



Traditional Karate

**International
Traditional Karate
Federation**

ITKF NEWSLETTER



World Governing Body of Traditional Karate

Number 2

July, 18th 2020

INTRODUCING THE ITKF TRADITIONAL WARRIORS

Afro-Asia Technical workshop

with the participation of
60 judges from 25 different
countries countries.

ITKF Nostalgia

Remembering
El Marhomby sensei



ANNOUNCING THE NEW ITKF WEB SITE

Dear ITKF member,

We are happy and proud to present the 2nd 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 members of the large ITKF family,

Cordial greetings to the official representatives of ITKF, to teachers, athletes and practitioners of traditional karate around the world. I hope that everyone is well with your families and communities and you continue to follow the health guidelines of your regions.

I am very happy and proud of our communication and marketing team for the great work they have been doing and this second issue of the Newsletter is a clear proof of this work. Another major institutional milestone was the live launch of our institutional website (itkf.global) on July 11th, also the result of the excellent joint work of the innovation and technology committee with the communication and marketing committee and our entire board. The event that brought together more than 50 ITKF representatives on four continents was a great success. ITKF is going through a great moment, we have completed the registration of our affiliates and now we have consistent information to leverage our strategic planning and the expansion process. Our next step will be to register the black belts of each national federation registered with the ITKF for publication on our institutional website. I would also like to highlight

and thank our technical committee, which has been meeting quite frequently and is working on updating and adjusting the rules and technical content and arbitration, which are one of the pillars of traditional karate.

For the second half of 2020 I would like to announce the launch of our institutional video, a global technical seminar and the official start of activities at Traditional Karate University by ITKF.

I ask everyone to continue working as an integrated team with a focus on dialogue, cooperation and exchange, keeping our motto “Budo for Life” alive. The tradition continues.

Greetings,



Gilberto Gaertner, PhD
ITKF *Chairman*

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KARATE 武士道

Name meaning & origins

By Eyal Nir sensei

The Japanese words KaraTe were originally written as 唐手 which literally means "Tang Hand" as Tang is associated with the famous Chinese Tang dynasty, so 唐手 ultimately means "Chinese hand" and was used as a way of expressing "martial art from China." In Chinese this is pronounced 'Tang Shou' (Chinese hand).

This was changed to the current commonly used homophone (空手), using a different Kanji yet same (KaraTe) pronunciation, meaning empty hand. In Chinese this is pronounced 'Kong Shou' (empty hand).

In 1933, the Okinawan art of karate was recognized as a Japanese martial art by the Japanese Martial Arts Committee known as the "Butoku Kai".

Until 1935, "karate" was written as 唐手 (Chinese hand). But in 1935, the masters of the various styles of Okinawan karate conferred to decide a new name for their art. They decided to call their art "karate" written in Japanese characters as 空手 (empty hand).

Buddhist Connotation

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

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

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 and constantly adjusting to the other.

This can be seen as one of the deeper meanings 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).

“To study the Buddha Way is to study the self. To study the self is to forget the self. To forget the self is to be actualized by myriad things. When actualized by myriad things, your body and mind as well as the bodies and minds of others drop away. No trace of enlightenment remains, and this no-trace continues endlessly.” (Dogen)



Announcing the new ITKF Web Site

What's in it for you?

The new ITKF web portal is now available for you to enjoy. With a modern look, leveraging contemporary web visual standards it is designed for dynamic, on-going updating bringing you the latest information on the traditional Karate environment as well as providing affiliated members with a powerful tool to retrieve and manage relevant information.

