



**Traditional Karate**

**International  
Traditional Karate  
Federation**

**World Governing Body of Traditional Karate**

**ITKF NEWSLETTER**



**# Number 3** October, 2<sup>nd</sup> 2020

**2020 ITKF**

**GLOBAL SEMINAR**

**SEPTEMBER 12th**

**The event  
reached more  
than 2.500  
views bringing  
together  
representatives  
from more than  
50 countries.**



**Mediterranean  
open Online  
Tournament**

**ATKF has organized the 1st  
Mediterranean Online Open in  
cooperation with the French  
Federation of Traditional  
Karate FKT BUDO FRANCE**

**ITKF  
Nostalgia**

**Remembering  
Aiko-san, the  
“Hidden Master”**

# Dear ITKF member,

We are happy and proud to present the 3<sup>rd</sup> 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,

**My greetings to all affiliates for your participation and commitment to ITKF. Thanks to the joint work, we are evolving consistently and strengthening our institution more and more. I greet and congratulate our dynamic communication & marketing commission for producing this third edition of the News Letter.**

I want to express my special thanks to our technical committee, our communication & marketing and technology & innovation commissions, to our advisers and to everyone on our board who worked hard to hold the 1st Global Seminar. It was a great success, we totaled more than 2500 accesses with the participation of more than 50 countries.

This pilot event was very important, as it revealed the history, the path, the principles, the technique and the effects of traditional ITKF karate. It served as a guide for future remote events, because regardless of the pandemic, much of our work going forward will be done by digital means.

We also completed the first stage of our re-registration process with 55 registered and / or re-registered countries and in the second stage, now underway, we continue with the payment of annuities. The idea will be to start, subsequently, the re-registration and registration of black belts, so that we have on the website the updated list of instructors accredited to ITKF of each country.

I inform everyone that the new commissions are starting their work and aims to function similarly to startups. Build an initial work base and gradually include more members who represent all the regions. All projects will be monitored via the application and must be in line with institutional objectives.

**I also inform that we will start a new model of compact seminars entitled “ITKF Traditional Karate for All”, in the format of short, practical and attractive classes, in order to publicize our institution to a wider and more diversified public. We will start with a big event on October 25th (9am - 12am Brasília time) in celebration of World Karate Day.**

I would like to remind everyone that problems and difficulties will always be present in our institutional journey, there are many people and an immense cultural diversity. I ask everyone that our focus is always on solutions. If we focus on problems, we will end up being part of them.

**Finally, I would like to ask all of our affiliates to build and keep the “ITKF Master Mind” alive, tuning our thoughts to the central objectives of our institution and the legacy of Master Nishiyama.**



Gilberto Gaertner, PhD  
ITKF *Chairman*

## Contents

Chairman's Message	02
BuDo for Life – HoShin	04
Mediterranean open Online Tournament	06
About the “Do” of Karate-Do	08
Makiwara: Science and Tradition	10
Introducing the Traditional Karate Council of India (TKCI)	14
ITKF Nostalgia – Remembering Aiko-san, the “Hidden Master”	16
A message from the ITKF Traditional Warriors	20
Traditional Karate Principles (part 3)	22
ITKF Global on line Seminar	26
Updated ITKF links	30
Summary and Thanks	30



**The ability and acquired skill of maintaining “Peaceful Mind” during stressful situations, when at doubt, under uncertainty and within a conflict situation are of great value in many life situations. The BuDo-derived “Ho-Shin” concept is key and an effective tool in handling such situations.**

In BuDo as well as in many actual life situations the ability to give everything to a given task at a given moment is critical as it enables us to fully be within the situation recruiting all human mental-physical faculties for best performance. Furthermore, and surprising for many through such **complete determination removing all doubt and hesitation we create space for mental flexibility and efficient adaptation to varying situations as represented by the Ho-Shin concept.**

Life calls upon us to constantly make decisions - from relatively small everyday choices to bigger decisions including a change of marketing strategy given covid-19 driven changing economy, making financial investments, choosing a career path, changing place of residence or getting married.

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. In other words, once decided “give your heart to it” as doing things “half-heartedly” you are always half in the past half in future – never fully here and now.

Now you might ask - don't I lose my flexibility and ability to adapt and adjust if I do things with such complete determination? Many people assume that complete determination contradicts and cannot coexist with flexibility and adaptation so they go “half way” doing things half-heartedly presumably keeping their options open should conditions change

calling for a new direction - decision – action. This approach leads to an internal conflict – “I do it yet not fully as I am keeping my options”.

**Ho-Shin stands for the opposite** - it suggests that by doing something fully, being completely at one with your action with no doubt, hesitation, fear of mistake or failure you create mental space and thus you shall not only execute current task better but actually be more flexible to instantaneously and spontaneously adjust to the new unexpected situation or varying conditions.

While it is important to gather information, plan ahead assessing various options and setting a corresponding strategy, life and covid-19 teaches us that more often than not actual events shall not unfold exactly as planned, hence the need to acquire the skill of (instantly) adjusting to unplanned at times unfamiliar scenarios avoiding rigid “emotional attachment” to our original plans.

