



Traditional Karate

# ITKF NEWSLETTER

International  
Traditional Karate  
Federation

World Governing Body of Traditional Karate

# Number 1 April, 16<sup>th</sup> 2020



## 2019 World Championship



### ITKF Chairman's Greeting



ITKF Chairman with  
leaders of the Technical  
Committee, Medical  
Committee & Shihan Kai

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By Sensei R. Jorgensen  
– ITKF technical  
committee chairman

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serve as an internation-  
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tion for all traditional  
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### Coronavirus and Karatekas' wellbeing

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ETKF president & ITKF Chairman  
of Medical Committee



# Dear ITKF member,

We, the ITKF Communications & Marketing committee, are happy and proud to present the first ever ITKF newsletter.

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

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:

itkfmagazine@gmail.com

## ITKF chairman's greeting



It is with great satisfaction that ITKF starts publishing a form of direct communication with its affiliates through this News Letter. I am grateful for the excellent work of the dynamic Communication Commission, which is made up of representatives from Europe, the Americas and Africa. I would also like to thank everyone who participated in the 20th ITKF World Championship, which has become a milestone for the resumption, credibility and growth of our institution.

Throughout this year we will complete the administrative reorganization, based on the strategic planning carried out by representatives from four continents in 2019. We will also start our expansion process by making it clear to everyone that ITKF is open to dialogue and understanding and that the doors are open whoever comes to add. I inform you that we have started the construction of a portal that will serve for institutional communication and also to leverage the courses of "Traditional Karate University by ITKF", such as the international qualification of instructors,

for example. I want to thank the collaboration and commitment of our senior professors, our board of directors and the presidents of national and international entities and ask that everyone work more and more in an integrated and harmonious way so that we can take Master Nishiyama's legacy to future generations.

As for the published ITKF 2020 Calendar - due to the Covid 19 pandemic, the ITKF calendar for 2020 is officially suspended and will be adjusted after the world situation returns to normal.

I ask each one, who is part of the large family of traditional karate, to be socially responsible, maintain Zanshin, balance, observe the health standards of your country and fight like a samurai so that we can overcome this moment of global challenge. It is time to put our institutional motto "BUDO FOR LIFE" into practice. Thanks.



Gilberto Gaertner, PhD  
ITKF Chairman



## ITKF Manifest

### Traditional (Dento) Karate-Do characteristics

**The martial art of Karate-Do has its roots in Okinawa and has been further established in Japan by Master Gichin Funakoshi.**

Karate-Do includes three main practice characteristics: Kihon, Kata and Shi-Ai. Karate-Do practice has a clear envelope of BuDo principles, always keeping Rai-Gi (warrior conduct and manners) on Dojo behavior. These includes neat and clean uniform with a custom rank belt, polite speech, quiet and respect among all students and towards their teachers according to seniority and rank. All ITKF-organized events are conducted according to the above BuDo code. **We all train in a Dojo** and not in a sports center, keeping Dojo atmosphere and proper conduct. Teachers are referred to as Sensei rather than instructor or coach.



### Umbrella organization for all Traditional Karate styles

The ITKF was formed to accommodate and serve as an international umbrella organization for all traditional karate styles under the following assumptions and concepts:

1. All original Karate-Do styles share common basic principles in terms of efficient human body use, timing and strategy as well as BuDo mental principles and conduct;
2. These common principles are well reflected and demonstrated in the ITKF coaches' manual and competition rule book;
3. The ITKF welcomes the diversity among styles and considers those "style-differences" as an opportunity for the exchange of knowledge and mutual enrichment of all ITKF members.

### ITKF competition concept

The concept of competition in traditional karate, as expressed in the ITKF competition rule book, is based on the ancient BuDo concept of Shi-Ai, which means "testing each other" for the purpose of guiding future development rather than simply for the purpose of winning. While competition is definitely not Traditional Karate's essence or goal, we recognize the value and contribution that competitions can provide as a form of training as long as such competitions are based on traditional karate principles as manifested in the judging rules, event atmosphere and the proper "BuDo conduct" of all participants. Unlike other sports Traditional Karate is not defined by its competition rules rather it is those core principles of the art that serve to define the competition rules.

