



**Traditional Karate**

**ITKF NEWSLETTER**

**International  
Traditional Karate  
Federation**

**World Governing Body of Traditional Karate**

**# Number 5** July, 4<sup>th</sup> 2023



# 21<sup>st</sup> World ITKF Traditional Karate Championship



**Kranjska Gora  
SLOVENIA**



## Dear ITKF family,

I hope everyone is in good health along with your families and all karate practitioners in your country.

Initially I would like to thank you for your dedication and congratulate the team of Eyal, Ibrahim, Roman and Leo for the excellent work in planning and creating the 5th edition of ITKF News Letter. I also thank Marcelo Azevedo for the excellent layout and art work.

Reporting to the end of 2022, it is worth remembering our World Championship held in Slovenia. It was undoubtedly an excellent event, very well organized and with great participation and representation. We had many innovations in the registration and competition management system, in tablets for arbitration and in the use of ITKF VAR to optimize decision-making in kumite disputes. All due to Mr. Roman Pavlov and the entire team in Slovenia who worked tirelessly to provide the entire ITKF with a high quality event in all aspects.

Throughout the first semester of 2023, we made many advances in terms of legal consolidation at a document level and we affiliated our organization to the Association for Sports and Leisure Facilities (IAKS), which is affiliated with the IOC. We consolidated the legal registration of the current ITKF logo and the Traditional Karate University (TKU) brand. We also had the entry of new affiliated countries, to which we reiterate our welcome: Czech Republic, Canada, Tanzania, Angola, Palestine, Serbia and Lithuania.

Another highlight was the launch of the Green Belt project, coordinated by Mr. Buzzi. I take the opportunity to ask everyone that in our national and international events we can start implementing the ideas present in this project that aims to raise awareness and act in the way of socio-environmental responsibility and sustainability.

The ITKF technical committee has updated the Technical Qualification Guide, is finalizing our institution's new black belt graduation exam program, and is also revising the refereeing rulebook. We had many courses and competitions at national and international level, I congratulate everyone who is working and dedicating themselves to further develop our traditional karate.

This year we will still have a vast calendar of activities ahead, such as the Summer Camp in Paris (France) in early July, the International Seminar in partnership with the International Karate Teachers Academy in Claremont (CA - USA) in late July. Among other events, we will also have the Master Course in Cairo (Egypt) in September, in Tashkent (Uzbekistan) in October and in Curitiba (Brazil) in November.

I would like to thank our entire board of directors for their tireless work, all regional and national leaders and all affiliates for their commitment to developing high quality work so that together we can build an institution that is increasingly stronger and more respected. Working together, we will leave an effective traditional karate as a legacy for the next generations as a personal defense, which provides true human development and is applied in the daily life of each practitioner.

The tradition keeps getting stronger. Greetings everyone.

Gilberto Gaertner, PhD  
ITKF Chairman



We are happy and proud to present the 5<sup>th</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 encourage all members to visit the ITKF web site [www.itkf.global](http://www.itkf.global) to enjoy the information and services provided as more are being added on a regular basis.

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](mailto:communications@itkf.global)

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

## Contents

Chairman's Message	2
2022 World Championship Summary	4
ITKF 'Green Belt' Project	16
Traditional Karate Principles derived from Heyan Katas' 1st Movement	20
Remembering Watanabe sensei (1947-2021)	24
The practical development of karate in the mirror of history	26
2023 ITKF Annual Program	29
Biomechanics of Karate Kicking	30
ZanShin History by ITKF Traditional Warriors	40
Shu-Ha-Ri (守破離): from Technique - thru Skill - to Art	42
ITKF Regional updates	46
Technical Committee and Shihan Kai Session	56
Updated ITKF links	60
Summary and Thanks	60





  
Kranjska Gora  
SLOVENIA  
2022  
NOVEMBER  
18 - 20



## 21<sup>st</sup> World ITKF Traditional Karate Championship

# 2022 World Championship Summary

By Roman Pavlovic

The period from the last ITKF World Championship in 2019 was a turbulent one. The Covid-19 crisis has heavily impacted traditional karate as a contact martial art on the level of individual practitioners, clubs, national federations, regional organizations, and ITKF as a global traditional karate organization. Limited training opportunities, travels, gatherings, and illness reduced the intensity of our focus on mastering the balance of body and mind through the art of traditional karate.

This period also gave us an opportunity to rethink and regroup, to become even stronger as individuals and as an organization, when

the opportunity arises. And the first opportunity was 21st ITKF World Championship in traditional karate in Slovenia. It was the championship where one was able to see the best of the best in traditional karate, to meet with old friends, create new ones, and to learn from each other's experiences on our path to Mastery.

The decision to organize the event of that size, after the global pandemic, was not easy, but easy is not in the vocabulary of the traditional karateka. Slovenian traditional karate federation SZTK is organized on volunteering principles and, as many times before, we were sure, that our members will step in. And they did!

Event of this scale is not just a competition. Since the majority of the members are present face to face, we have prepared the series of activities to calibrate and synchronize the members and give them all the information required to work in period during and also after WC. We have organized:

**Technical Committee Meetings**

**Tournament Committee meetings**

**Masters and Judges Course**

**ITKF Strategy workshops**

**ITKF Directors meetings**

**ITKF Regional Organizations meetings**

**ITKF General Meeting**

Europe,  
Pan-America  
Africa  
Asia  
Oceania



## ITKF General Meeting Masters and Judges Course



## 2<sup>nd</sup> ITKF Europe Open Cup

ITKF Open cup was organized with the two main goals. Opportunity for the younger competitors to show their skills and knowledge on the international arena is of course important, but giving them the opportunity to observe first-hand the best of the best what traditional karate could offer is the long-term motivator for those young karatekas.