Nishiyama sensei used to give the analogy of a glass of water being turned upside down – if you do it slowly, cautiously “keeping your options open” all water shall drop and the glass shall remain empty yet if you do it promptly with no hesitation giving everything to it, the glass (you) shall remain (at least partially) full. Aggressiveness versus Ho-Shin

In many sports the term “aggressiveness” is frequently used, usually as a desirable mental approach or acquired ability especially in the context of effective functioning in stressful situations or facing danger to avoid hesitation, mental-physical “freezing” and being at your best.

BuDo holds a fundamentally different approach represented by the Ho-Shin concept



and nicely summarized by "Give everything to remain full." in isolated use of body parts.

Ho-Shin on the other hand is characterized by complete determination combined with "stable emotions" that enables perceiving the whole or Bigger Picture, mental flexibility allowing instant adaptation and flow of energy from base through center to extremities.

It is important to understand the essential difference between aggression and determination where the former is often related to unstable emotions such as fear, arrogance or hatred.

A skilled opponent can take advantage of my aggressiveness, being locked on a specific line of action, and leverage this Qyo (opportunity – opening) to his advantage.

Furthermore, aggression often causes separation from the opponent, competitor or source of danger as opposed to BuDo concept of KumiTe (integrated hands) which stands for oneness connecting to the opponent so you can become aware of his intention, anticipate his next move early on, identify and leverage the Qyo (momentary opportunity) he unintentionally exposes (Oji-Waza = Response theory) and moreover be able to proactively create a Qyo setting up your opponent (Shikak-Waza) applying opponent-correlated strategy while managing risks.

In line with the above in Traditional Karate we actually do not use the concept of “Attack”, as it

represents mental fixation, such as aggression, so instead of attacking we "setup or create an opportunity" (ShikakWaza) which is possible only with stable emotions, sensitivity, mental flexibility and full determination that allows us to seize and fully leverage the Qyo created in the very short time it usually exists.

### Summary

In BuDo we spend years of training acquiring mental and physical skills that allow us to maintain stable emotions enabling the combination of full determination on the one hand with mental flexibility and adaptability on the other within stressful situations and facing real danger.

This concept is represented in many ways by BuDo concept of Ho-Shin which is very different from the commonly used term of Aggressiveness.

While aggressiveness promotes separation, isolation and rigidity Ho-Shin stands for determination with agility through connecting, influencing and adjusting.

In your personal as well as business life you should think, consider, consult and assess possible options yet once decided (for that moment) act with Ho-Shin spirit avoiding any doubt, hesitation or failure concerns. Such approach shall let you be at your best executing your decision as well as effectively adjust to new unexpected situations within an ever changing dynamic reality.





## Mediterranean Open Online Tournament

By IBRAHIM ALBAKR - ATKF CHAIRMAN

On behalf of ATKF I am very happy and proud to announce that ATKF has organized the 1<sup>st</sup> Mediterranean Online Open in cooperation with the French Federation of Traditional Karate FKT BUDO FRANCE led by Madam Sandrine El Marhomy and under the supervision of ITKF led by Prof. Gilberto Gaertner with the participation of 17 countries which was held 16<sup>th</sup> to 18<sup>th</sup> of July 2020.

Adding to all this success, ATKF hosted the 1<sup>st</sup> Mediterranean Online Judges Seminar led by Shihan Richard Jorgensen the chairman of the

ITKF Technical Committee with the participation of 215 judges which was held 14<sup>th</sup> to 15<sup>th</sup> of July 2020.

Mr. Amr Elkaramany, the director of the tournament announced the coronation of the Brazilian Female Team as the BEST PARTICIPATING TEAM, while the French judge Mr. Samir Merniz got the title of the BEST JUDGE.

We thank sensei Venceslav Nedev and sensei Justo Gomez for coordinating the overall judging operation of the event.