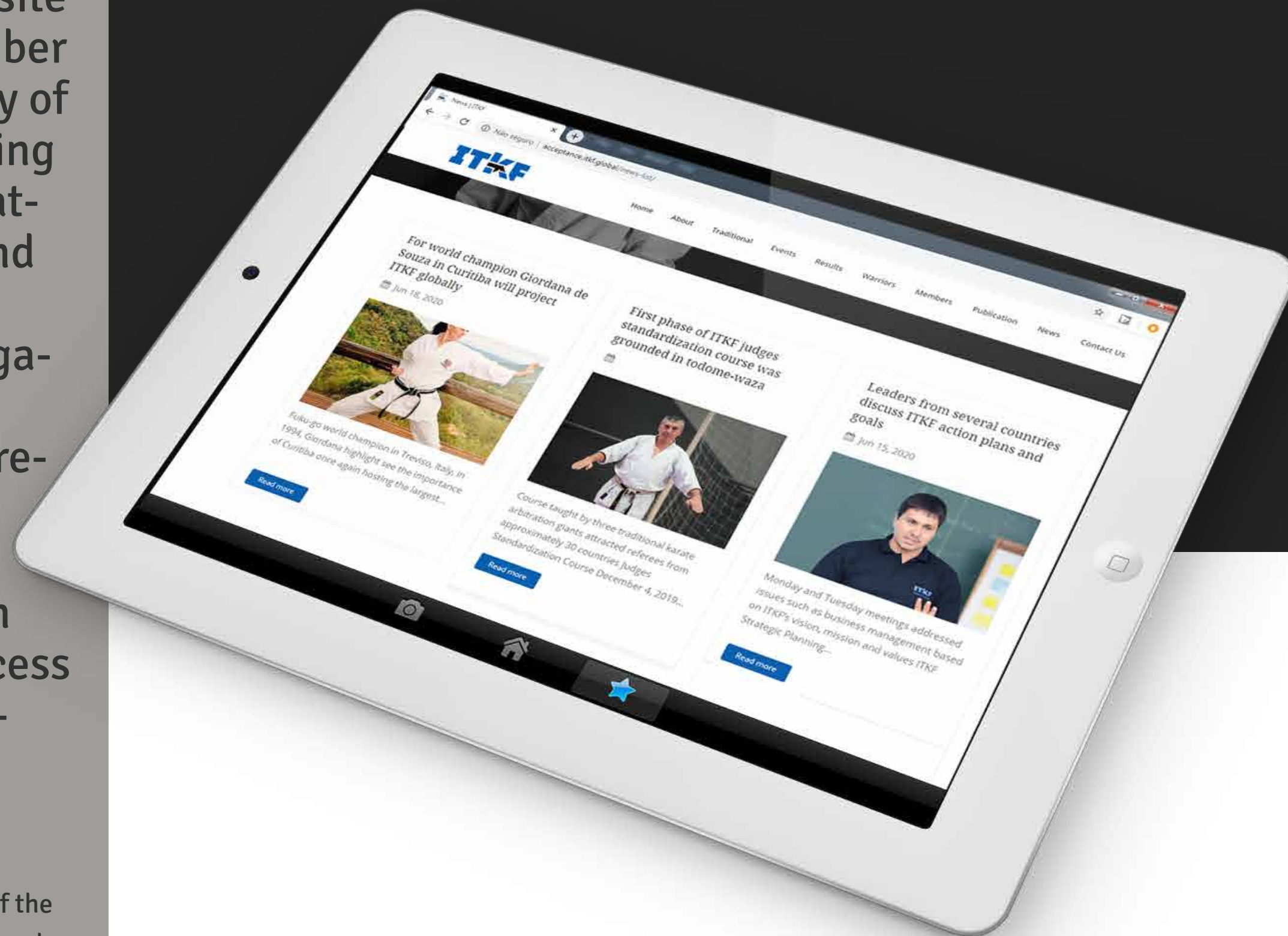
In this initial stage, it will provide organizational information and communication



channels to users around the world who wish to learn more or contact the ITKF. Moving forward our web site should provide ITKF member Federations with a variety of tools and services including an e-commerce based platform offering products and services such as online courses and events divulgation. Furthermore, we expect to soon provide a restricted “members-only” area for ITKF affiliates to manage their information and have easy instant access to registration forms submission.

Credits to the ITKF Innovation Committee

Thanks to the involvement and hard work of the Innovation and I.T. committee for this outstanding achievement.





ATKF Online Activities 1st Online Kata Tournament

The ITKF Africa & Asia regional Federations have fought the Coronavirus with Samurai spirit:



nation of the Indonesian team as the best participating team, and the Kuwait champion Salah Mustafa won the title of best athlete, while the Algerian judge Mounir Benfredj won the title of the best male judge and Ms. Manca Urh from Slovenia was elected as best female judge.

Adding to all this success, ATKF chairman announced the 1st international Afro-Asia Technical workshop for all the ITKF instructors that was held online demonstrating our 'Tradition Continues' spirit regardless of the difficulties and challenges we face, with the participation of 219 instructors from 60 different countries.