### "BuDo for Life" and the "Traditional Karate University by ITKF"

The ITKF considers Traditional Karate's centuries-long accumulated knowledge, wisdom and experience as "tools for life" that are of much value in human life beyond the well-known self-defense context. Through its global presence, accumulated experience and world experts the ITKF leverages this Traditional Karate treasure of knowledge to globally promote next generation education, harmony among people to create a better society and enabling individuals to lead a meaningful life.

Implementing the "Traditional Karate University" the ITKF merges and enhances "old wisdom" with contemporary academic and scientific studies and research.



# 2019 World Championship

**20<sup>th</sup> World ITKF  
Traditional Karate  
Championship**

**5<sup>th</sup> World ITKF  
Traditional Karate  
Interclubs Cup**

## The 20th ITKF WORLD TRADITIONAL KARATE CHAMPIONSHIP and the 5th ITKF WORLD TRADITIONAL KARATE INTERCLUBS CUP

were held from 2 to 8 December 2019 in Curitiba - PR Brazil, bringing together representatives from Americas, Europe, Africa and Asia in a total of 31 countries. The competitions had about 800 athletes and more than 60 referees. There were 112 categories, being 52 in the world championship and 62 in the interclubs cup. Competitions were also held with special athletes. The agenda of the events was quite broad and included 2 meetings from Traditional Karate University, 1 scientific congress, 3 meetings of the board of directors, 3 meetings of the technical committee, 3 meetings to prepare the ITKF strategic planning, 3 modules of the technical course and arbitration, 2 modules of the ITKF Legendary Champions, official dinner with directors and presidents, regional congresses (Pan-American, European, African and Asian), ITKF General Assembly and the sayonara party. It was a marathon of high-level activities that was only possible with the participation and engagement of all managers, athletes and referees. A highlight was also the excellent work carried out by the organizing committee that included 50 volunteers. Huge success and significant milestone.





















20<sup>th</sup> World ITKF Traditional  
Karate Championship



5th World ITKF Traditional  
Karate Interclubs Cup

Traditional Karate

Curitiba PR 2019  
BRAZIL DECEMBER  
02 - 08







**AiKi + KiAi**

## BuDo for Life

By sensei Eyal Nir – founder of the BuDo-Way program

The rational and main purpose of the ITKF 'BuDo for Life' program is to provide a bridge making BuDo (Japanese traditional martial arts) centuries-accumulated treasure of knowledge

accessible for the public to leverage and apply to improve 21st century life for individuals and

consequently for our society as a whole beyond the known self defense context.

The program enables the ITKF to extend its reach and influence beyond the given number of people attending our dojos worldwide to become attractive and of value to many more as we offer relevant applicable tools for life. The validity of this approach has already been demonstrated through corresponding lectures, workshops and training that have been provided to many thousands worldwide in high schools, universities, police forces, hi-tec companies, banks, hospitals, governmental ministries... Furthermore we anticipate at least some of the people exposed to BuDo life-modifying benefits to actually start practicing traditional Karate-Do.

In summary – while many people, organizations and the media initially might not be interested in the 'self defense side' of BuDo it

is our assumption and actual experience their door is open to the 'BuDo for Life' message thus indirectly discovering the depth, wisdom and benefits of Dento Karate-Do.

The ITKF is committed to providing information, guidance and training so its qualified instructors worldwide are capable of offering and spreading this unique program in their respective countries.

To make the concept more clear and concrete the diagram on the right provides a tabular-format partial mapping between some key BuDo concepts and their corresponding acquired 'Tools for Life'.