# 21<sup>st</sup> World ITKF Traditional Karate Championship

## Participants

ITKF World Championship is the celebration of traditional karate. With this in mind the participants came full of positive competitive spirit to show their best karate on the world stage. At the end just a few got the medals, but we all were winners.











## Judges

The best of ITKF judges were the protectors of the high traditional karate standards. As competitors, so have judges come from all over the world to support quality karate while ensuring health of all participants. They did an excellent job!



Judges' celebration  
of the job well done.  
Medical Judges



## Organizers

From the beginning there was the idea that this event should not be appealing just to ITKF members but also to Slovenian traditional karate federation members, that would like to volunteer during the preparation and execution of this event. With this in mind we have explained the main idea and invited them to join our team. More than 50 answered and supported the event in many different roles – some visible (tatami administration, security, ...) some not so much (driving, food, maintenance, ...), but all were crucial to the success of the event.



## Technical support

All the events were technically on the very high level. The ITKF WC on-line portal, that was the entry point for the registration, was used also for the competition. System was integrated with many technology enhancements that seamlessly improved the quality of the competition and the work of the organizers with:

**Competition time tables**

**Official draws**

**Live streams**

**Real time results presentation for the people on-site and off-site**

**Real time judges scoring on tablets**

**Video assistant referee (VAR).**



Thank you ALL! It was an intense journey to organize and execute event on this scale, but we all – competitors, judges, organizers, spectators, sponsors – proved that with common vision, clear individual responsibility and high level of trust – everything is achievable!

PHOTOS BY:

Julio Oscar Albornoz, Denis Sadikovic, Miha Kralj and Budo Magazin





# ITKF Green Belt Project

The conception of ITKF Green Belt project began at ITKF World Championship held in Slovenia in 2022, when sensei Ricardo Buzzi presented the idea of zeroing carbon emissions in institutional events. The proposal was very well received and had full support from the management of ITKF Global. Gilberto Gaertner, chairman of ITKF, understands that an entity dedicated to education and sport cannot exempt itself – or even release itself – from participating and supporting socio-educational causes of such relevance as environmental issues. “We are currently experiencing an unprecedented climate crisis as a result of the ruthless ex-

ploitation and destruction of the planet’s natural resources, the pollution of rivers and oceans, the emission of gases that cause the greenhouse effect and cause global warming, among other harms.” In this context, ITKF Green Belt project meets ITKF purposes of being socially and environmentally responsible and aligned with the UN SDGs. “Without a doubt, we can make a significant contribution through environmental awareness programs, changing habits and sustainable projects in our organization, reaching thousands of people. We will start with the national federations (MO), affiliated clubs and schools, directors, instructors, students and family members”, announces the director.

After the initial feasibility studies, a broader vision of the Green Belt project was chosen, which will start with

environmental awareness through informative lectures, training of instructors and posting of instructive material on the entity’s social networks. Concrete actions will also be carried out at our events, such as planting trees, separating and selectively collecting garbage, reducing the use of paper and electricity, distributing beehives, as well as awareness actions in partnership with the public power and local communities. Gaertner advances that ITKF will zero the carbon emission on trips of its directors.

“I believe that, with the strong and effective engagement of our institution in the process of environmental awareness and sustainability, we will assume an unavoidable responsibility in the fight for the conservation of life on our planet. We are going to use all our fighting capacity so that this confrontation can guarantee the lives of future generations.”



# NEW WAY OF KARATE

## for next generations

We also use our energy in bennefit of the world!



The four-time Kumite world champion and architect Ricardo Luís Buzzi, coach of the Brazilian Traditional Karate Team, believes that this historic and delicate moment has its origins in climate changes caused by greenhouse gas emissions and by the reduction of the absorption capacity of these gases across the planet due to the reduction of plant masses on all continents.

“Perhaps this whole process is not so clear for today’s society, as evaluating the historical period during its validity is very complex. The lack of conclusion of the facts does not allow us to parameterize the consequences and the extent of the changes, but the signs that something is happening are very clear, as shown by the various world conferences that have been held on the subject for decades and the vehement alerts of the entire scientific community, ever more incisive, based on solid research and data collected all over the planet.”

Buzzi assesses that this crisis has the potential to be so serious that it can cause complete changes in the most varied aspects of human societies – changes in production platforms, in energy matrices, in agriculture, in forms of consumption, in international borders, in the distribution of water resources, in the domains and possessions of forest reserves. Not to mention the global inflationary movements and the unimaginable number of changes related to the migration of people affected by possible crises, such as permanent floods caused by rising sea levels, extreme droughts and changes in rainfall patterns. All of this can make entire regions of the planet uninhabitable, altering population distribution and reducing food production, leading to potential wars and disputes over

resources and territories for housing and agriculture, population mortality, chronic hunger waves and profound impact on ecosystems of the most varied biomes.

“The consequences are unpredictable and could be more or less drastic depending on the actions taken by governments, companies, organizations and individuals in the present and in the near future”, continues Buzzi. “It is certain that climate change is knocking at our door and it is up to us, armed with scientific data and aware of the historical and environmental process in progress, to take all possible measures to neutralize the maximum impact caused by our activities.”