Ibrahim Al-Bakr, ATKF Chairman, announced the participation of 15 African and Asian countries in the first online ITKF Afro-Asia Traditional Karate Championship, which was held 8th to 11th May 2020 with the participation of 80 athletes.

Furthermore the ITKF Afro-Asia online judges' course, led by Sensei Richard Jorgensen - ITKF technical committee Chairman, was held with 60 judges from 25 different countries.

Dr. Doaa Shawky, director of the tournament, announced the coro-



We proudly announce the ATKF growth with five new national member federations of:

- 1- The Democratic Republic of the Congo (East Africa)
- 2- Tanzania (East Central Africa)
- 3- Gambia, West Africa
- 4- Mali (West Africa)
- 5- Comoros



Traditional Karate

PAN AMERICA



GOSHIN DO

The last ITKF in person event held in 2020 in Brazil was the XVIII Goshin and XV Scientific Journey.

The event held on the beach of Setiba - Guarapari in the state of Espírito Santo (Southeastern Brazil) from March 13th to 15th.

Goshin Do, in the format as it is currently performed, started in 2002 and was conceived together by Mestre Tasuke Watanabe and Sensei Gilberto Gaertner. At this time, the two already worked together at the Brazilian Confederation of Traditional Karate (CBKT), Master Watanabe was a coach of the Brazilian team and Sensei Gaertner was the technical director.





GOSHIN DO

The Goshin is held annually during the month of March and aims at applied karate training aimed at daily life. Normal karate gi is not used and training takes place in the forest, on the beach and on the mountain. In addition to technical classes, self-defense classes, emergency aid, physical and emotional health, music, meditation and presentation of research and scientific work are taught. Everything takes place in a climate of respect, relaxation, integration and much exchange.

Classes are taught by CBKT's Shihan Kai teachers and guest teachers. The average

participation is around 100 instructors and athletes from Brazil and South America. Since 2019 the event has been incorporated into the calendar of the Pan American Federation and ITKF, being open to teachers and practitioners from all over the world.

The 2020 event was held a week before health authorities in Brazil enacted rules of social isolation and all activities were carried out outdoors and were of excellent quality. We hope that in 2021 we will be able to hold this great event again and also count on the presence of ITKF members from other countries.



BuDo for Life– Enhancing your Will Power

By Eyal Nir sensei



Passions, desires, craving, urges and impulses are all part of our very human nature. We often struggle with temptations, addictions, distractions, procrastination – all part of our human existence.

Will Power (WP) is our ability to control the above including our attention, emotions and desires.

Through analyzing and understanding the 'human WP mechanism' you can enhance your WP and ultimately your success, health and happiness such as – quit smoking, losing weight, start exercising, reduce addictions, resist unhealthy sex temptation, uncontrolled shopping or web surfing....

Lack of WP plays a major role in failing to meet our set goals often resulting in feelings of guilt, failure, shame, disappointment and frustration.

People are different and consequently face different WP challenges yet all these challenges tend to play out in the same way for each of us – my craving for chocolate is similar to your craving for a cigarette. Therefore, the tools provided in this article are helpful for any goal you choose.

SELF AWARENESS

Self-awareness is our ability to realize what we do (as if observing or monitoring ourselves from outside) as we do it, analyze why we do it and assess or predict what we are likely to do.

To improve your self-control and WP you should first realize or become aware of how you lose control. Most of our choices are made on autopilot, often not even realizing we are making a choice let alone being able to influence or control the process. So to influence our choices we should first be aware when those are being made. There are many things we do out of repetitive habit and with just some awareness can realize how ineffective these are and should probably be dropped or changed.

OUR 2 MINDS INNER STRUGGLE

Evolution added our self-control system on top of our “Zebra-brain” so all the urges and instincts, that once during evolution served us well yet often get us into trouble these days, are still there.

E.g. craving fat and sweets that served as “life insurance” for our long ago ancestors have become a health or even a life risk in our time.

We are stuck with the impulses yet also equipped with impulse-control in our current dual-being.

So we have 'one brain with two minds' – our “Zebra Mind” acts on impulses seeking

immediate gratification while our more recently developed higher hierarchy brain can control impulses and delay immediate gratification.

