



Traditional Karate

ITKF NEWSLETTER

**International
Traditional Karate
Federation**

World Governing Body of Traditional Karate

Number 4 January, 29th 2021



A GREAT 2021 TO ALL



**Dento
Karate
Israel**

officially recognized
by sport authorities

**ITKF
Nostalgia**

Remembering Dan
Stuparu sensei

Dear ITKF member,

We are happy and proud to present the 4th ITKF newsletter.

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

We salute our friends of the ITKF Innovation Group for creating the New ITKF Web Site.

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,

I hope everyone is well physically and emotionally together with your families. I hope that we can have a healthier, lighter and more balanced year in 2021.

I thank you once again for the work and dedication of Mr.-Eyal, Ibrahim, Roman, Leo and Marcelo in the planning and development of this newsletter.

2020 was a year of great challenges for all of us, we were taken to extremes by the impacts and the extent of the pandemic. I hope that as a world community, we may have learned that we are all interconnected and that solidarity and empathy make all the difference to build a better world.

ITKF has also institutionally lived through all situational restrictions and we focus on working within the possibilities and using all available technological resources. The result was beyond our expectations, we never had so many meetings and we never communicated so much, there were 41 meetings of the internal committee, 19 meetings of the technical committee, 5 meetings of the board of directors and 1 general meeting. Our Communication & Marketing committee, always committed and active, also produced 3 newsletters of excellent quality. Paradoxically, social distance has brought us together virtually.

In 2020, ITKF successfully completed its re-registration process, thus updating information from more than 60 affiliated countries and storing all documents in physical and digital form. Another important advance in the management area was the construction of the new website, which in addition to bringing all institutional information to affiliates is being transformed into a multifunctional portal.

Three Global Seminars were also developed. A Technical seminar, given by members of the ITKF Technical Committee, and two Thematic Seminars one conducted by the Karate and Kobudo Commission of Okinawa and another by the Hara Woman Commission. The three events had excellent repercussions and reached a large audience.

The promotion and strengthening of the ITKF brand was also very significant on the website and on social networks. There were more than 14,000 clicks on our website, more than 60,000 reached on Facebook, more than 10,000 accounts reached on Instagram and over 15,000 views on YouTube.

In addition to the Communication & Marketing Commission, the Innovation & Technology, Karate and Kobudo commissions from Okinawa, Hara Woman, Socioeducational and Athletes were created. Several social responsibility campaigns were also developed (wearing masks, preventing breast cancer, preventing prostate cancer, preventing suicide, etc.) and the Traditional Warriors were also created.

Our Technical Committee started the work of revising and updating the technical guidelines and the competition rules book. Important guidelines for guiding and directing the technical principles of traditional karate.

It was a long year and a lot of work, I would like to thank everyone who worked for ITKF and Traditional Karate.

In 2021 we will implement the actions of ITKF Traditional Karate University in the areas of training, research and in the global implementation of socio-educational projects. We will start in March with re-registration of graduations and the issuance of digital certificates with QR CODE. In the second semester we should return to regional competitions (Americas, Africa, Asia / Oceania and Europe), in addition to the Nishiyama Cup.

We will have a year of hard work ahead of us. To paraphrase an expression used by our Secretary General "ITKF is today a Locomotive in Motion".

We will continue to grow and we will become stronger and stronger. We count on the participation and commitment of all our affiliates, directors and contributors.

Traditional Greetings

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Gilberto Gaertner, PhD
ITKF Chairman

Dento Karate Israel Officially recognized by Sport Ministry

By Eyal Nir sensei



Following a huge effort and a long process the ITKF of Israel was finally able to get independent recognition from its country's sport authorities as the sole governing body for Dento Karate-Do (traditional Karate) of Israel.

Facing initial preference of Israel sport authorities for having a single Karate organization, with the Traditional discipline merged into the WKF of Israel, we were able to show this is not advisable nor actually possible given current constitutions of both WKF as well as the ITKF.

Finally, it was decided to grant us separate recognition, independent of WKF, realizing ITKF Traditional Karate is fundamentally different from the WKF modern Karate.

This is a very significant achievement for the ITKF of Israel as well as for the ITKF and its members worldwide.

Throughout the long process for achieving governmental recognition we enjoyed the good service of Mr. Nir Abudraham - a very experienced strategic advisor who proved to be very efficient and effective and can probably help promote other ITKF member organizations worldwide. We deeply thank Mr. Abudraham for his significant contribution to getting Dento Karate Israel officially recognized.

Now we are ready to leverage this great achievement in many ways for promoting ITKF traditional karate in our country and beyond and wish all our ITKF friends success in obtaining similar recognition in their respective countries.



Sensei Nir presenting the Recognition certificate

Ministry
of Culture
& Sport

משרד
התרבות
והספורט



THE 2 ARROWS “pain is certain, suffering is optional”

PAIN VS. SUFFERING

There is pain in human life as part of our actual existence in this world – this realization is symbolized by the first arrow, in the well-known Buddhist parable. Yet it is the additional self-caused 2nd arrow suffering we can avoid.