Buzzi warns that such challenges cannot be ignored, as if the historical process and the environmental impact did not exist or as if it were the task of others – governments, institutions, individuals – to fight this very serious issue. “The moment calls for immediate action and not empty speeches as our activities continue to brutally impact the planet. The future that will not forgive the inaction of institutions and individuals.” For Ricardo Buzzi, it is time to act and join the ranks of those who effectively collaborate to safeguard humanity’s most precious asset – planet Earth – and its ecological and environmental balance. “The fight involves effective actions and investment by all parties involved in the management and action process of ITKF and its member countries”, he emphasizes. “It is not enough to state in our proposals and speeches that we are environmentally responsible partners, we must take effective action. This means investing in environmental education and actually neutralizing the greenhouse gas emissions resulting from the procedures of ITKF and its board, its displacements and direct activities, with the intention of generating a cascade reaction in which its affiliated members, through the example of ITKF, may also adhere to the concept of sustainability and the reduction of environmental impacts in their activities.”

The coach of Brazilian team considers that the initiative is an important step for ITKF to be able to align itself with the premises of ESG. “The adoption of environmental management policies and the implementation of ITKF Green Belt project will be a pioneering institutional advance within the world karate management entities, putting into effect real actions of social and environmental responsibility. ITKF is ahead of other institutions, demonstrating an important organizational advance and gaining greater credibility”.

Source: Budo Magazine



# Traditional Karate Principles Derived from Heyan Katas' 1st Movement

By Eyal Nir sensei

**There are 5 Heyan Kata commonly taught for beginners and along their Karate learning path as well as being an important part of the first 5 rank examinations.**

**While each Kata starts with a different first move or technique these all share common characteristics that can be used to discover and through training assimilate core Traditional Karate principles applied in endless ways beyond the standard Kata form.**



This article presents some of these key Traditional Karate principles that can be learned from carefully observing the very first movement in each Heyan Kata:

**1.** Symbolically with Karate being an art of self-defense (rather than self-attack) all Heyan Kata start with a block technique (Uke-Waza).

**2.** Furthermore, all these blocks are performed moving into the line of attack rather than away, out of reach or trying to just self-cover.

**3.** Thus Uke-Waza is performed with the spirit and timing of attack trying to meet and neutralize the opponent's intention and technique

early on before it accumulates momentum and his physical superiority becomes significant.

**4.** The above can be considered part and a means of discovering the essence of Oji-Waza (response theory). It's where we develop sensitivity, intuition, ability to connect, be in-tune, anticipate, identify the pre-technique preparation or small mental-physical gaps called Qyo. It is unintentionally revealed by our opponent that can skillfully be leveraged in neutralizing his aggressive intentions despite his physical superiority.

**5.** Responding in good timing, as demonstrated in the 1st technique of each Heyan Kata, requires effi-

cient or optimal use of human body – including:

a) Mental preparation – prior to any external movement we apply mental intention projecting our Ki in the relevant direction.

b) Loading – using breath to control muscle contraction and applying pressure to our base we create potential with a spring-like loaded chain of muscles ready to instantly fire at the right moment turning potential into kinetic energy eliminating the need for any further preparation for technique initiation. In this sense we say “Inside moves first” as all of the above happens prior to any external movement.

c) Consequently, we can apply the Oji-Waza concepts of “you Feel you Go” and “act by Ki” implying that as soon as a Qyo is identified technique can be instantly initiated by breath from center (Tan-Den) with no hesitation, doubt or fear of mistake (HoShin spirit).

d) According to BuDo famous saying “Ichi Gum, Ni Soku, San ten, Shi Roku” all Heyan Kata 1st movement teaches us the right sequence of technique:

I - Ichi Gum (Intention and Awareness) - employing sensitivity to connect and consequently identify Qyo.



II - Ni Soku: First to externally move is our (left) foot controlled by our center leveraging the potential energy accumulated during pre-movement preparation and “opponent synchronization”

III - San ten – next our center joins both technically as center of action and gravity as well as the so called “Guts” representing our determination and spirit emphasized in Heyan Kata 1st movement by moving into the opponent’s line of technique.

IV - Shi Roku – finally at the end and top of the acceleration sequence the technique is delivered through the relevant extremity (in Heyan Kata 1st movement this is always your hand).

e) During technique execution we employ body dynamics to accelerate energy by recruiting all relevant body parts in a timely manner along the kinetic chain and line of technique.

For all 5 Heyan Kata the body dynamics applied for the 1st movement is an initial Rotation coupled with a sharp vibration at technique end to enable efficient body support at the moment of impact, Kime and effective continuation into next technique.

f) At technique end - moment of block impact or energy delivery we employ the big principle of Kime to further increase impact energy (beyond and additional to whatever energy already accumulated leveraging body dynamics in the space given), avoid energy escape or bouncing and create preparation for efficient initiation of next technique - continuation.

6. Finally, we learn the big concept of Zan-Shin as Kata is performed as a cycle from start to end with smooth continuation from end of one technique to initiation of next keeping mental-physical awareness and preparation in between thus minimizing Qyo exposure.

## In conclusion

It is important to emphasize that in Traditional Karate it is the same set of core principles of Kihon that we apply in Kata and similarly the principles guiding us in Kata are the same applied in Kumite thus providing a coherent consistent methodological path of study and principles assimilation.



The signed articles are responsibility of the authors, they do not necessarily reflect the official opinion of the ITKF.