# About the “Do” of Karate-Do

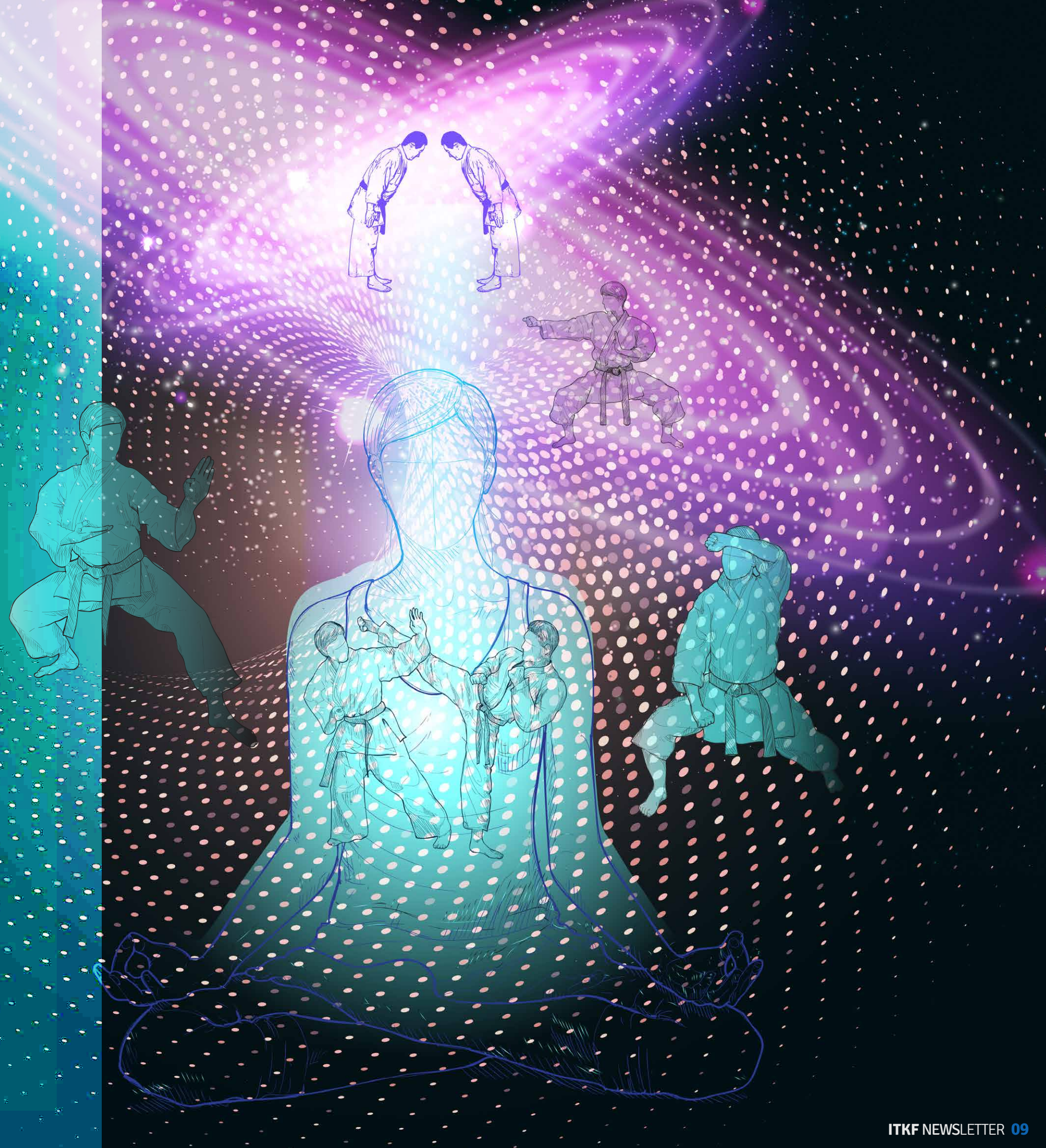
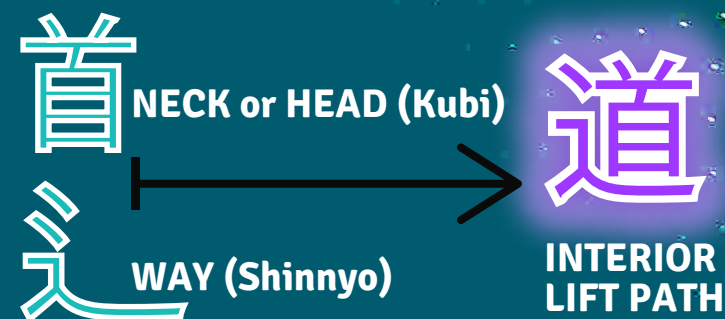
By Héctor E. Maroli Sensei  
President of O.K.K Argentina Federation

**"Do" is observed in most Japanese martial arts, giving spiritual meaning to the cultivation and practice of the "inner being".**

By means of the kanji DO (TAO) it is intended to understand the intention of making the **practice of martial arts a true path of spiritual elevation**. Advanced practitioners of Budo seek such spiritual elevation through the ryuha (style) they have chosen, cultivating the "way" by which to channel the whole "being" towards the goal of a pure life.

“DO” builds wisdom for a social ethics and body aesthetics that support the individual under the characteristics of specialization (senmonsei), transmission (keishosei), normative (kihansei), universality (kihensei), and authority (ken'isei) in the art.

**It can be interpreted as spirituality without religion**, during practice in the 道場 Dojo place of meditation (tangible), in the construction of 道徳 Dōtoku Moral (intangible).





# Makiwara: Science and Tradition

By Lic. Germán Colina (ITKF of Uruguay) | (\*) see footnote by ITKF technical committee

**Makiwara training is considered by many practitioners of Traditional Karate as an integral element in the search for technical improvement and the strengthening of contact areas.** It is also questioned by other teachers who consider it more harmful than useful, arguing that it predisposes to various musculoskeletal injuries.