This first arrow or pain is unavoidable and hits us throughout our life circumstances such as illness, loss, physical pain and death as presented in the 1st Buddhist noble truth.

On the other hand, the additional suffering that follows the initial pain, which is associated with the second arrow and more arrows that usually come, is largely "optional self-caused" - unnecessary layers of suffering that we add to the initial pain with our inner voice giving constant opinion and interpretation of life events such as – ‘Oh my God, why? It will never end! Why me? Again? I cannot take this anymore! I am a victim of...’

In the displayed image the girl has slipped over a banana and dropped her tray – 1st arrow pain (top left small image). Unwilling to accept the situation (what is) her resistance is manifested by crying Noooooooooo... thus inflicting unnecessary additional suffering – 2nd arrow. What can you do? How to prevent the second arrow's unnecessary suffering? Avoid adopting a 'stone's approach' - rigid, seemingly unaffected by environmental events so as not to feel or be harmed by external circumstances beyond my control. Rather, be like water or like the wind that is in constant flow



and adaptation - encountering a rock (1st arrow's Pain) it immediately flows on while accepting and adapting to what is. Understand and accept world's nature of constant change with mutual influence between all beings - Buddhist emptiness and 'interbeing'.

Instead of trying to build an ineffective shielding wall of detachment and an attitude of indifference toward the world, learn to live and flow with what is through understanding and accepting the "rules of the game" governing this world and your existence.

When pain comes look it in the eyes, if there is anything to do to reduce it - do and if not accept, either way avoid adding 'your stories' that bring extra arrows and unnecessary suffering.

BUDO KUMITE PERSPECTIVE

BuDo Karate concept of KumiTe can serve as an example or analogy; 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, affecting and constantly adjusting to the other. We have a plan but it is subject to change at any moment, accepting 'what is' applying mental flexibility and adaptation.



2020 ITKF

GLOBAL SEMINAR



ITKF GLOBAL SEMINARS

By GILBERTO GAERTNER - ITKF CHAIRMAN

During a year marked by the pandemic, ITKF held three global seminars with great success. With the impediment of physical contact, technological mediation and video conferencing platforms were the solutions found to maintain institutional activities. Our main objective was to bring the ITKF closer to the affiliates, providing relevant information to all who make up our institution. In this way, we partially supply face-to-face activities that could not be carried out in 2020.

The first seminar was given by members of the Technical Committee (Sensei Jorga, Jor-

gensen, Gilberto, Nedev, Contarelli and Gomez) in order to bring technical, scientific and historical information about ITKF Traditional Karate, as reported in newsletter number 3.

The 2nd ITKF Global Seminar was a thematic seminar and the main objective was to present Okinawa Karate and Kobudo (OKK). Our "ITKF OKK" commission, to whom we thank the work, made the contacts and enabled the participation of Master Tsuguo Sakumoto. Master Sakumoto was very kind in accepting the invitation and brightened up the seminar by presenting Okinawa techniques.



GIORDANA DE SOUZA



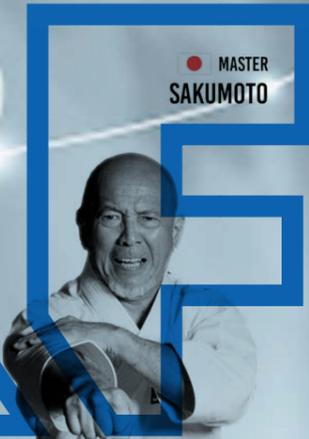
VERA KUCHARENKO



SANDRINI EL MARHOMY



MASTER WATANABE



MASTER SAKUMOTO



The Seminar was complemented by the Kobudo class taught by sensei Hector Maroli from Argentina, the presentation of kata and bunkai by Master Tasuke Watanabe, and the Kitei Kata and Kumite classes taught by world champions Martinna Rey and Cornel Musat respectively.

The 3rd ITKF Global Seminar was also a thematic seminar that had the support of the Hara Woman Commission, to whom we give our thanks. This commission gathers and integrates women practicing karate to discuss their specificities. The objective of this seminar was to highlight gender equality in the ITKF and the quality of our instruc-

tors, in line with the UN Sustainable Development Goals (SDGs). Sensei Sandrine El Marhomy addressed principles and techniques of traditional karate aimed at children and world champions Giordana de Souza and Vera Kurechenko presented karate applied to self defense and Kumite principles and techniques respectively. It was a historic seminar, as for the first time in ITKF history a seminar was given only by women.

In addition to the technical quality of the activities taught and the excellent receptivity, with the participation of more than 60 countries, the events served so that we could learn about new technologies and

platforms for remote events. This knowledge will help a lot in the activities to be developed by ITKF Traditional Karate University.