BuDo << The BuDo-Way 武道 >> Life	
<b>MuShin</b>	Empty Mind, stop mental race
<b>Ho-Shin</b>	Remove doubt & hesitation
<b>KiAi</b>	Determination, decisiveness
<b>AiKi</b>	Mental Flexibility
<b>Tanden</b>	Discover your center
<b>KumiTe</b>	Connecting, Oneness

In this edition of the ITKF Newsletter we shall briefly introduce the KiAi + AiKi concept with next editions to cover more key concepts.

## KiAi

One way for recruiting all human faculties for a given task at a given moment removing all doubt, hesitation or fear of mistake, acting with complete determination is by using the big concept of KiAi.

Physically we use breathing with a strong exhale from our center allowing air to flow through our vocal cords resulting in the familiar sound often associated with martial art training called KiAi.

The KiAi sound is a physical expression of our intention, projecting our energy in a given direction and executed with full determination which in turn helps recruit all our physical-mental faculties for a single purpose. Executing KiAi with a clear image of our goal, giving all breath from our core has great influence on our mental state resulting in enhanced determination and full focus on the task at hand.

As a **'tool for life'** it is advisable to start developing this skill using actual strong sound yet realizing making such sound might be problematic and at times unrealistic in many real life situations one should gradually, as you gain experience, be able to execute KiAi with same complete determination yet **"inside" without the actual external sound.**

## AiKi

While KiAi stands for complete determination and strong spirit removing all doubt or hesitation the same two Japanese words (Ki, Ai) used in the reversed order stand for the big and complementing concept of AiKi.

AiKi (as in the well-known martial art of AiKi-Do) stands for mental flexibility, adaptation, understanding and flowing with the other or external circumstances rather than resisting or acting against.

As life is full of challenges, difficulties and at times failures – the AiKi way suggests adopting a proactive flexible and creative approach of dealing with such challenges through learning, flowing with circumstances and finding creative ways to leverage such difficulties to promote your goals as nicely captured by Vivian Greene in: **"Life isn't about waiting for the storm to pass...It's about learning to dance in the rain"**

## Summary

As a tool for life the key point here to understand and implement is that KiAi, AiKi and the mental attitudes they stand for are not exclusive, can and in fact should coexist and be jointly applied in our daily routine. It is within our human ability to simultaneously be assertive, have a strong opinion and stand for it while being sensitive to others, understand their views and positions, try connecting to them, convincing, influencing and leading through cooperation.

This (KiAi + AiKi) approach and attitude is particularly useful when implemented within conflict situations when emotions get high and your ability to employ the winning combination of assertiveness with sensitivity and flexibility is of great value.

One way of describing and imagining this winning combination and acquiring the corresponding skill is by associating the KiAi spirit with your center (so there is RED fire in your guts) and the AiKi approach with your brain so your head is like a quiet BLUE lake of still water.

Both RED and BLUE can and should coexist within you as you handle each and every life situation.

**Start exercising the winning KiAi + AiKi combination in your life in every situation enhancing your confidence and assertiveness with KiAi while employing AiKi to become sensitive, read people, connect to them seeking creative ways to collaborate without losing your way, belief or core values.**





1440 WEST OLYMPIC BOULEVARD, 15 LOS ANGELES, CA



## Remembering ITKF Nostalgia

Remembering the very last training at the ITKF legendary "Central Dojo" in L.A.

For those of us who had the opportunity to visit and train at this very special dojo along the many years it was open, feel and absorb the unique energy created and inspired by Nishiyama sensei, this was a very meaningful sad moment with a feeling of "no more" yet a strong responsibility and mission to "keep the tradition going".

Please join us in a special moment of remembering and being grateful for the great gift we have received from a great man.





## Congratulations to...

On behalf of all  
ITKF members  
we wish **Sensei  
Vladimir Jorga**  
a Happy 80th  
birthday.

One newsletter is not long enough  
to list all of Dr. Jorga's lifelong  
achievements in many areas and  
specially in Traditional Karate.  
Generations of karatekas learned  
from him or from senseis he had  
educated. Traditional karate orga-  
nizations would not be the same  
without him as long time ETKF  
President and ITKF Vice president.