**This article will not be devoted to condemning makiwara or exhibiting it as an ideal element, it will be approached as one more tool in a scientific way by analyzing progression criteria for a healthy practice for teachers and students.**

Every time we hit the makiwara it returns an equal and opposite force, which is essential for us to demonstrate greater control of our body. Any misalignment in the joints will negatively affect them, as well as at the muscular, tendon and ligament level.

Tsuki is considered a relatively low speed/large mass technique, in

which the force is applied in a linear way (Smith, 1993). It can reach a speed of 13 m/s and an impact force of 700 kg/cm<sup>2</sup> in experts (Nakayama, 1982).

Systematization is required in the progression of training taking into account the volume, frequency, intensity, density and above all the quality of movement above the amount of the same. There is a concept that applies to any martial art or sport: first move well then start moving frequently.

**Both the traditional concepts and the concepts of physical exercise (sport) science are compatible, being able to help Karate teachers to be better professionals, but it is necessary to have good judgment.**

Joint and tendon pain may be a sign of adjusting the training load with the makiwara and being more analytical with the technique, as well as consulting a health professional.

In fact, there is a type of information called proprioceptive that contrib-

utes to our sense of position, posture, and movement (Sherrington, 1906) that is blocked in the presence of pain.

Therefore pain causes us to lose motor control when what we seek with technical training is greater precision and excellence.

**It is necessary to take into account the design of the makiwara to assign practitioners an adequate requirement for their experience and level.** We will analyze two makiwara designs: **THE STACKED TABLE**

**TYPE (left model)** and the

**NARROW TABLE TYPE DESIGN (right model).**

Analyzing 4 types of wood for the two models: Northern White Ash, Pennsylvania Cherry, Red Oak and Douglas Fir.

Before presenting the results, it is important to consider that **factors such as the age of the wood and the state of its fibers can influence its resistance**, so the source study used the same tree for each model (Paul K Smith, Timothy Niiler, & Peter W. McCullough, 2010).

**The narrowed makiwara design proved to be harder than the stacked one.**

Significant differences were found between makiwara models and wood types, with the narrowed design being harder than the stacked one.

The only model that made no difference was the narrow ash and cherry makiwara. **With the exception of these two cases, the rest of the woods presented progressively greater hardness in the following order: cherry, ash, fir and oak.**





A logical progression would be to start with the stacked design of one of the less hardwoods so that over time, a narrow design with higher hardness wood (oak).

Another option to increase or decrease the requirement is to change the thickness of the wood or add/remove a pad in the impact zone. The most important thing is the makiwara that must be seen as an educational tool and it must be understood that the amount of blows does not necessarily equal the quality of movement, so technical analysis should be priori-

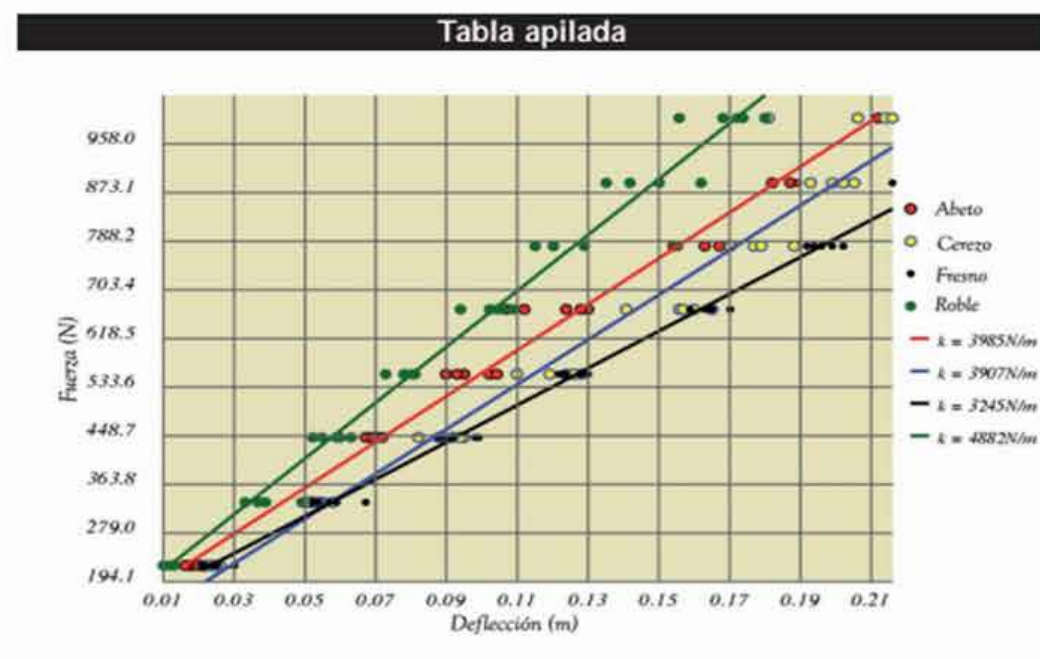
tized both in ourselves and in the students who decide to carry out this practice. Bachelor of Physiotherapy (University of the Republic of Uruguay)/1st Dan Traditional Shotokan Karate (School of Traditional Shotokan Karate).