Reading the countless comments and feedbacks from those who watched the events, some points caught my attention and are reported below:

(...) ITKF always seemed distant and almost inaccessible and suddenly with the seminars it was inside my house (...)

(...) the seminars were very valuable for all practitioners in our country, please keep these activities regularly (...)

(...) very enlightening classes to optimize techniques based on the principles of traditional karate (...)

(...) it was great to see and meet several instructors and world champions, giving classes and sharing the knowledge they acquired throughout their career (...)

I am very grateful to everyone who participated in the planning, all the technical care and editing, the instructors who taught the classes, all the employees and everyone who attended and participated in the ITKF Global Seminars. In 2021 we will have more surprises.

Africa 2020 summary

By IBRAHIM ALBAKR - ATKF CHAIRMAN

Year 2020 has been very challenging given the Corona pandemic yet despite great difficulties the ITKF was able to hold significant activities worldwide, grow the organization and introduce new initiatives.

Here is a summary of the above organized by region:

390 athletes from 11 countries participated in the 2nd ITKF AFRO-ASIA ONLINE OPEN with a special drawing for SPECIAL NEEDS champions.

Age Groups: 6 years old to 15 years old (Boys and Girls)

Date: 31 October to 2 November 2020

Place: ONLINE

Powered by: ITKF

Supervised by: ITKF Technical Chairman

Hosted by: ATKF

Co-Hosted by: Indonesian Traditional Karate Federation INATKF

2nd ITKF AFRO-ASIA OPENING CEREMONY in the presence of:-

1- ITKF Chairman - Prof. Gilberto Gaertner

2- ITKF Technical Chairman - Shihan Richard Jorgensen

3- ITKF General secretary - Mr. Luiz Küser

4- ATKF Chairman - Amb. Ibrahim Al-Bakr

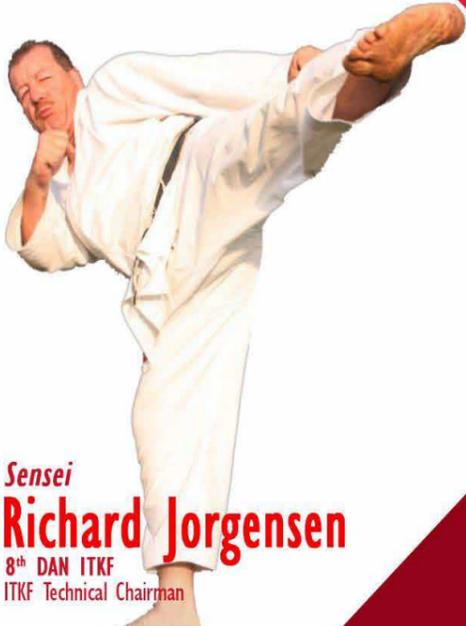
5- INATKF Chairman -

The report of the INATKF's chairman - Mr. H.M MuchlasRowi

- Welcoming speech from the sports minister of Indonesia & opened the second Afro Asia Traditional Karate Championship - Dr.Zainudin.AmaliMsi

KORMI Chairman Indonesian Community Sports Committee - Mr. H.Hayonolsman

- Aside from the championship, ATKF organized the 3rd Online ITKF AFRO-ASIA Judges seminar by Sensei Richard Jorgensen, "ITKF Technical Committee Chairman and ITKF Shihan Kai Committee Member"



**3RD ONLINE
ITKF AFRO-ASIA
JUDGES SEMINAR**

30 October 2020

Sensei
Richard Jorgensen
8th DAN ITKF
ITKF Technical Chairman



ORGANIZED BY
INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

ATKF
AFRICA TRADITIONAL KARATE FEDERATION
ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

DEAR SENSEI H.M MUCHLAS ROWI
INATKF CHAIRMAN

THANKS FOR BRINGING SO MUCH SUCCESS TO OUR EVENT
IT DESERVES ALL MY APPRECIATION
WELL DONE

Thank you!

AMB. IBRAHIM ALBAKR
ATKF CHAIRMAN
ITKF BOARD OF DIRECTORS MEMBER

ITKF
2ND ITKF AFRO-ASIA ONLINE OPEN



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ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

GIRLS 8 YEARS

CALLYSTA SALSABILA
YUMA SAKAMOTO

SAGA WAEL
MARIAM E HAB

MALAK HOSSAM
HANINE CHORFI

CIELLA NABIA
MAYALDA FERREIRA

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GIRLS 10 YEARS

BALKISS BOUZAZ
HONAMI HANAFUSA

NINA WATANABE
GANA MEDHAT

FIPA ROMÃO
DINA FUJI KARATI

MARIAM ALA
IBRAHEVA DANA

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INDONESIAN TRADITIONAL KARATE FEDERATION
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FEMALE 12 YEARS

YUA HORIUCHI

RAHMA FAWZY

RADWA YASSER

RETAG MOHAMED

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ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

FEMALE 15 YEARS

MARAM MAHMOUD
ABDELMONSEF

MARAM AHMED

ASUKA HARUOCHI

PRETTY SWASTIKA

ITKF
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ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