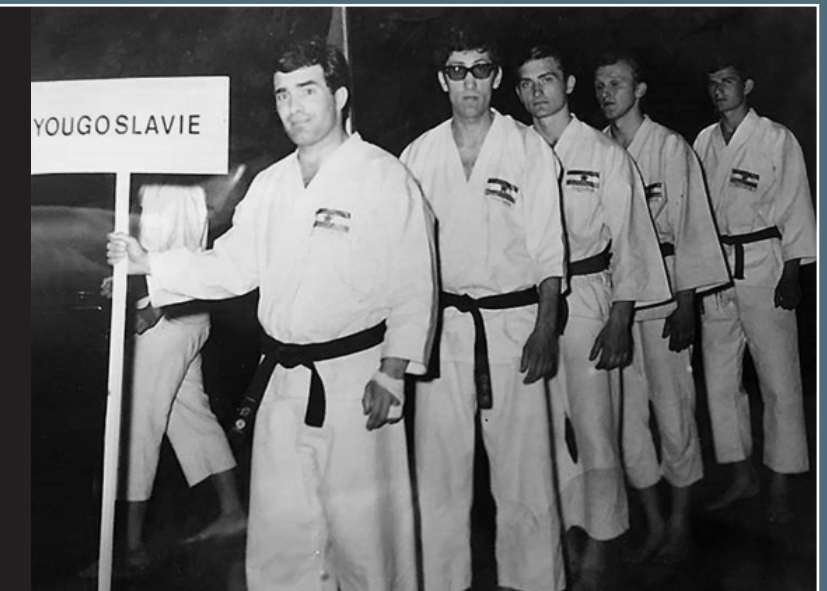
Congratulations  
and many more  
years to come!

**Sensei Jorga is still actively practicing karate for personal  
growth and as teacher for younger generations.**



Together with  
Sensei Hidetaka  
Nishiyama and  
other tradition-  
al karate advo-  
cates he has  
shaped ITKF as  
a respected  
international  
organization.

First official  
Yugoslavian  
karate national  
team appear-  
ance (European  
championship,  
Paris, 1968):  
Vladimir Jorga  
heading the  
Yugoslavian  
team.



President of the  
European Tradi-  
tional Karate  
Federation



# Introduction to Traditional Karate Principles

By Sensei R. Jorgensen – ITKF technical committee chairman

## PART 1

“I WISH TO EXTEND MY CONGRATULATIONS TO THE COMMUNICATIONS COMMITTEE FOR THEIR EFFORTS IN BRINGING THE ITKF NEWSLETTER TO LIFE. COMMUNICATION IS VERY IMPORTANT TO THE LIFE OF ITKF AND THE GROWTH AND DEVELOPMENT OF TRADITIONAL KARATE.”



The Committee has graciously asked that I, as ITKF Technical Chairman, provide an ongoing column dedicated to the Technical Program of ITKF. I hope these articles will be helpful in providing a unified platform of understanding that will promote discussion and solidarity within the ITKF family. I am also hopeful that the technical articles will dispel the misinformation that has circulated for years about the ITKF and what it represents.

Before embarking on a more detailed and in-depth discussion of individual technical matters and topics, I believe it is important to establish the foundation on which the Technical Program of ITKF has been built. Many misunderstand ITKF because, in part, they equate ITKF with a single style of Karate – which it is not.

And, while Sensei Nishiyama had his technical roots within the JKA Shotokan system of training, he developed and evolved the ITKF Technical program around various sport science programs to be relevant to all systems of training representing the Japanese martial art of Karate – now distinguished by the term “Traditional Karate”. It is very important to note that specific systems of training, i.e. Shotokan, Goju-ryu, Shito-ryu, Shoin-ryu, etc. are no longer single, linear training systems. Indeed, there are multiple variations of each that have “splintered” off throughout the years. However, the term “Traditional Karate”, introduced by ITKF in 1985, represents the original concepts of the various systems of training. This very basic point is the essence of what ITKF was, is and will remain.