We invite you to follow his educational project for all martial arts to receive material focused on understanding movement in the human body.

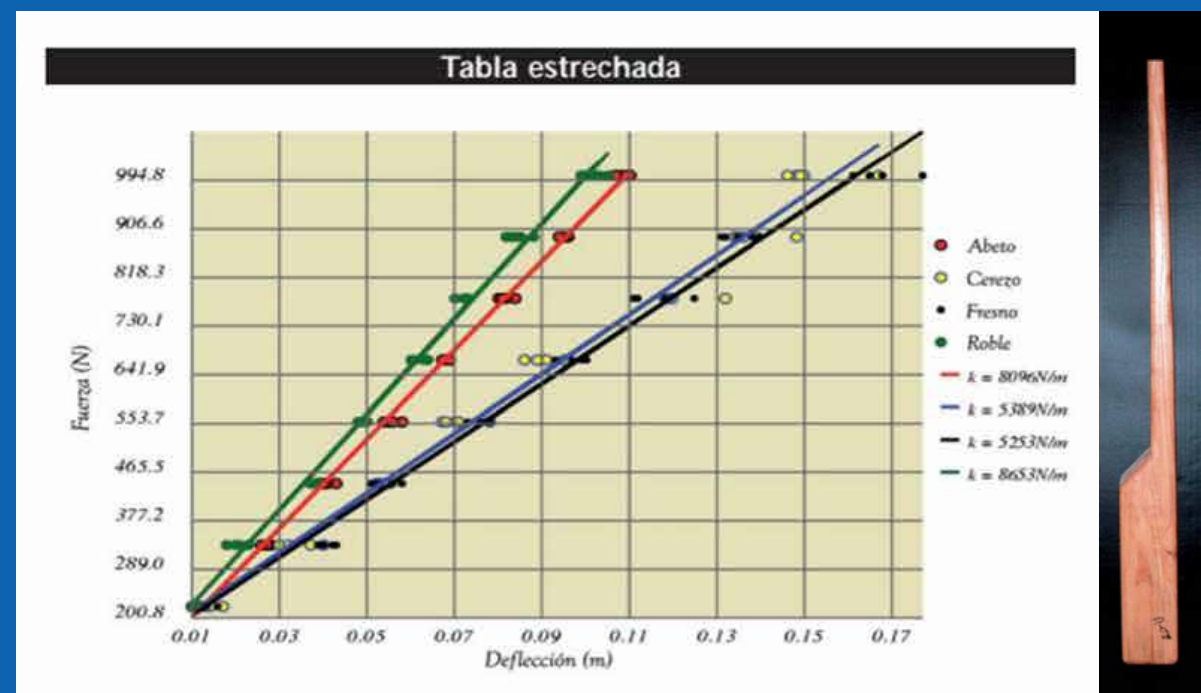
All the illustrations used belong to the "Colina Project" and were created by the illustrator in charge, Mr. Nicolás Rodríguez.

**Makiwara training is a study of the reaction force. It challenges the body dynamics used and the correct alignment of the body, in order to understand the transmission of force and. It is necessary to use the right pressure on the counter force ground, adequate breathing and contraction of several muscle groups together. Incorrect training will result in injuries to the joints and spine, often severe. It is recommended by the ITKF Technical Committee that Makiwara training be supervised to ensure proper alignment, transmission of force and flow of counter-force by the practitioner. This supervision must be done by an experienced person familiar with the above mentioned concepts.**

### THE STACKED TABLE TYPE (left model)



### NARROW TABLE TYPE DESIGN (right model)



(\*) The ITKF Technical Committee has reviewed the article concerning Makiwara training by Mr. Colina, as requested. Articles like this one, provoke discussion which, in itself, is important to learning. The ITKF Technical Committee wishes to highlight some training and cautionary points - some of which are mentioned within the article - in order to highlight their significance to safe and healthy training.

Smith, Niiler, & McCullough ◊ Evaluando el rendimiento en la tabla de golpeo del makiwara  
Revista de Artes Marciales Asiáticas ◊ Volumen 5 Número 2 (111-122) ◊ 2010

### BIBLIOGRAPHY

1. Nakayama, M. The Dynamics of Karate. Stopping and counter-attacking techniques. Second Book. 1982.
2. Smith, P., Viano, D., Faust, D., & Faust, L. Thoracic injury effects of linear and angular karate impact. In Biomechanics in Sports XI., Hamill, J., Derrick, T., & Elliott, E. (Eds.), Amherst, MA: International Society of Biomechanics in Sports. 1993.
3. Charles S. Sherrington. The integrative action of the nervous system: a centenary appreciation. 1906.
4. Paul K. Smith, Timothy Niiler, & Peter W. McCullough. Journal of Asian Martial Arts, volume 19, number 2 (34-45), 2010.