MALE 15 YEARS

ROMÃO MARTINS

PO'LATOV TOSHTAMIR

MONTASSAR BELLAMI

FAROUK EL SAYED

ITKF
2ND ITKF AFRO-ASIA ONLINE OPEN

ATKF
AFRICA TRADITIONAL KARATE FEDERATION
ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

YUA HORIUCHI

BEST ATHLETE - FEMALE

ITKF
2ND ITKF AFRO-ASIA ONLINE OPEN

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AFRICA TRADITIONAL KARATE FEDERATION
ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

ROMÃO MARTINS

BEST ATHLETE - MALE

ITKF
2ND ITKF AFRO-ASIA ONLINE OPEN

ATKF
AFRICA TRADITIONAL KARATE FEDERATION
ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

SONIA HASNI

BEST JUDGE - FEMALE

ITKF
2ND ITKF AFRO-ASIA ONLINE OPEN

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AFRICA TRADITIONAL KARATE FEDERATION
ASIA-OCEANIA TRADITIONAL KARATE FEDERATION

INDONESIAN TRADITIONAL KARATE FEDERATION
INATKF

HASSAN AMMAR

TOURNAMENT DIRECTOR

ITKF
2ND ITKF AFRO-ASIA ONLINE OPEN

2ND ITKF AFRO-ASIA ONLINE OPEN

**SPECIAL NEEDS
SPECIAL EDUCATION**

1ST PLACE

ABD ELRAHMAN ATEF

POWERED BY ITKF



ITKF Nostalgia

Remembering Dan Stuparu sensei (1951-2013)

By NICOLAE MARANDICI and GABRIELA DINEATA

Sensei Dan Stuparu was born on the 20'th of October 1951 in Ramnicu-Valcea, Romania.

Sensei Dan Stuparu is one of the pioneers of karate in Romania. At the age of 21, (in 1972) he started practicing karate in Brasov, Romania, under the supervision of Master Dorel Negrea; there, a group of people were trying to discover the secrets of the martial arts.

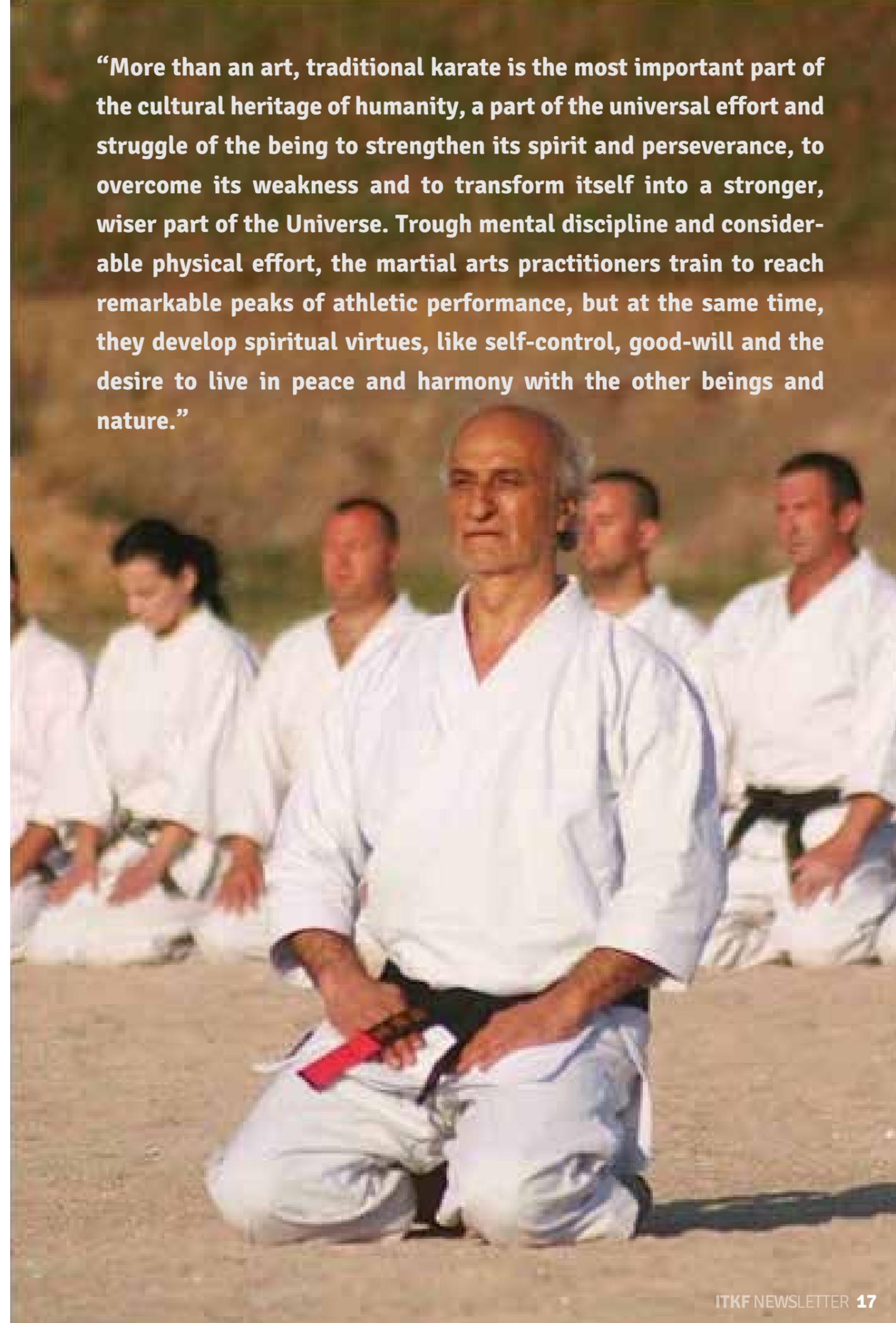
Two years later, he became the student of the well renowned master at the time, Sensei Ilija Iorga, a Yugoslavian born (but with deep family roots to Romania, his parents being of Romanian ethnicity) who will become the father of what is now known as Fudokan (stable house foundations) Traditional Karate.