Human existence can be described as constant switching, interaction and often struggle between our two selves. The WP challenge is the inner struggle between the two “Me”.

Every WP challenge is a battle among our different selves. For the “higher me” to take control we need strengthen self-awareness and self-control.



BuDo WP Tools

The following BuDo-based concepts and training systems are very effective in enhancing your WP.

Through developing awareness we can slow down our mental race, be more focused on a given task, reduce auto-mode conditional or habitual reactions to repeating situations and ultimately take control over our lives.

1. Meditation - with regular meditation practice our brain gets better at self-control including enhanced attention and focus, stress management and impulse control. We develop the mental skill of taking control over our mental race, chain of uncontrolled thoughts-emotions-memories learning to resist the urge to move around, scratch, itch, adjust arms.... the key point is to be aware from a 'deeper I' to all those distractions yet not follow or surrender to them thus exercising your WP. Meditation is not about getting rid of all your thoughts (empty mind is hard to achieve) but

rather learning not to get lost in them so you forget your goal, lose direction and control. Karate Kata training is a great meditation vehicle as you become one with your sequence of movements.

2.KumiTe Meditation - leveraging a unique meditation concept and method derived from BuDo principles and training methods. Meditation provides many scientifically proven benefits and is a central tool in Buddhist practice. Kumi-Te is a key term and concept in BuDo that translates (from Japanese) into integrated hands with the deep meaning of the two practitioners ultimately becoming one. KumiTe meditation, different from commonly known meditation, is often practiced in pairs thus enhancing environmental awareness, connecting to and being at one with surroundings and others, sensitivity and responsiveness, being completely within current situation here and now.

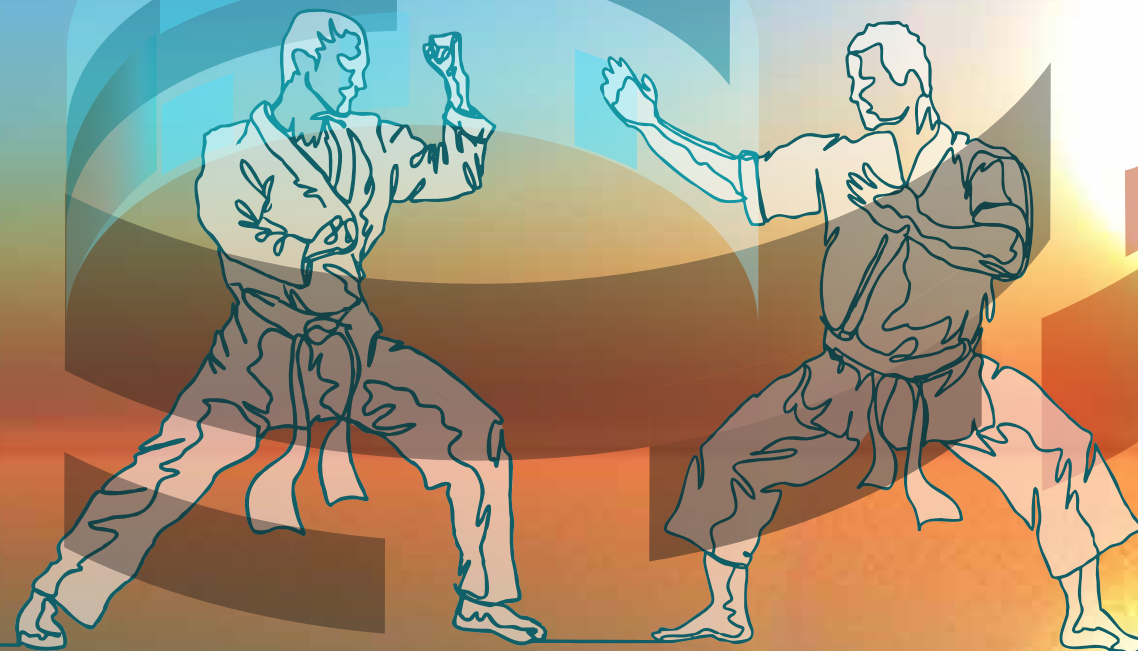
3.Stable Emotions - ability to create an inner quiet mental space within a “noisy environment” keeping Stable Emotions in all situations allowing for effective response and performance.