# Introducing the Traditional Karate Council of India (TKCI)

By Rajnish Kumar – TKCI chairman



Founders of TKCI - left to right: Sensei Jitesh Kumar, Sensei Rajnish Kumar, Sensei Dr Rajesh Singh.



Makiwara training is considered by **TKCI** is the national governing body of Traditional Karate in India, affiliated by **International Traditional Karate Federation** is the most established federation in South-East Asia working for the growth of ITKF and Traditional Karate.

**TKCI came into existence by passionate followers and practitioners of Traditional Karate in India**, who undeterred by the challenges laid Infront, Sensei Rajnish Kumar, Sensei Jitesh Kumar and Sensei Dr Rajesh Singh took the initiative to carve a path for generations to follow.

**TKCI has been entrusted with the task of expanding and to ascertain the growth of Traditional Karate at grassroot level in India** by promoting and reinforcing the Traditional Karate

culture and we have made the presence of Traditional Karate very prominent in education system in India covering numbers of schools in different states of India.

In a very short span of time after its formation in the year 2019, TKCI has covered lots of space in the expansion of Traditional Karate in India and done multiple technical seminars. This has resulted in lots of other federation approaching us and seeking affiliation. We have covered major part in India. The progress has been temporary halted by the COVID-19 menace. But we have converted this tough and testing time into positive note by organising back to back “Online technical seminars conducted by Sensei Justo Gomez”. **We conducted the seminars free of cost without taking**

**any entry fee from the participant and this resulted in start of a tremendous momentum where we hosted almost 500 karatekas during our 1st and almost similar number in the 2nd seminar.** We received hundreds of membership requests and Sensei Gomez is one of the most popular name is karate in India now. **We are always thankful to Sensei Gomez, a very humble person and an extraordinary teacher, for his whole-hearted support to our mission.** With the joint effort of Sensei Gomez and TKCI, we have actually turned this lockdown to our favour by reaching out to masses which would not have been possible to connect so easily otherwise. “A blessing in Disguise”

TKCI is working with the sole aim to imbibe the true form of Traditional

Karate to its disciples, where the ultimate focus is towards the development of well-balanced mind and body, through training in fighting techniques and to cultivate great human character of a higher class that prevents any violent attack before an actual fight occurs.

**Following the principles of Sensei Gichin Funakoshi and Sensei Hidetaka Nishiyama, TKCI is imparting the tradition of Tode and Budo.**

We are in discussion and working with our neighbouring countries to increase the member list of ITKF and we are sure that in coming months South-East Asia region, would rise as a prominent figure in ITKF and world karate.



# ITKF Nostalgia

## Remembering Aiko-san, the “Hidden Master”

By Dr. V. Jorga

I met Ms. Aiko Torii in March of 1968 in Los Angeles, she was the acting Secretary of All-American Karate Federation and the closest associate of Sensei Nishiyama at the time. In 1974, the International Amateur Karate Federation was formed in New York and she was appointed to position of the Director of the IAKF's International Office. From the very first moment I met her until she passed away I knew her as an incredibly wise woman with a sharp sense of humor. We fought many battles together through the years, most notably for the Olympic status of karate, and I had the pleasure of having her as

my guest, together with Sensei Nishiyama in 1978 and 2002. She was a true fighter that taught me many things among which patience, tolerance and perseverance. She was always straightforward, open and sincere, and spoke only truth. Most importantly, she always had patience for all karatekas that came her way, she looked out for them, cared for them with all of her heart, and went out of her way to help them. I am very fortunate and honored to have known Ms. Aiko Torri and I will forever remember her as a noble and kind human being – The Great Karate Lady.





### By Susan and Ron Vance

Miss Aiko or Aiko san as we all called her was a tough cookie. She had a keen eye as Sensei Nishiyama's right hand woman! She would observe the class and afterwards pull students into the office to further a point often calling Sensei Nishiyama in to observe the extra lesson.

Aiko san devoted her life to the karate teachings of Sensei Nishiyama. She travelled with him tirelessly, often taking care of details along the way.

In her personal life, she was the proud mother of Janice Tori and grandmother to her beloved Amy! Aiko san did not drive, there were a few of Sensei's students who became her personal driver when needed. I was one of these, along with my small children at the time, we would take her for errands, always earning a delicious lunch. My kids loved this as she would allow each of them to order their own big plate of lunch of course followed by dessert. It was at these times I would hear about her childhood and her eventual move to California and finally meeting Sensei, which began as a translator for a Karate Sensei from Japan, the mutual understanding and relationship grew from there.

We were all concerned when Aiko san was getting sick. It was such a hard time for us all between Sensei's illness and hers. I will always remember the love from all of the world for both of them and the respect for their years of dedication. We all miss them to this day.