Under his guidance, Sensei Dan Stuparu became very attached to karate, perfecting his techniques. As the years passed, Stuparu transformed himself from a valuable karate practitioner, to a highly respected and beloved karate trainer, putting his mark on each and every student who has crossed the entrance to his dojo.

During the communist regime in Romania, martial arts were banned from being an organized sport.

Immediately after the regime fell (in 1989), sensei Stuparu was one of the founding members of what was then called The Romanian Martial Arts Federation, where all martial art styles were reunited under one roof. Together with Adrian Popescu Sacele

“More than an art, traditional karate is the most important part of the cultural heritage of humanity, a part of the universal effort and struggle of the being to strengthen its spirit and perseverance, to overcome its weakness and to transform itself into a stronger, wiser part of the Universe. Through mental discipline and considerable physical effort, the martial arts practitioners train to reach remarkable peaks of athletic performance, but at the same time, they develop spiritual virtues, like self-control, good-will and the desire to live in peace and harmony with the other beings and nature.”





and followed by his closest instructors, George Dragomir, Cezar Cotescu, Arustei Sorin, Mircea Bolintineanu, Dan Smalberger, Roxana Cruher, Nelu Nastase and Nicolae Marandici, sensei Stuparu laid the foundation of the traditional karate movement in the largest cities in Romania.

Later, in 1993, together with his closest collaborators, he founded the Romanian Traditional Karate Federation and Associated Disciplines. In 1997 the 'Romanian Traditional Karate Federation' was established under the direct guidance of Sensei Dan Stuparu, as its president and technical director. The Romanian Traditional Karate Federation has been and remained one of the strongest federations in Romania under Sensei Stuparu's leadership. Sensei Stuparu's Summer Seminars, which gave birth to the new name, Romanian Traditional Karate Federation, under the direct guidance of Sensei Dan Stuparu, president and technical director.

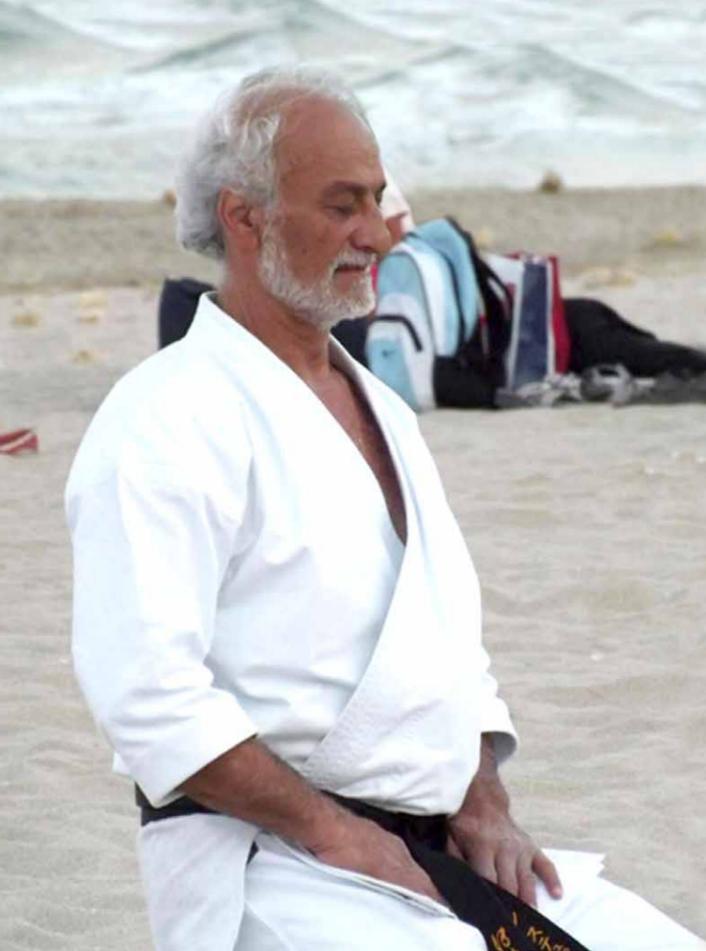
The Romanian Traditional Karate Federation, affiliated to International Traditional Karate Federation and to World Fudokan Federation has been and remained one of the strongest federation in Romania. Following Sensei Dan Stuparu's leadership, the Romanian karate movement has become, almost immediately from being organized into a federation, one of the top 3 countries in international competitions.