One only needs to study the history and evolution of the martial art of Karate to understand that its fundamental roots were not in specific techniques (that is left to the various “systems of training”) but rather, the holistic development of the individual – mind, body and spirit.

As far back as the legend of Bodhidharma, as the individual who provided the first written account of beginnings of karate, one only has to read the history of his life to understand this point exactly. He wove his deep knowledge of Confucius and Buddhism into the physical training he documented. His approach was a very holistic one, designed to elevate his followers mentally, physically and spiritually.

In today’s world, Karate has become equated with competition. Indeed, the pursuit of the Olympic Game status has virtually destroyed the image of Karate within the public. It has become a ‘game’ in that instance, not an essential tool that can be used for human development. That is, having individuals realize their respective potential mentally, physically and emotionally.

The ITKF Technical Program is based on fundamental principles that transgress all systems of training. And while many claim that their “system of training” represents those principles – in most instances, they do not. They simply are superficial representations. For example, Kata training is often filled with “short cuts” that look similar, but are really designed to perform well in competition by allowing the competitor to maintain a better balance, move smoothly with what appears to be more determination, etc. This is not the essence of the martial art of Karate. The true martial art of Traditional Karate challenges the individual to be able to execute techniques under extreme pressure with the primary purpose of overcoming danger. It is not a “performance” for others – rather, it is a study of self. I once attended a meeting with the International Olympic Committee alongside Sensei Nishiyama. He was asked what the difference between Tradi-

tional Karate and the Karate of WKF was. His answer was a single word – “Todome”. That was one moment where clarity came to me in terms of the purpose of ITKF. And, while the word seems simple and clear – its foundation is not as simple and indeed requires a commitment of the total self at a single moment in time, without hesitation, fear – indeed, devoid of emotion.

Master Funakoshi, who is often credited as the founder of modern day Karate, expressed his fear to senior students, which included Sensei Nishiyama, that competition would destroy the martial art of Karate. He did not support competition, outside of the dojo training – the dojo “Shi-ai”, if you will. Today’s competition has no element of “Shi-ai”. I would go so far as to say that many dojos have lost their understanding of “Shi-ai”. Regrettably, this holds true for many of the ITKF competitions as well. However, we leave that discussion for a later time.

I was asked to frame the 1st ITKF technical article around Kata. That is, specific Kata. To discuss a specific Kata and its technique is to single out a system of training. But, that is not the purpose of ITKF. Different systems of training use different respective kata, albeit originally for the same end – management of danger. As I have indicated previously, the point of the ITKF technical program is to discuss the fundamental principles that should be evident in every movement, in every technique, regardless of the system of training.

These fundamental principles are born from the three major parts mentioned earlier – mind, body, spirit. In ITKF we loosely translate these elements to also represent the definition of Bu-do. In the sport science and sport psychology world, these elements are substituted with the words mental, physical and emotional.

Each of these parts must be trained equally and carefully, in order to have a holistic development of the individual. Each part requires different types of training – but all with the same purpose.



That is, the ability to use the entire self for one purpose – “Todome”. And, maximum power, maximum speed and maximum result require nothing less than the unification of the entire individual for a specific purpose and result.

Sensei Nishiyama used to joke that sport science had finally caught up to the knowledge the masters in martial art already had known for centuries. Indeed, this is true. Without the scientific explanations, the historical masters of the martial art knew how the body moved (kinesiology), what components and their sequence were needed to maximize the result of a technique (bio-mechanics), transmission of force (physics), stable emotions and preparation (psychology).