# Remembering Watanabe Sensei (1947-2021)

By Vinicius Santana

**TODAY THE CLASS  
WAS IN HIS HONOR.**

**WE'LL SHARE  
HIS TEACHINGS  
WITH THE NEW  
GENERATIONS.**



Sensei Watanabe was a unique person. I've never seen the same. He had a vast knowledge of Karate and an extraordinary life experience. He had the gift of sharpening the samurai spirit in each one of us. I lived with him for more than 20 years as part of the Brazilian national team! My karate and my spirit evolved a lot as much of what I learned in life, I learned from him. I had the opportunity to stay with him during the last days of his life and I could see how very special, dear and brave he was. I shall always keep him in my memory and cherish one of the last words he said to me - **continue the tradition in the Brazilian national team.**

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# The practical development of karate in the mirror of history

By Kyoshi Itzik Cohen (World class Karate researcher)

The karate that is familiar to most of us is the one with an athletic and competitive nature, or the one in the context of simple self-defense relevant to our time and environment. In the context of combat, martial arts in general including karate, have undergone a significant transformation. Over time, the pragmatic combat motif was replaced by other fields to meet time and environmental requirements. In many cases the aesthetic motif replaces the combative mean. We even made it wise to harness karate for various therapeutic needs in areas such as motor difficulties, ADHD and more. Yet classic Okinawan karate that focuses on producing power and personal empowerment is less common and lesser known. Even more than that, karate's roots lie in the period before the 19th cen-

tury, in which karate developed for professional security demands in government service.

We often tend to perceive and analyze things from our contemporary point of view that matches our environment. Tracking the roots and development requires us to take an objective and open approach.

In the context of combat, martial arts in general including karate, have undergone a significant transformation. For example, rules were conducted in the competition arena for both reasons, to prevent damage and to allow judgment. Adjustments were made in the therapeutic field. The techniques were adapted to the new goals and frameworks created in the modern era.

As mentioned, the roots of karate, its development and its use prior the 19th century, lie

within the official security arena, personal security, guarding sensitive places and accomplishing special missions such as securing diplomatic and merchant ships and diplomatic delegations.

Clues to these techniques are found in earlier kata(s) such as Kushanku (Kusanku), Passai (Bassai) and Useishi (Gojushiho).

The transition to clenched fists as a dominant means occurred in the second circle of karate's environment, that is the civilian one at the end of the 19th century onwards.

The use of blocking or launching a punch is most common today. However, we identify grappling elements that belong to tactical and operational combat, and their value usually fades over time. An example is the use of joint locks, wrestling and Kaishu 開手 (open hands), which was more dominant in earlier kata(s). Another approach offers action at a group level that requires teamwork cooperation. Other security scenarios may inquire individual level not as prevalent street fighting or simple self-defense, but for professional official security mission.

These technical and tactical components tend to lose their value over the years due to changing environment and goals.





In Passai-kata, two Tsuki (Morote-tsuki) are launched simultaneously with the back slightly bent. Operative course of action offers a personal security staff pushes a potential attacker towards his colleague, and from there to outside the sterile area. Of course, this approach can also be used as self-defense in the civil circle, for example as a release from a grip or a choke.

Useishi-kata (Gojushiho), begins with a kneeling movement and a “defensive technique”. A deeper investigation at the operational level related to the historical context reveals an action of taking over an aggressor while immediately lowering him to the ground. Kata is a template in which knowledge, principles and ideas assemble to compound content for practice as well as pass it on. Therefore, the questions that arise regarding the effectiveness and relevance of the techniques or kata, will receive logical and clear answers, and moreover, operative answers. These answers depend on the environment and past purpose of the technique. At this point we will be able to delegate the concept of the technique to the current arena.



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# 2023 ITKF Annual Program

ITKF Traditional Karate			CALENDAR 2023
EVENT	DATE	PLACE	
ITKF PANAMERICAN GOSHIN SEMINAR	MARCH 10 - 12	BRAZIL	
ITKF ASIA OCEANIA TECHNICAL SEMINAR	APRIL	UZBEKISTAN	
ITKF AFRICA TECHNICAL SEMINAR	APRIL	SUDAN	
3RD ARARAT INTERNATIONAL CUP	MAY 9	ARMENIA	
ITKF ASIA OCEANIA TECHNICAL SEMINAR	JUNE	KUWAIT	
ITKF SUMMER CAMP	JULY 8 - 11	FRANCE	
ITKF ASIA OCEANIA SUMMER CAMP	AUGUST	INDONESIA	
ITKF AFRICA TECHNICAL SEMINAR	AUGUST	TANZANIA	
ITKF MASTER COURSE	SEPTEMBER 11 - 13	EGYPT	
ITKF AFRICA CHILDREN FESTIVAL	SEPTEMBER 14	EGYPT	
ITKF AFRICA OPEN CHAMPIONSHIP	SEPTEMBER 15	EGYPT	
ITKF MASTER COURSE	OCTOBER 3 - 5	UZBEKISTAN	
ITKF ASIA OCEANIA OPEN CHAMPIONSHIP	OCTOBER 6 - 7	UZBEKISTAN	
ITKF WORLD CUP	OCTOBER 8	UZBEKISTAN	
ITKF EUROPE CHAMPIONSHIP	OCTOBER 26 - 28	PORTUGAL	
ITKF ASIA OCEANIA TECHNICAL SEMINAR	OCTOBER	BANGLADESH	
ITKF MASTER COURSE	NOVEMBER 15 - 17	BRAZIL	
ITKF PANAMERICAN CHAMPIONSHIP	NOVEMBER 18 - 19	BRAZIL	
ITKF INTERCLUBS WORLD CHAMPIONSHIP	NOVEMBER 18 - 19	BRAZIL	

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# Biomechanics of Karate Kicking

## First: High Kick (Kizami Mawashi Geri)

By Ibrahim Al Bakar sensei

It is a kick with the front feet which comes from the outside of the body towards the inside. The head of the man's face is the area responsible for the shot off. High Kick has the same features as Mawashi Geri, but the net force of the round strikes is the sum of the arc of forces which is the theoretical arc that is beginning the last point in contact among the foot and the ground (the starting point of strength) and its end is to be the contact point of the opponent's body or the targeted area ( focal point of power).