His Summer Seminars, which became a tradition within the tradition, which were held on the seaside of the Black Sea gather hundreds of participants, in a "man before nature" type of training which created a special mystic atmosphere between the participants, making it impossible to ever forget any of the attended seminars.

Sensei Dan Stuparu was not only a great leader for the R.T.K.F., he also became involved in international leadership, being appointed member of the Technical Committee of the I.T.K.F., vice-president of the European Shotokan Fudokan Federation, and also president of the Balkan Traditional Karate Federation.

For his entire professional career, he was awarded the national order of "Faithfull service", the highest order the Romanian state offers to a civilian.

Under his guidance, the Romanian Traditional Karate Federa-



tion was offered the High Patronage of the Romanian Prince Radu of the Royal House of Romania, being the first sports federation to have been awarded this patronage.

His published book, “The manual of the karate instructor” is still a cornerstone in any instructor’s career.

The sturdy foundation on which he placed his construction, the Romanian Traditional Karate Federation and movement, meant that, as in all great masters, his passing did not lead to the crumbling of the scaffolding, but rather to a continuation of his life work. In his words, “Today, a little bit

better than yesterday, tomorrow a little bit better than today”, the Romanian Traditional Karate Federation has continued, under the guidance of his closest instructors, students and friends, to be in the leading pack of the international karate movement.

His contribution to the karate movement is of utmost relevance, making him part of the select few members of the “Sky Dojo” where all great masters go to watch over their students.

BY DR. V JORGA

“In all honesty every time I think of him my heart both tightens and grows. My memories of him are deeply imprinted in my brain and my soul and however I choose to remember him, whatever I write and say about him, somehow leaves me with the impression that it will never be enough. Dan was, and still is, a story untold”.

On the last day of his life, I spent the whole day with him. We had training, after which we spent the afternoon talking about our activities, actions, our ideas and thoughts about the future of traditional karate. One of the conversations that most certainly convinced me that he is the person that I saw as my successor. My Kohai. My friend. A man who possessed so many qualities I cherished and respected so much in a karateka - his persistence, his dedication to karate, to training, his respecting and preserving our traditional karate way, his ability to overcome any problem that he encountered. The way he passed on his knowledge to his students, with so much commitment, with an idea and a vision. Maximum effort. He was my legacy.

But by far, the most soulful memory I have of him is the way he treated me, respected me and loved me. After our day of training and conversations, we both retired to our rooms. In the evening I had a problem with my TV set. In the dead of the night I went to his room to ask him for help, so he came to my room and fixed it. He always tried to do right by me, always so considerate and respectful. Leaving my room that night was the last time I saw him in good health, and this is how he will remain in my memory. Wishing me a good night sleep, smiling and making jokes. Joyful as he was.

Dan will always be alive through his life’s work. The foundations of the traditional karate in Romania that he built, and his contribution to development of traditional karate in Romania, and Europe are indisputable. For the generations who had a privilege to learn from him and train with him - he will remain their Sensei for life. For the generations to come - he will forever be a role model. Forever loved, respected and missed so much.

For me he will always be one of my closest friends, my Kohai and my karateka. My Samurai. I now seek his friendship in my memories, where he will remain forever.

A message from the ITKF Traditional Warriors

2020 was a highly unexpected year; we did have plans and goals yet then Corona came and forced us to change and adjust as Karate people can and should. With a positive spirit we are thankful for the many goals we were still able to achieve and with the new vaccine we hope to emerge from Corona year into a much better 2021 as always keeping our Zanshin, Kime, Kiai and Hara along our on-going path of Karate-Do. Get stronger thru challenge.





Traditional Karate Principles

PART 4

By Sensei R. Jorgensen – ITKF technical committee chairman

The last 4 decades have seen an evolution from what Master Funakoshi dubbed as “Karate” in the early 1900’s to what the ITKF renamed “Traditional Karate” in the mid-1980’s. While this name change seemed quite simplistic, its meaning is complex and not well understood as individual struggle over the concept of “what is karate?” The ITKF used the term Traditional Karate to distinguish itself from other kicking and punching sports that had as a primary goal – competition and winning.