The ITKF has taken these concepts and broken them into trainable categories. These categories are: Form, Body Dynamics, Power and Transition. The categories represent the various components that need to be evident in every technique. Indeed, in the training of these elements, the delivery of the technique is the very last element. The depth to which the technique will develop with proper attention paid to each is endless. No one knows their true potential. Potential is only defined when the individual stops exploring.

Each element within each category that I have briefly outlined above contains a vast amount of information. At times it can seem overwhelming. But, implemented through systems of training in a step-by-step progression, the individual achieves observable growth and development holistically.

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.

## Regional News

In this section we shall share news and significant activities from ITKF regions around the world. In this edition we start with Africa – please find below an update and a special message from our friend Ibrahim Al-Bakr ATKF Chairman and ITKF Board of Directors Member.



### “ITKF Family,

We are happy and proud to report that we have made a long way according to the ATKF agenda and targets of sustainable development under the ITKF supervision and guidance.

This makes ATKF strong and active especially within the professional atmosphere and passion of ITKF as guided by its Chairman prof. Gaertner. I would like to take this opportunity to congratulate all the ITKF family for making this newsletter possible as I believe it shall benefit many worldwide.

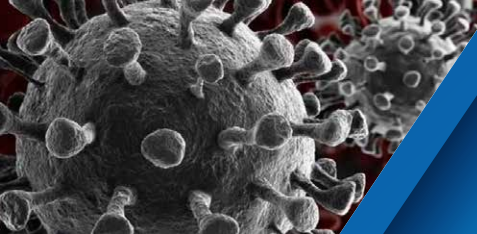
In my capacity as chairman of ATKF, I would like to conclude that I am keen to reach a tangible outcome that gives a genuine push to the development of Traditional Karate in Africa and Asia.

**Let the Tradition continue in Africa and Worldwide”**

See pictures below from 4 events ATKF were still able to hold in 2020 just before Corona Days:  
\* ITKF Master course \* ATKF Open cup \* ATKF Master course \* AFRO-ASIA Championship