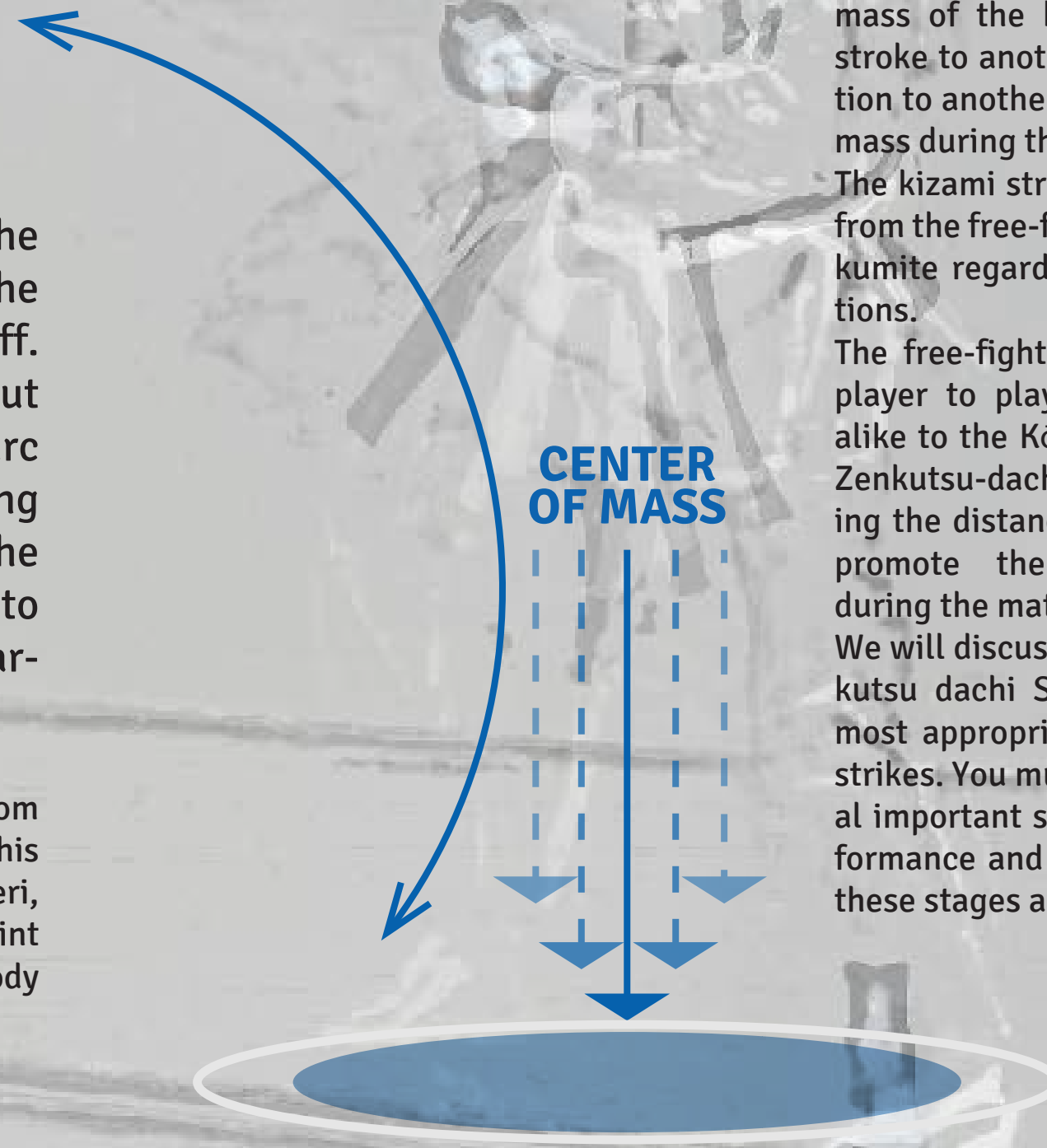
On the other hand, the Kizami is a foot strike that starts off from outside the body and ends inside it. This is what distinguishes this kick from other types of foot strikes. For example, the Mae Geri, Yoko Geri and Ushiro Geri which is the starting and ending point inside the body but in this, the starting point is from inside the body and ends outside.

### B - The center of mass and its transition (fulcrum during strike)

It is known that the center of the mass of the body differs from one stroke to another and from one position to another, and the center of the mass during the strike will be moved. The kizami strike usually takes place from the free-fighting position during kumite regardless of training conditions.

The free-fighting mode differs from player to player but is often more alike to the Kōkutsu dachi Stance or Zenkutsu-dachi mode while narrowing the distance between the feet to promote the player's movement during the match.

We will discuss only the status of Kōkutsu dachi Stance where it is the most appropriate forms to repay all strikes. You must pass through several important stages to be sound performance and the most important of these stages are:





Preparation's stage, Implementation stage, and the Return stage. As we move from one stage to another, the center of the body's mass changes and we will be presented each of these phases:

## 1. Preparation's stage:

During the start, the player is in the standby mode (free fighting) closer to the position of Kōkutsu dachi Stance with narrowing the distance between the feet so that the movement be to facilitate. At this stage, 70% of the bodyweight on the back foot and 30% of it on the front foot and fulcrum will be based in the back third of the body. This distribution of weight affords a greater opportunity to payback the kick where the speed is greater for the front foot by cause of the lack of weight on them that it is difficult to pay kizami due the fulcrum is on the front foot. In this situation added another stage; the stage of moving the center of the bodyweight from front to back, Foot back though. Each stage has a specific performance time, However, time periods for performing three stages less than four stages. This distribution provides the player's body weight (70% on the back foot and 30% on the front foot).