4.Seeing the BIG picture - the ability to symbolically “pull your eyes back” for complete awareness allowing fresh, creative approach within difficult and at times stressful situations.

5.“KiAi + AiKi” - the winning combination and ability to act with complete determination fully being here and now (represented by the BuDo concept of KiAi) while keeping mental flexibility, sensitivity and adaptation to new conditions (represented by the BuDo concept of AiKi).

6.“Go + Ju” - combining the hard with the soft or gentle (as in Japanese JuDo) mental states and approaches allowing enhanced handling of life situations in general and managing conflicts in particular.

7.“Ho-Shin” - the “Ho-Shin” concept is key for effective decision making and successful management of conflict situations. Ho-Shin stands for “give everything to remain full”. Making important decisions you should certainly consider carefully, assess the situation - odds versus risks, consult the wise and experienced and avoid unnecessary haste. Yet, once decided and for that moment give everything with no doubt, hesitation or fear of failure. By doing something fully, being completely at one with your action with no doubt, hesitation, fear of mistake or failure you create space in your brain and shall actually be more flexible to instantaneously and spontaneously adjust to new situations with no gap or recalculation by simply fully being there with a “single mind”.



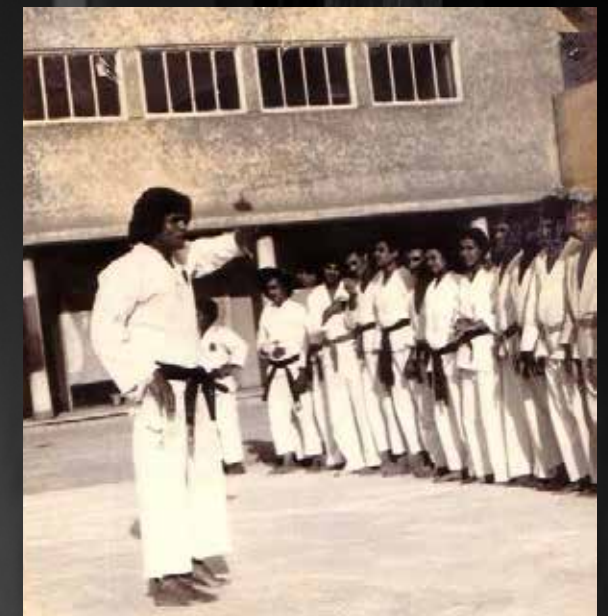
ITKF Nostalgia – Remembering El Marhomy sensei

It is with great respect that we all remember El Marhomy sensei and miss our friend, teacher and ITKF board member who has left us unexpectedly at a relatively young age.

Ibrahim El Marhomy was born in Egypt in 1957. As a teenager, El Marhomy sensei was attracted to martial arts and decided to enroll in a Sports college. The 70's rhymed with the emergence of Karate and its development throughout the world. Ibrahim had found his path and was among the first generation of Karateka in Egypt. El Marhomy sensei was a very hard instructor, intransigent with his disciples.

El Marhomy sensei introduced Karate in the biggest club in Egypt and as a class in a University program. El Marhomy sensei promoted Karate on many Egyptian TV shows, and was even recognized by the Prime Minister at the time. El Marhomy sensei met Sensei Nishiyama in the 70's, during a training seminary. His desire to travel the world made him leave Egypt and land in France for a lay-over (his calling being The USA) but after a serious car accident shattering both his knees, doctors weren't optimistic with the idea of him ever walking again. His plane for America left without him, only leaving him sulking. His thirst for life coupled with a steel like mental bore fruit and after a couple of months, he could resume his physical activities. El Marhomy sensei spent countless hours honing his skills with experts, stood alongside the elite of French Sports Karate, was a sought after teacher and his highly technical knowledge was unparalleled. However, he felt he lacked something.

As El Marhomy sensei would put it: "there was a period of my life where I thought I had it all, no one would impress me anymore. But destiny put me back on Sensei Nishiyama's path. I remember the





first seminary in San Diego, 1994. A whole week of waking up at 6am, only finishing around 5pm. We would train for 7 hours then had theory classes. I told him: Sensei, your teachings are very complex, it's hard to apply, you're asking for the impossible. He laughed and replied, you should not think about it, you just have to do it. And so I did." El Marhomy sensei' worked for 34 years with Sensei Nishiyama.