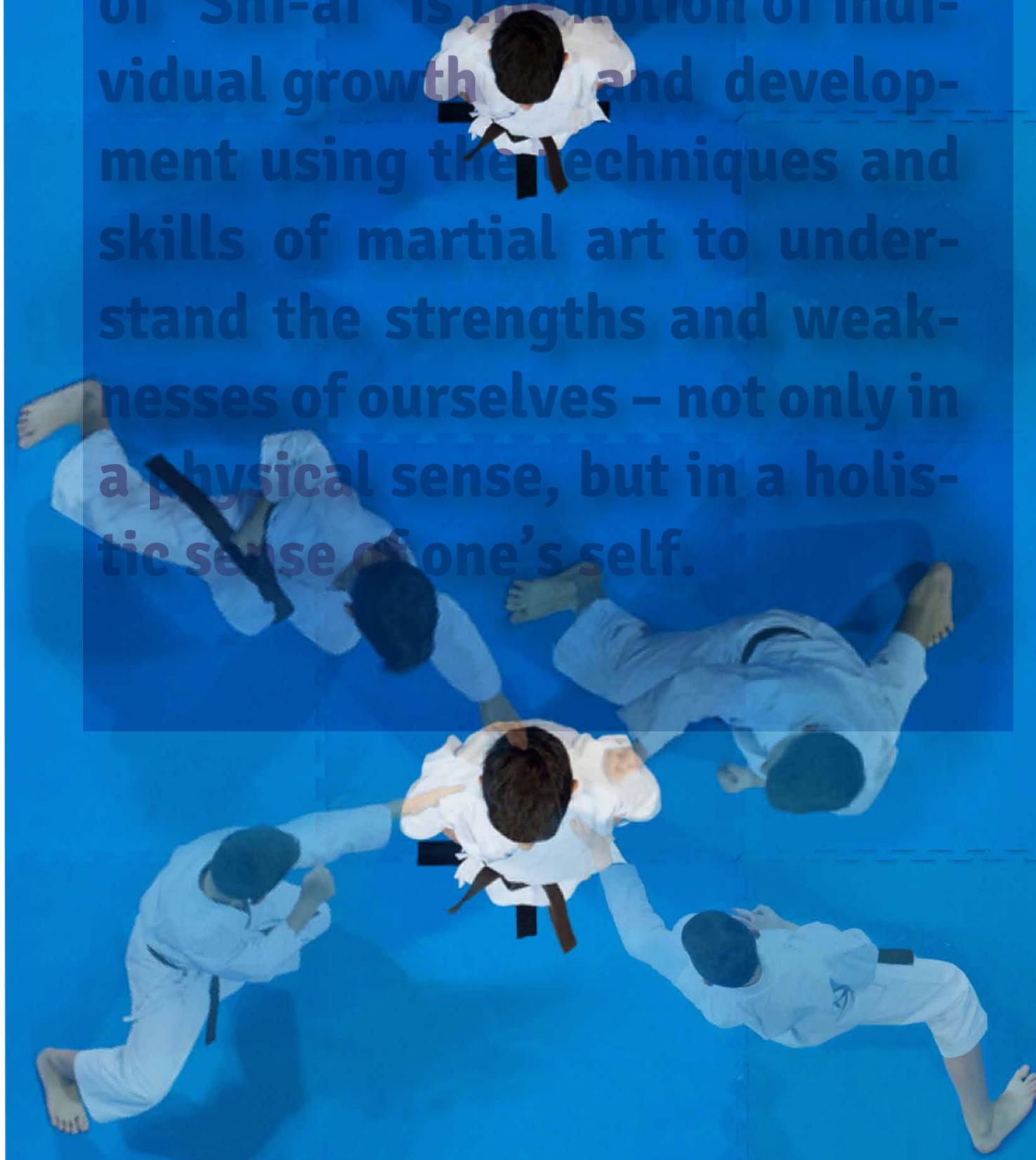
I have spoken about the history and the evolution of Karate in previous and many pay lip service to the concept that ITKF competition is different than other competitions involving kicking and punching sports. The concept of ITKF competition is based on the Japanese notion of “Shi’ai” – a simplistic translation is “testing each other”. But that notion involves a very complex path of learning. **At the essence of the concept of “Shi-ai” is the notion of individual growth and development using the techniques and skills of martial art to understand the strengths and weaknesses of ourselves – not only in a physical sense, but in a holistic sense of one’s self.** That is, mental, physical and emotional (mind, body, spirit).

Most dojo shi’ai within ITKF have followed this concept as a method of

training, working with the concepts of reaction force, tanden and kami-tanden unity, to keep the path of holistic development and understanding needed for growth. But, human nature is such that, when facing an opponent in a tournament, or public competition, the individual’s inner mind frequently changes from learning to winning. This change in the individual’s Karate mind is extremely dangerous to the path of Traditional Karate itself. It is even more dangerous if the individual is chosen as a “winner” with this attitude as now, this attitude has been rewarded.