## 2. Implementation stage:

This stage starts amidst the player moving to strike the Kizami and the end in a recording. The foot used by the player rises from the ground, which necessarily requires a change in the bodyweight's distribution to be well distributed and that differs from the free fighting situation, the distribution is as follows:

- 85% on the back foot.
- 15% is loaded on the joint of the hind foot joint with the trunk, and the center of gravity is the imaginary line connecting the middle of the trunk to the ground vertically on it.

This is for the first part of the implementation of this stage, and the second part of this stage is the repaying stage; the center of gravity moves again to settle on the straight line connecting the end of the thigh bone (fulcrum) with the foot fixed on the ground and vertically.

## 3. Return stage:

This is the stage when the player's return to the starting position (free fighting) and we will discuss with the return time, but we will look at the relationship between the balance and the return of the player to start mode, because it is rebalancing of the bodyweight but in reverse to the attack stage.



Instead of reducing the player on the front foot in preparation for the strike Kizami, the weight of the body moves from the back forward to settle on the starting position (70% back and 30% forward).

As for the time of return, we merely say:

"The more balanced it is, the less return time it will be."

### **3. Zones of recording Kizami strike**

This is carried out to all the areas of the body:

Head - neck - abdomen - back (except shoulders)

But there are areas where the payment is ideal, namely the head (sides of the face) and the neck.

## **Second: Special Preparation for the Player of Kizami**

**The Kizami player has special physical qualities that the trainer works on developing:**

- 1 - The flexibility of the muscles of onyx especially the lumbar region and lower abdominal muscles.
2. Special flexibility of the lower limb joints.
- 3 - The strength of the muscles of the two men.
- 4 - Fitness and its importance in resolving the distribution of the weight of the body during the beating (balance).
5. Fast reaction.

## **Third: Development of the Physical Qualities of the kizami player**

1 - Development of the capabilities of the Karate player in general (speed bearing, power bearing and the characteristic power of speed) and the most appropriate methods of capacity development are time training (low and high intensity ) with the use of aids according to the purpose of training and depending on the formation of the training load.

2 - The development of the muscles of the trunk, especially the lumbar region. The muscles of the trunk represent the Kizami's push force. These muscles, the oblique and psoas muscles, are linked to the hip joint, where they affect the positive or negative on the kizami as well as carrying part of the body weight from the stage of extension to kick the foot kick (kizami Mawashi), We have discussed this point before during explaining the transmission of the weight of the body during the payment.

3 - Interest in the flexibility of the pelvis using (dumbbells) or aids or the weight of the player's own body. This interest is due to the appropriate player's height during the repay as well as the element of sudden velocity.

4 - The promotion and strength of the muscles of the thigh and leg, these muscles are important in kizami in two ways:



A - These muscles represent a fulcrum during the recovery of the kizami for the fixed foot on the ground.

B - These muscles work on the extension of the knee joint, which is a point of ejaculation in the kizami Mawashi Geri.

5 - Training the player to slide. Through the exercise, fitness to be able to distribute the weight of his body in a way that keeps its balance after a proposed training program for the player of the kizami Mawashi Geri.

## **Forth: Common mistakes of players during kizami strike**

After we have finished the definition of kizami kick, we should be exposed to how to perform the optimal performance of the kizami kick. However, before starting to do so, we must identify the common mistakes in making this strike between, to achieve their optimal performance, and how to train them, in order to achieve full proficiency in paying them.

And we are exposed to common mistakes, including: -

### **A- The Balance:**

One of the most important mistakes in which the players do not maintain is the balance during the repay between the start and end of the strike (the

time range of the strike). We find the player has his body back or forward to a large extent that balance cannot control and thus lose the striking effectiveness, for two reasons:

1 - The length of time to restore the player to balance his body, which can be deducted from the repay of any counter-attack method during the restoration of the player Latzana.

2 - The sharp drop in the level of the player (which has lost weight) where the player focused on how to restore the balance and lose its focus in completing the attack. The least concentration during the balance, which loses the ability to repel any attack against him.

### **B - Not to control the force:**

What distinguishes the high-level karate player is the control of the force but the fault of not controlling the force of a kizami strike is considered a serious mistake if this error comes with good behavior by the opponent.

The intention of controlling the force is that the player strikes the jazzy ball of the jars without taking into account the point of scoring in the opponent or the appropriate force of the strike, and therefore this error is dangerous in two respects.

Discount injury:

The player may cause this error in the opponent's injury during the matches and therefore the player who caused the injury gets the right penalty for the



injury (KEIKOKU - HANSOKU CHUI - HANSOKU) and therefore the player defeat himself by causing this mistake.

1 - Rotation of the player due to excessive power and give back to the opponent:

The good behavior of the opponent to get out of strike's field- because the performance of kizami strike with this error and the exit of the rival from the field leads to the rotation of the player and give his back to the rival can make him a quite a catch for his opponent, especially in the games where the registration is counted in the back area.

## Fifth: Errors in training

1. Lack of interest in the muscles of both legs(speed development - flexibility - endurance).
- 2.Lack of interest in the flexibility of the joints of the lower limb.
- 3.Neglecting the muscles of the abdomen and back, particularly the lumbar region, it represents the momentum in the Kizami strike.
- 4.Lack of training on the player's distribution of the weight of his body (imbalance)
- 5.Lack of use of speed exercises for both legs.
- 6.Misuse of aids tools.