El Marhomy sensei founded his dojo in France in 1985 and the French Traditional Karate Federation in 1995, finally in consideration with El Marhomy's roots, Nishiyama sensei commissioned him to develop and promote Traditional Karate in Africa and the Arabic region. El Marhomy sensei founded the Egyptian Traditional Karate Federation in 2010 which obtained recognition in 2011, then the African Traditional Karate Federation in 2013. El Marhomy sensei also created the magazine "SELF DEFENSE" for the promotion of Traditional Karate in Arabic language, which was diffused all over the African continent.

El Marhomy sensei received the Bronze and Silver Medal from the French Sport's and National Education Ministry for all his work and accomplishments in the world of sport.

Traditional Karate was his life and blood, and vice versa. El Marhomy sensei would give his knowledge without ever expecting anything in return for himself, just to spread and give back so that anyone could feel better and grow.



ITKF

Traditional Karate

AFRICA



Introducing the ITKF Traditional Warriors

Created by - Rafael Gaertner (Writer creator & ITKF's Innovation Adviser)
Leonardo Neves (Illustrator creator & ITKF's Communication Adviser)
and Carlos Gimenez (Comics illustrator)

The Warriors were born with the goal and vision to facilitate the learning, development and dissemination of the principles and fundamentals of traditional karate. Seeing the difficulty for some kids and even adults to understand some principles of karate the creators had brought the possibilities to teach those principles in a didactic fun way. The four main characters promise to entertain, cheer up and amuse karatekas of all ages in a modal-

ity that values their fundamentals and prioritizes socio-educational aspects.

"We created the ITKF warriors with the intention to massify our art, beyond the context of sport rather as a way of life. An activity that establishes moral and ethical standards of conduct that must be followed by its practitioners. **We believe that our warriors will be able to bridge and help link the public**, at large not familiar with karate concepts and fundamentals, with the deep precepts created by Master Nishiyama", explained the creators.

BY
RAFA GAERTNER
Leonardo Neves

HARA

The inspiring Hara- the heart and mind of the group, always appearing in times of need to help and advise the other warriors.



KIAI

Has the voice and command of karate, and with his powerful shout he can ward off any enemy.



ZANSHIN

The warrior of attention, connected 24 hours a day to all situations that the group may face.

KIME

Holder of the force, applies the most powerful and potent fists.



Traditional Karate Principles

By Sensei R. Jorgensen – ITKF technical committee chairman

PART 2

Master Funakoshi is often credited as the “Father of Modern Day Karate”. Unfortunately, the “modern day” of Master Funakoshi does not equate to the “Today” of Karate any longer. The focus of the Karate he exposed to Japan and subsequently throughout the world struggles to be the continuation of the philosophy which nurtured the holistic development of the student to a higher standard of human being. The focus on how to help the student become “the very best he/she could be” as an individual human being contributing positively to society is increasingly replaced with a more casual and disposal society concerned with “what’s in it for me”. This is reflected in a paraphrased precept of Master Funakoshi, **“The Ultimate Aim of Karate lies not in victory, nor in defeat, but in the perfection of character of its participants.”**



The previous “secret society” where the Master selected a few students to mentor in the art form has given way to a mass production of students for profit. In other words, Karate has quickly become an enterprise; a business with significant commercial interests. Of course, this is not to denounce the commerce needed for teachers, as educators have always received payment for their knowledge. Rather, the danger comes when the focus becomes only commercialization which fosters the “entertainment value” and not the human development education. It is there that the erosion of the art begins.

Master Funakoshi was an educator, a teacher by

profession. Thus, it is not surprising that he developed a system and strong pedagogical approach to the instruction and learning of Karate. Many followed his lead. This has changed as technology and time have compressed the commitment and opportunity of people to endure the process of learning and development which achieves a developmental goal sometime in the future.

In other words, the journey to get to the destination now has diminished value – only the destination is seen as the reward. Such an attitude is very short-sighted since the journey often reveals more to the traveler than the actual destination itself by bringing many unexpected surprises and points of interest to those who pay attention. It is the journey itself that prepares the individual for the destination. And, so it is with the martial art of Traditional Karate (Karate-do). The journey (Do) itself has always been the destination.