This transition began in the 1960’s and has continued forward until this very day. The purpose of Karate changed with the formation of the World Union of Karate-do Organizations (WUKO), which has itself evolved to WKF today. The pri-

At the essence of the concept of “Shi-ai” is the notion of individual growth and development using the techniques and skills of martial art to understand the strengths and weaknesses of ourselves – not only in a physical sense, but in a holistic sense of one’s self.



mary purpose and promise of this organization was to take “Karate to the Olympics”. Significant compromises were made at the request of the International Olympic Committee to the rules – which in turn changed the activity completely. While many will disagree, and many will claim that one need only to look at the rules to understand this point. The introduction of weight categories into competition (let alone the many other compromises made) immediately destroyed the use of the martial art skill as a pathway to learning. Why? Because the fundamental principle of the skill development in the original martial art of karate was based on self-defense, that is, avoiding danger. The physical skill of self-defense was practiced with repletion in order to ensure the last chance an individual had to avoid danger (that is a physical technique was required) was as good as the first chance to avoid danger. That is the skill of perceiving danger from afar and avoiding it altogether. Simple notion, hard to do – because it involves controlling one’s ego and improving one’s awareness.

The most simplistic definition of “danger” facing something one perceives to be able to bring harm. That is, something that is more powerful than one’s self. Invariably, dojo Sensei’s use examples to express this as something we perceive as “bigger power”. In a recent post on ITKF.global the ITKF’s General Secretary, Mr. Luis Kuster, expressed how Sensei Watanabe trained the Brazilian Karate Team members by using the image of Sensei Gomez as the motivation to bring a more dedicated attention to training by saying, “Do you

think Gomez will show you mercy when you face him?!” This is, perhaps, a recent example that will strike home with the reader of this article regarding my point. Training requires the image of facing danger in every moment.

The principle of self-defense does not allow you to choose your opponent. Consequently, the notion that there are weight categories in a Karate competition completely opposes this notion of “danger” and makes Karate simply a game.

Sensei Nishiyama addressed this very point in his address to the first ITKF Budo Conference in 2007. This is contained within the published version of ITKF Traditional Karate Competition Rules. He stated, “Competition in all sports, while challenging, is viewed as ‘amusement’ or ‘entertainment’ which itself has become big business. Bu-do is about self-development. Self-development is not a game, nor is it entertainment. Its purpose is to enhance the quality of the human being.

Rules (of competition) cannot define character, but they can help to shape character. Consequently, we can never lose sight of the Bu-do foundation in our competition rules or we run the risk of misshaping the character of students. Sport coaches develop champions for winning. Bu-do coaches develop champions for life.

My point of this article is to refresh everyone’s mind as to what the purpose of ITKF competition is about. Adherence to the principles of the Shi’ai (competition) as a tool of learning is lost when dojo Sensei’s who become judges, devi-

ate and accept less than they would in a dojo. In my experience as both an ITKF International Judge and as the ITKF Technical Chairman, I have experienced first-hand this deviation. When Judge’s do not follow the same principles of decorum, behaviour and attitude in a competition that is expected in the dojo, then a disservice is done to the ITKF and the path of Traditional Karate.

Throughout the decades, I have conducted (and attended) many Judging seminars. Many individuals believe the ITKF Competition Rules are very complex – but that is simply not true. In most instances, I have found and observed that it is our own understanding of the rules that makes them complex. The rules are really quite simple. The ITKF Rules of Competition provide boundaries to ensure the principles of Traditional Karate are being displayed. There are rules to guide the development of Mind, rules to demonstrate the principles of human movement and creation of power; and, rules to ensure the control of ego and emotion. These rules were deliberately designed to help shape character. If ignored, the outcome changes the activity from Traditional Karate – to simply a game of Karate.

Sport and competition can teach us many things about ourselves – both negative and positive. Confidence for example is a razor edge from arrogance. Humility is a razor’s edge from conceit. Understanding each is the responsibility of leadership. The Sensei is considered the leader in the dojo and has the responsibility to mentor the holistic development of the individual student.

Similarly, a judge is the “Sensei” of the competition. Understanding the rules and their application is as much a responsibility to continuing the development of the individual participant properly as the dojo instructor teaching a blocking action.

The individual participant, whether in the dojo or competition, is linked by what and how the path is presented. The competition must be connected to the principles taught in the dojo or the competition is not useful as a tool in learning Traditional Karate.

During this world pandemic, teachers and students alike have a great opportunity to study and reflect deeply on these concepts. We have embarked on teaching and discussing these concepts online in a manner never before used. I hope that individuals will take advantage of these opportunities.

Being named “champion” at a competition is one moment in time. Training in Traditional Karate is a lifetime of moments. As instructors, judges and leaders, it is our responsibility to ensure one moment is connected to the next.



Updated ITKF links

WEBSITE www.itkf.global *****New*****

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

Wishing the entire ITKF family a great 2021 as we jointly ensure the Tradition Continues

ITKF NEWSLETTER

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