## Sixth: A simplified Anatomical View of the general muscles in the Kizami

The first thing pops in the mind for the general muscles in the foot strikes are the muscles of the two legs which are the most important muscles. However, these muscles cannot work alone and there must be a dual performance at least two or more involved in the implementation of one movement.

This is because of the muscles end with tendons connected to the joints and then any contraction in any muscle followed and even requires the spread (relaxation) in one or more muscles.

Therefore we must be exposed to general muscle and help to strike the Kizami Mawashi Geri.

## Conclusion

The biomechanical qualitative analysis of techniques of karate for distance fight will provide different result from both qualitative and utility. As the basic techniques run in the first phase, when there is no opponent, it is possible to perform a qualitative analysis of biomechanics, to improve and refine technical motions and gestures, to render them more efficient. As always, this initial facility will be paid later, when we have to analyze the free combat competition with the opponent and when the biomechanics of karate analysis will be more complex.



# ZanShin History by ITKF Traditional Warriors

Going back in time to Lucerne in Switzerland, a young karateka started his trainings beside the walls of Museggmauer. His name was Leon and he was known to have developed a high meditative practice. He became a great karate teacher and was nicknamed Zanshin for dominating attention and intention until the end of his strikes which soon caught the attention of International Traditional Karate Federation. After years of study and practice within Karate, he became the holder of strong focused attention and taught his students to never give up on the mental quest within the philosophy of Traditional Karate. These days he is recognized as the thinking head of the Traditional Warriors for being the most experienced and shrewd defender of Traditional Karate in the world.





# Shu-Ha-Ri (守破離)

## from Technique - thru Skill - to Art

By Eyal Nir sensei



Shu-ha-ri is a Japanese martial art concept which describes the stages of learning to mastery which is relevant and applicable for any skill-acquisition process that eventually enables or becomes art.

**Here is a short summary of the concept according to its three steps or phases followed by more in depth explanations, insights and advice for leveraging and applying this concept in many areas of life and human development.**

**Shu (守) "obey"**— learning the fundamentals, following the rules, imitating your sensei even if just by way of copying or mimicking.

**Ha (破) "detach"**, breaking with tradition—start own investigation seeking inner understanding, respectfully questioning the sensei's teaching. This is symbolically Sho-Dan (black belt) level where the basic principles have been sufficiently mastered to move to the next step beyond "blind copying of teacher".

**Ri (離) "leave", "separate"**—transcendence beyond technique as the underlying principles have been fully assimilated their application is now natural and can be applied unattended in "auto-mode" while becoming one with spirit alone without clinging to forms; this is when skill becomes art by integrating your unique personality, imagination and feeling with the by now embodied skill.

The Shu-Ha-Ri process is not linear in the sense of a clear progression path from one phase to the next; rather it is cyclic or spiral with an overall advancement direction yet constantly iterating between the three phases as even in the "Ri" phase we come back to Shu (or Kihon) phase to further strengthen and refresh our basic principles.

**Let me further explain and elaborate on the three phases we go through in our learning process as we acquire skill on our path to become masters of the art:**

### Shu phase

Shu means "to protect" or "to obey" which draws a parallel between student-sensei relationship in martial arts during early stages of learning and the relationship of a parent and child. The student should absorb all the teacher provides, be eager to learn and willing to accept all correction and constructive criticism. The teacher must guard the student in the sense of watching out for his interests and nurturing and encouraging his progress, much as a parent guards a child through its growing years. Shu stresses basics in an uncompromising fashion so the student has a solid foundation for future learning, and all students perform techniques in identical fashion, even though their personalities, body structure, age, and abilities all differ.

In this phase we repeat the forms and techniques so that our bodies absorb the forms as we assimilate the underlying principles those forms represent. We remain faithful to these forms with no deviation.

### "Listen to your heart" vs. follow your sensei's instructions

At the Shu phase we do not deviate from our exact teacher's instructions even if "our heart feels differently" out of trust and belief our sensei is leading us along the right path so with time, as we acquire skill and go through inner change, we shall be able to understand why this is best for us.

I clearly remember how doing things the way Nishiyama sensei explained initially felt less effective and powerful than what was at the time natural for me. Yet since I had full respect to my sensei I decided to follow his instructions and "not listen to my heart" as I believed what this great master is telling me must be true, shall lead to better results and with time I shall be able to realize that. That is one reason why it is



so important to choose a true sensei as you let him metaphorically “re-construct you” breaking old habits to erect a new and better structure in many ways fundamentally changing who you are. Student-sensei trust is key for enabling such process to occur at times blindly obeying your sensei’s instruction against your best judgement and heart feeling.

So at the “Shu” phase it is necessary to follow the exact forms and techniques not deviating from your sensei’s guidance even if “your heart tells you differently” as these serve to enable you to discover and assimilate, to a skill level, the underlying principles.

## Ha phase

Ha is another term with an appropriate double meaning: “to break free” or “to frustrate.” Sometime after the student reaches Dan (black belt) level, he or she will begin to break free in two ways. In terms of technique, the student will break free of the fundamentals and begin to apply the principles acquired from the practice of basics in new, freer, and more imaginative ways. The student’s individuality will begin to emerge in the way he or she performs techniques. At a deeper level, he or she will also break free of the rigid instruction of the teacher and begin to question and discover more through personal experience. This can be a time of frustration for the teacher, as the student’s journey of discovery leads to countless questions beginning with “Why...” At the Ha stage, the relationship between student and teacher is similar to that of a parent and an adult child;

Once we have disciplined ourselves to acquire the forms, movements and the principles these are based on, we can start own innovations breaking free of standard form rigidity as the principles were sufficiently digested thus whatever we do shall still in line on based on correct principles.