Unfortunately it seems that today’s society has become one of instant gratification. This attitude erodes the values and culture of an art form which shifts the original concept to become one that seeks the achievement of a higher rank as quickly as possible – without regard for the development and individual growth needed. In other words, the rank becomes the reward, not the effort and understanding, nor growth of the individual that needs to take place to get there. Like the mercenary “Ronin” of the past, skill is sold to the highest bidder – and skill is viewed more valuable than an individual’s internal growth and maturity. Yet, skill without real

personal growth is often superficial and does not serve one well in moments of extreme danger. Superficial skill without holistic personal growth is the skill of the arrogant. Skill supported by holistic personal growth is the skill of confidence.

It is within this context that the ITKF was born in the early 1970’s. Its creation was a vision of those who predicted the erosion of the martial art of Traditional Karate within a generation of time. ITKF was created to protect the educational, individual and societal benefits that are anchored in the foundation of the Japanese concept of Bu-do which, in itself, requires holistic development of the individual in order to fully and deeply understand this concept. To quote Sensei Nishiyama, the founding President of the ITKF, “The aim of Bu-do is perfection of self by seeking and training in the Martial Arts.”

The written language using Kanji is not a literal, nor linear language. Rather it is a descriptive, conceptual language. Many of the Japanese concepts taught in martial arts do not have words in other languages to describe exactly what the Japanese concept being taught means. In fact, a single concept is multi-faceted. Thus, the student must study deeply to find the meaning, or meanings, contained within the Japanese expression. This is not an intellectual exercise, or pursuit. It requires holistic and continual training by the individual karate-ka that challenges the mind, body and spirit. It is only through this consistent effort can the principles and concepts become revealed and can be applied.



Let's start a brief journey that begins with the concept of Mind, used in the expression "Mind, Body Spirit" – generally referred to as the foundation of Bu-do.

The concept of Mind is multi-layered, complexly integrated and entwined. The concept does not mean the "brain", nor does it mean "thinking". Rather, in its simplest and generic definition we need to think of this concept of "mind" as equal to "purpose". So, generally speaking, the concept of "Mind" identifies the purpose and keeps this purpose until the objective is achieved. This includes the elements of awareness, preparation, execution, adaptability and continuation. For example, let's consider four minds needed within the mind of the karate-ka. Each of these minds must be present at all times and employed by the well-trained karate-ka. Each serves a purpose and one mind, relies on, or supports, the others – depending on the circumstance and need. How to keep these engaged at all times without effort is the result of continuous training.

1. Mushin no shin – "Mind of no Mind". This is the mind without thought, or disturbance. A stillness of mind that has faith in action and a trust of self. That is, to have the correct action at the right time, without concern for either the action or outcome, or self. A mind of stillness that reflects.

2. Fudoshin – "Immovable Mind". This is the mind of keeping purpose. In English, there is a saying "keep your eye on the ball." This can be used to describe Fudoshin in terms of always staying in focus. It has but one purpose and, in combination with "Mushin no shin", it is never divided, nor distracted.

3. Zanshin – "Continuing Mind".

This is the mind of awareness and readiness. Working in conjunction with the first two, it propels the self continually forward with the purpose until the objective is realized. For example, keeping alert and ready for all danger present until the danger has been eliminated.

4. Shoshin – "Open Mind". Some may also call this "beginner's mind" because it is ready to take in new information, learn and change. It is a mind of adaptability. In other words, it has no preconceived notions, actions or results. In conjunction with the first three, it retains a flexibility to respond to new circumstances by recognizing changing environments and information – without analysis. It works freely with the information it is given.

These four minds are trained, layered and entwined until they act as one in unison with each other. Continual training is required to integrate each part into the one "mind". Once achieved, it is much easier for the expert karate-ka to recognize weaknesses, strengths and opportunities both external and internal. This in turn will reveal a further level of consciousness and progression within his/her development.

Master Funakoshi is often referenced as stating, "In the dojo I have one enemy. Outside I have one million enemies." In other words, training is not for the dojo – training is for the outside world.

Similarly, training is not for competition. Training is for life.

In the next article, we will begin to explore the fundamental principles as associated with training.