### By sensei Justo Gomez

The Honorable Mrs. Aiko was the angel who cared for everyone like a family at ITKF. She knew the possibilities and conditions of each member of that great family. Sensei always said that when he explained some subtle technical detail to his students and asked if we had understood, we all responded \* "Ossu !! Sensei " but after class, when he passed by the office he would meet all the students gathered asking Ms. Aiko about what Sensei had wanted to explain during class. She could understand and make us see with examples much deeper details than we had been able to see in Sensei Nishiyama's class. She had that depth of perception, and also from the years of accompanying him and the closeness with Sensei she could understand him with total clarity that for us it was often difficult and we resorted to her to clarify our doubts. In silence, but very present, in total harmony with the Central Dojo, Mrs. Aiko dedicated a large part of her life to making concrete the reality of ITKF, the house of Traditional Karate, which today we all enjoy and help to keep the foundations that these two incredible beings left us to this generation. Our duty is to pass on that legacy to future generations.



# A message from the ITKF Traditional Warriors

Hara would like to share an important message with all ITKF members:

"Meditation is possibly the most beneficial practice for improving your life quality and well-being.

Traditional Karate training is a wonderful form of meditation. For example – Kata can be considered as 'Movement Meditation' to the extent of becoming one with your Kata so rather than saying 'I am doing my Kata' (duality / separation) you can say 'I am my Kata' (Oneness).



**Among its many benefits here are my top 7 meditation benefits:**

- 1/ Reduces Stress and Anxiety
- 2/ Enhances your Attention Span
- 3/ Enhances Self-Awareness
- 4/ Develop 'Stable Emotions' within stressful situations
- 5/ Develops compassion – seeing the other beyond the ego-driven self.
- 6/ Take control over your mental race developing a stable peaceful inner anchor
- 7/ Improves your ZANSHIN – Awareness, Sensitivity, Intuition and consequently effective response

"PLEASE JOIN ME FOR  
A DAILY MEDITATION"  
HARA





# Traditional Karate Principles

## PART 3

By Sensei R. Jorgensen – ITKF technical committee chairman

Sensei Nishiyama often reminded us of the centuries of training, experimentation and evolution that brought the martial art into the modern day world. To

this end, **Sensei continually explored, tested, analyzed and adjusted his methods of transmitting his information to others.** In my mind, he taught us that proper leadership is the key to proper development.

In this regard, **he developed ITKF to transcend and go beyond “styles” or “schools” of training.** Rather, he recognized and reinforced that human development through training in the martial art of Karate (ITKF further defined it as Traditional Karate in 1986) was complex and had many approaches to its single purpose. **However, he was steadfast in his effort to expose and develop the core fundamental concepts that cut across all training, regardless of the “style” employed.**

As such, he viewed the “styles” as universities, that is, systems of training wherein differences in technique and training methods may exist, but the core fundamental principles (truths) underscore everything that is taught. Again, the schools of training refer to the original systems themselves and do not embody the hybrids that have been created through the interpretation of those who wish to create their own way.

**Through these fundamental principles, the student of Traditional Karate is able to use whatever school system appeals to him/her to study and start on the path of their own human development.** However, without the foundation of these principles, they study only technique without the deeper understanding of purpose.

It is important for ITKF members and instructors to understand this concept in order to heighten their own individual training and personal development which in turn will enhance their ability to grow and properly guide their students and their students, students. Only in this manner will the “tradition continue forward from generation to generation...” **It is for this purpose that Sensei Nishiyama created the ITKF “Masters’ Program”.** This program was designed to direct the exploration of the fundamental concepts of the martial art of Traditional Karate, regardless of the school used for specific technique training. These fundamental truths act as the guideposts of the study of human development

through Traditional Karate training. **What are these fundamentals?**

At the previous article we briefly explored the concept of ‘Mind’ in the karate-ka’s individual pursuit. This exploration provided a glimpse into the many minds that create one mind and in turn become a natural state for the karate-practitioner without thought. Each individual circumstance itself provides a portal into a much deeper study of the human condition, necessary in the holistic development of the individual.

Similarly, on the physical side of the equation, there are a number of components that interact to create what is visible movement and technique. For example, the study of Kinesiology helps understand basic human movement and prevention of injury. An understanding of physics is extremely important in the understanding of levers, creation and transmission of force and conservation of momentum. These science principles are universal truths, regardless of what the practitioner is trying to display as a “technique”. Indeed, Sensei often would say, **“Sport Science is now proving what Karate Masters have taught about the human body and movement for centuries.”**

**Practice Does Not make perfect!**

An important distinction has been made to an age old saying. Practice (repetition) often ingrains significant mistakes that are hard to undo, particularly if left uncorrected and allowed



to be repeated over time. Consequently, the phase should be “Perfect practice makes Perfect! This requires a deeper knowledge of correct and natural human movement.

