizations use orange belts to denote 10 Kyu and 9 Kyu as usual.

The required time period for one to hold a belt before becoming eligible for getting the next color varies by type of martial art, organization, style and even dojo.







INFORMATION FROM THE TECHNICAL COMMITTEE

The ITKF Technical Committee has finished preparing the content of the new examination program, which will be published shortly. The following is an example of the content of the 1st Dan (Shodan) grading exam.

SHODAN - (1° DAN) This level necessitates a further maturation of abilities. All basic body movements and techniques, including hand and leg techniques, can be applied with extended force and proper application in basic combinations.

KIHON

	ACTION	POSITION	DIRECTION	REPETITIONS
	Yoi Hidari Gedan Barai	Shizentai Zenkutsu Dachi	in place forward →	
SHODAN - ICHI				
Sequence 1	SANBON ZUKI Age Uke, Gyakuzuki Maegeri, Junzuki, Gyaku Zuki	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →	1 1 1
Sequence 2	SANBON ZUKI Uchi Uke, Kizamizuki, Gyaku Zuki Yoko Geri, Uraken Uchi, Gyaku Zuki	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →	1 1 1
Sequence 3	SANBON ZUKI Soto Uke, Yoko Hijiate, Uraken Uchi, Gyakuzuki Mawashi Geri, Gyaku Zuki Uraken Uchi	Zenkutsu Dachi Zenkutsu Dachi, Kiba dachi, Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →	1 1 1
Sequence 4	SANBON ZUKI Gedan Barai, Uraken Uchi, Gyaku Zuki Ushiro Geri, Uraken Uchi, Gyakuzuki	Zenkutsu Dachi Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →	1 1 1
Sequence 5	SANBON ZUKI Shuto Uke, Kizami Maegeri, Gyaku Nukite Mae Ashi Yoko Geri (tsugi ashi), Uraken Uchi, Gyaku zuki.	Zenkutsu Dachi Kokutsu Dachi, Zenkutsu Dachi Zenkutsu Dachi	forward → backward ← forward →	1 1 1
	Turn back and repeat the same sequences			
SHODAN - NI				
	Mae Geri, Yoko Geri (changing leg)	Zenkutsu Dachi	forward →	1
Sequence 1	Gedan Barai, Gyaku zuki	Zenkutsu Dachi	backward ←	1
	Mawashi Geri, Yoko Geri(changing leg), Uraken Uchi, Gyaku Zuki	Zenkutsu Dachi	forward →	1
	Turn back and repeat the same sequences			

KATA

SENTEI KATA
HEIAN WAZA
SHUTO WAZA

Demonstrate **complete mastery** and knowledge of the applicability of the attack and defense movements contained in Heian Waza and Shuto Waza. **Stability, balance, vision and body expression.**

TOKUI KATA
BASSAI DAI, JION
or KANKU DAI

Demonstrate mastery of a researched and chosen kata within your **personal characteristics**, showing in-depth knowledge of all its techniques by executing it with **stability, balance, vision and body expression.**

KUMITE

TODOME WAZA

Demonstrate correct Todome Waza in **the same place** by applying Kizami Zuki, Gyaku zuki and Mae geri.

OGI WAZA
Gono Sen: Uke Waza
and Amashi Waza

OFFENSE SIDE - attack (half attack) with Kizami Zuki jodan, Gyaku zuki chudan and Mae geri chudan.
DEFENSE SIDE - use uke waza or amashi waza and counterattack.

JYU IPPON KUMITE
Gono Sen: Uke Waza
and Amashi Waza

Demonstrate **correct application of attack and defense movements** maai /todome waza (Gono Sen: Uke waza / Amashi waza). Oi Zuki jodan, Oi Zuki chudan, Mae geri chudan, Yoko geri chudan, Mawashi geri jodan, Ushiro geri.

JYU KUMITE

Demonstrate fighting strategy, timing, distance, and todome waza. **(*)From 14 to 17 years old use Ko Go Kumite**

Updated ITKF Links

WEBSITE: www.itkf.global
E-MAIL: secretary@itkf.global
Facebook: [@itkf.global](https://www.facebook.com/itkf.global)
Instagram: [@itkf.global](https://www.instagram.com/itkf.global)

Communications & Marketing committee:
communications@itkf.global

Youtube: ITKF - International Traditional Karate Federation



Summary and Thanks

The ITKF Communications & Marketing committee is grateful to all the good ITKF people who made publishing this Newsletter possible as we jointly ensure the Tradition Continues.

We are already working on the next ITKF Newsletter and happy to get relevant materials from ITKF members through this email: communications@itkf.global

ITKF Communications & Marketing committee: **Eyal, Ibrahim, Roman, Leo**

Wishing all good health and strong spirit.

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