Karateka High-Performance Muscle Building Tips

Written by IbrahimAl-Bakr based on the author's long term relevant experience

The following strategies have been provided for athletes who are looking to increase body mass and muscle mass. Many of our athletes need to increase their body mass so they can be stronger and more effective in their art and sport of Karate. **The following strategies are excellent ways to accomplish this goal.**

1. Eat more. Eat early. Eat often. If you want to get bigger then you need to be eating, almost all the time. As a general rule, if you are not eating then you are not growing. Now this does NOT give you the okay to just eat whatever you want all the time. Remember, you are trying to gain muscle mass, not just increase body fat. A bigger but fatter athlete is not a superior athlete so make sure you stick to healthy, nutrient dense food when trying to gain weight. NEVER skip breakfast and always be prepared.



2. Drink your calories – ‘Supershakes’ are your friend. With the large amount of calories you are going to want to put into your body, it can be difficult to attain this through consuming food alone. For this reason SUPERSHAKES are a great way to get a lot of high quality calories in a short amount of time. See the section on Super-shakes below for more information.



3. Start the day with a liquid meal when possible (20-30 grams of Biosteel Whey Isolate Protein in a shake about 30-40 minutes before breakfast). As soon as you wake up in the morning consume a Biosteel Whey Protein shake while you get ready for your day. This will provide your body with fast digesting protein after being in a fasted state during the night. Then when you are dressed and ready for your day, eat your regular breakfast. This will help you add valuable calories at a time when your body can use them the most, in the morning. This is a quick way to pack on muscle to your frame.



4. Cook your food in bulk and be prepared; ‘the Sunday Ritual’. With the large amount of food you are going to need to eat during the week, it is a good idea to prepare ahead of time. One effective strategy is to cook your food in bulk so you can have easy access during the week. For example BBQ all of your chicken breast, cook all your ground beef or BBQ all your Turkey Sausage. Then put it in the fridge in Tupperware so you can easily take it from the fridge and re-heat it (whether quickly in the oven, on the bbq again or in the microwave). This will save you time and make getting your food much easier. The easier access you have, the more likely you are to eat it!



5. Incorporate high caloric ‘re-feed’ days, every 7 days. This can be an effective way to increase weekly caloric intake and stimulate growth. Every 7 days, consume an increased amount of calories. This can come from foods you would not normally eat such as pizza, ice cream and other high calorie foods. Just be sure to train or exercise on these days and do not let them occur more than every 7 days. The other days should focus on eating lots of healthy, nutrient dense foods and whole grains.

6. Take BCAA (Branch Chain Amino Acids – a major component of Biosteel HPSPD) between meals (breakfast and lunch and/or lunch and dinner) to prevent muscle breakdown. When looking to build muscle and grow, you want to make sure your body is never in a catabolic or breakdown state. When you begin to fast, your body loses some of its anabolic momentum and can start to breakdown muscle tissue. When looking to add muscle and grow, we want to avoid this catabolic state at all costs. By having 1 scoop of BCAAs with 1 scoop of Biosteel HPSPD (pink) in 500mL of water you can avoid this and keep building muscle mass. Do this a maximum of 2 times per day.



7. Get 5 hours of exercise each week. Even though you are trying to gain weight, we want it to be lean healthy muscle, so you need to make sure you are exercising with resistance training to give your body a stimulus for muscle growth.

8. Get 8-10 hours of sleep each night. Sleep helps you to repair and recover. Recovery is the time when you build muscle. Without sleep there is no recovery and no muscle growth. Remember an exercise is only as effective as your ability to recover from it. You want to increase muscle? Then get some shut eye.



9. Take naps when possible. This is an effective way to give your body an anabolic surge and help it put on muscle. The best time to nap is after you have had your post-workout meal. This will help your body to digest the food and begin the muscle repair process immediately. Get in the habit of taking naps to help you build muscle.



10. Have a high calorie/nutrient dense food source to snack on when between meals (ie. Nut and fruit mix). Remember, you are going to need to be eating all the time. That means you need a plan for having a way to get food during periods where it is difficult to eat, such as in class or on road trips. Have a high calorie snack ready. One recommendation is to have some mixed nuts (almonds, cashews, walnuts, pecans) and dried fruit available to eat. This is an excellent high calorie, nutrient dense snack to eat during times like these! Supershakes are also a great resource during these instances.



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



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 all good health and strong spirit.

ITKF NEWSLETTER

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THE TRADITION CONTINUES



Traditional Karate