It is important that every instructor deeply understand the underlying principles of movement – including **bio-mechanics** of a technique in order to properly guide a student in his/her training path. Too often injuries happen as the result of misunderstanding of how the body can and should move to achieve a particular objective (technique). Or, bad habits are formed as a result of incorrect movement with continuous repetition. In Traditional Karate, this can have serious results that cause adverse physical conditions (injuries) that will restrict the future development of the karate-ka. One way to overcome this problem is to ensure the instructors understand the underlying principles of body movement and dynamics before teaching a technique. The belief that achieving a level of black belt automatically makes one a good teacher is misguided. The constructive development of another individual, as a mentor, requires an entirely different skill set than the physical display of a technique. A true mentor must understand and be able to recognize the needs, strengths and weaknesses of the individual.

One Size Does Not fit all!

Often the method of teaching used is what Sensei Nishiyama would call “Copy Cat” instructor. That is, “do as I do”. However, this method does not

allow for the individual differences that exist within us all. No one can effectively duplicate how another person physically executes a technique. The person may be able to achieve the same result – but will do it in their own way. Each of us is unique in our mental, physical and emotional make-up. **An effective mentor (Sensei) needs to understand the physical, mental and emotional state and needs of an individual in order to help that individual reach for his/her maximum potential – which in and of itself is unknown.**

The first fundamental principle needed to set the right path is the underlying principle of the Martial Art of Traditional Karate itself, which is the perfection of human character through unlimited physical and mental seeking. Ultimately, the goal is to develop human character to a point where victory over opposition is achieved without violence. This requires the development of human qualities of confidence, emotional stability, humility, perseverance, endurance and compassion, to name but a few.

The Highest Skill

To paraphrase a saying, **“To win one hundred victories in one hundred battles, is not the highest skill. To win one hundred victories with no battle, is the highest skill.”** In other words, the path of self-development lies not in the confrontation of danger, but in the management of danger. Therein lies the challenge for us all.







## ITKF global virtual seminar brings together more than 50 countries and achieves absolute success

ITKF held on September 12 its first global seminar on Zoom platform and transmitted via Youtube. The event reached more than 2,500 views bringing together representatives from more than 50 countries.

This event aimed to present the history of ITKF and its evolution, the goals, principles and projects that guide the institution today and the technical basis that underlies traditional ITKF karate. This first Global event was mainly aimed at ITKF instructors and the lecturers were the six members of

the institution's technical committee: Sensei Vladimir Jorga (Serbia), Sensei Richard Jorgensen (Canada), Sensei Gilberto Gaertner (Brazil), Sensei Vencislav Nedev (Macedonia), Sensei Eligio Contarelli (Italy) and Sensei Justo Gomez (Argentina).

The impacts of traditional karate practice on general health, emotional health and cognitive development were addressed. In the technical area, the biomechanical and kinesiological principles that underlie the practice of traditional karate, the methodolo-

gy for kata training and Kitei Kata (which was developed by Masters Nishiyama, Mabuni and Kisaki) integrating Shotokan, Shito Ryu and Goju Ryu styles, were presented.

Planning and conducting the event was a task that brought together the board, the following committees: technical, communication & marketing, innovation & technology and the advisers. It was a team effort that had the support and participation of all ITKF affiliates around the world.

ITKF also made public and clear its

focus and direction for the future, based on the following objectives: self-defense, general health, mental health, cognitive development, development of human values and development of a culture of peace, equality and sustainability.

The seminar had a very positive impact on all participants and allowed the principles and techniques that structure ITKF's traditional karate to be disseminated to all continents.



SELF-DEFENSE	GENERAL HEALTH	MENTAL HEALTH
COGNITIVE DEVELOPMENT	DEVELOPING HUMAN VALUES	DEVELOPING A CULTURE OF PEACE, EQUALITY AND SUSTAINABILITY

**ITKF TRADITIONAL KARATE GOALS**



**2020 ITKF**

**GLOBAL SEMINAR**

**SEPTEMBER**

**12th**

9-12 am | 2-5 pm  
BRASÍLIA TIME



# Updated ITKF links

**WEBSITE** [www.itkf.global](http://www.itkf.global) \*\*\*\*\*New\*\*\*\*\*  
**E-MAIL:** [secretary@itkf.global](mailto: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](mailto: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](mailto:communications@itkf.global)

Wishing all good health and strong spirit.

**COMING UP!**

**October 25<sup>th</sup>**  
**9 am - 12 am**  
**Brasília Time**

**In Honor of**  
**WORLD KARATE DAY**

ITKF NEWSLETTER			
<b>ITKF CHAIRMAN</b> Gilberto Gaertner	<b>MAGAZINE DESIGN</b> Marcelo Azevedo	<b>CONTRIBUTORS</b> Leonardo Neves Roman Pavlovic Héctor E. Maroli Germán Colina Rajnish Kumar Eyal Nir	
<b>EDITORIAL TEAM</b> Eyal Nir Ibrahim Al-Bakr Leonardo Neves Berg do Prado Roman Pavlovic	<b>PHOTOS / ILLUSTRATIONS</b> Freepik Google		







**THE TRADITION CONTINUES**



**Traditional Karate**

ITKF NEWSLETTER 31