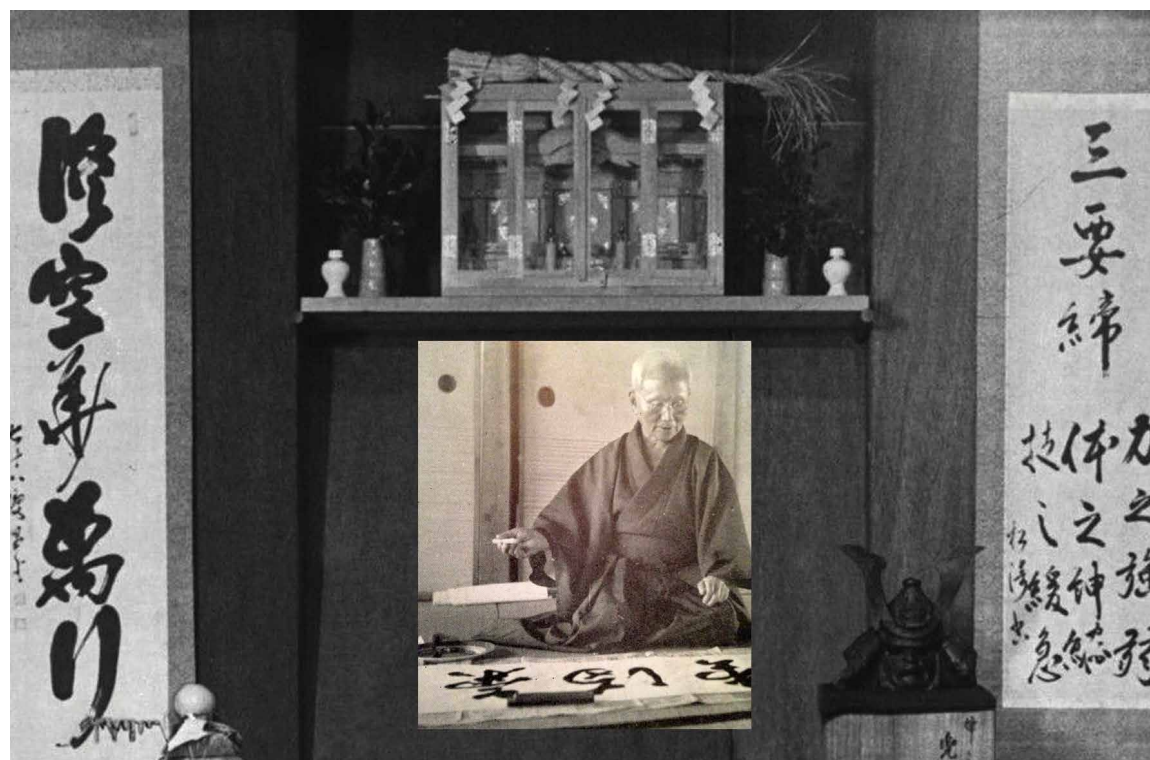


## Coronavirus and Karatekas' wellbeing

Contribution of Sensei Dr. Jorga – ETKF president & ITKF Chairman of Medical Committee

As you all know by now this is a very infectious and easily transmitted disease for which there is no vaccine as of yet. Governments around the world and most institutions have advised social distancing as the best preventive measure against the spread of the virus, as well as use of gloves and masks and frequent hand washing with warm water and soap. Likewise, I would also like to ask you all to follow the guidelines as suggested by the World Health Organizations and abide by the rules of your government.

**I would like to quote the tenth precept of Niju-Kun by Sensei Funakoshi Gichin:**



**“Arayuru mono o karate kaseyo soko ni myomi ari”**  
**“Apply the way of karate to all things. Therein lies its beauty”**

This is what I kindly ask of all of you. Please use the spiritual teachings of karate in these times to do the best you can do for your family, friends and society as a whole. Stay strong and practice discipline as karate teaches you and be mindful of others and how you might affect them. As for karate you can always practice kata from the safety of your home and review all karate techniques and teachings. Never forget, health always comes first.

As I mentioned above, so far there is no vaccine or known cure for this virus. However, there is a way that you can fight this preventively, or in worst case scenarios, by boosting up your immunity. The ways you can do this is by nutrition, and with intake of supplements. As this is a special, very wide branch of medicine, I will try to simplify it as much as I can.

## SUPPLEMENTATION

### VITAMINS

specially vitamin C, E, B groups

### MINERALS

specially magnesium and zinc

### LIPOIC ACID

### POLYPHENOLS

specially resveratrol and quercetin

Very important to be very hydrated all the time with water, fresh squeezed juices. Tea (maximum 3 cups per day) and coffees are recommended (maximum up to five cups per day).

**Concerning nutrition, I'm recommending you to try to have balanced meals, in regards of food intake:**

### CARBOHYDRATES

integral cereals, fruit and vegetables (containing starch)

### PROTEINS

chicken, turkey, red meat once per week, eggs and dairy, legumes

### FATS

olive oil, canola oil, fatty fish: salmon, tuna, sardines, mackere

### NO PROCESSED FOOD

candies, cakes, snacks, fast food etc.

### NO OVEREATING

**My best wishes and hope to see you very soon in our dojos, seminars and tournaments. Stay strong, stay positive, stay at home.**



## Important ITKF links

**WEBSITE** (work in progress – being updated)

**E-MAIL:** [secretary@itkf-events.com](mailto:secretary@itkf-events.com)

**Facebook:** [@itkf.global](https://www.facebook.com/itkf.global)

**Instagram:** [@itkf.global](https://www.instagram.com/itkf.global)

**Communications & Marketing committee:**

[itkfmagazine@gmail.com](mailto:itkfmagazine@gmail.com)

**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: [itkfmagazine@gmail.com](mailto:itkfmagazine@gmail.com)

Wishing all good health and strong spirit.

## ITKF NEWSLETTER

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ITKF



THE TRADITION CONTINUES



Traditional Karate