## Ri phase

Ri is the stage at which the student, now a kodansha (high ranking black belt), separates from the instructor having absorbed all that he or she can learn from them. This is not to say that the student and teacher are no longer associated. Actually, quite the opposite should be true; they should now have a stronger bond than ever before, much as a grandparent does with their son or daughter who is now also a parent. Although

the student is now fully independent, he treasures the wisdom and patient counsel of the teacher and there is a richness to their relationship that comes through their shared experiences. But the student is now learning and progressing more through self-discovery than by instruction and can give outlet to his or her own creative impulses. The student’s techniques will bear the imprint of his own personality and character. Ri, too, has a dual meaning, the second part of which is “to set free” As much as the student now seeks independence from the teacher, the instructor likewise must set the student free.

Once skill has been acquired and going all the way to the “Ri” phase you should “break free” of all restrictive forms and techniques and with MuShin (no mind) let your acquired skill be manifested and applied in unlimited new creative ways.

This is when you have reached the level of Sensei as you have come full cycle to being baby-like in the sense of intuitive “empty mind” ability yet based on the treasure of knowledge assimilated into you through your long study and practicing phase. We completely depart from the forms, open the door to creative technique, and arrive in a place where we act in accordance with what our heart/mind desires, unhindered while not overstepping fundamental principles.

## Summary

Shu Ha Ri is not a linear progression. It is more akin to concentric circles, so that there is Shu within Ha and both Shu and Ha within Ri. Thus, the fundamentals remain constant; only the application of them and the subtleties of their execution change as the student progresses and his personality begins to flavor the techniques performed. Similarly, the student and teacher are always bound together by their close relationship and the knowledge, experience, culture, and tradition shared between them. Ultimately, Shu Ha Ri should result in the student surpassing the master, both in knowledge and skill. This is the source of improvement for the art as a whole. If the student never surpasses his master, then the art will stagnate, at best. If the student never achieves the master’s ability, the art will deteriorate. But, if the student can assimilate all that the master can impart and then progress to even higher levels of advancement, the art will continually improve and flourish.





For the first time in the history of traditional karate, a modern car was presented to the coach who won the first place in a general arrangement.

It is worth noting that the Indonesia national team won the second place, which appeared in an honorable and elegant manner, which was praised by all the participating teams, and the Tajikistan national team came in third place and Palestine national team came in fourth place.

# ITKF Regional Updates

## ITKF ASIA OCEANIA REGION

### 3rd ITKF ASIA OCEANIA CUP

**More than 650 competitors and 9 countries participated in Tashkent, capital of Uzbekistan.**

**ITKF ASIA OCEANIA and UzITKF have organized this event attended by the hosting country Vice prime minister and minister of Sports, the ambassadors of Indonesia and Tajikistan and the chairman of ITKF Europe Mr. Roman Pavlovic.**

ITKF ASIA OCEANIA and UzITKF have organized one of the strongest competitions in Tashkent in the presence of the Vice prime minister, The minister of Sports, Ambassafor of Indonesia and Ambassafor of Tajikistan.

We were honored by a generous guest, the President of the European Union and the President of the Slovenian Federation of Traditional Karate, Mr. Roman, who was at the head of the distinguished visitors.





# HONORS

## The ITKF ASIA OCEANIA Chairman Sensei Ibrahim Al-Bakr received 2 special honors from the government of Uzbekistan

1. **From the Military Institution of the State of Uzbekistan** to be the fourth person in the history of Uzbekistan to receive this honor in the world and the **first person of Arab-African** origin who does not hold Uzbek citizenship.
2. **Best Arab-African sports figure who influenced international sports relations in Uzbekistan** as the first Egyptian Arab-African to receive this honor from the Government of the Republic of Uzbekistan by the Deputy Prime Minister and Minister of Higher and Private Education.





# ARARAT TRADITIONAL KARATE CUP in Armenia

On May 7- 8<sup>th</sup> this year the 3rd international "Ararat Cup" championship and the annual international seminar was held in Yerevan by the performance of Argentine master Justo Gomez at the invitation of the Armenian federation President sensei Suren Matevosyan.





**Traditional Karate Council Of India (TKCI) - National Governing Body of ITKF organised 1st National Traditional Karate Championships from 14-16 October 22 at Talkatora Indoor Stadium, New Delhi.**







**In this event around 300 athletes participated from different parts of the country. These athletes were from Andhrapradesh, Tamilnadu, Gujarat, West Bengal, Bihar , Jharkhand, Uttar Pradesh, Haryana and host City Delhi. During this event TKCI Technical Commission chairman Sensei Justo Gómez was present and under his observation the entire event held. During this Championship Sensei HMNC Rana was also present from Bangladesh. He is the president of Bangladesh Traditional Karate Council. It was a grand event and all the athletes competed with high enthusiasm. On final day as a chief guest Additional DCP Delhi Police Mr Umashankar and Supritendent Custom Mr Pankaj was present and they felicitated the winning athletes.**





# TECHNICAL COMMITTEE AND SHIHAN KAI SESSION

This News Letter session aims to issue official information and positions regarding the technical committee and the Shihan Kai area of ITKF.

Contributors responsible for this edition: Sensei Eligio Contarelli, Sensei Justo Gomez and sensei Gilberto Gaertner. In this edition, the main requirements for exams, graduation, registration, diploma and examiner classification will be addressed in a simplified and summarized way.

## OFFICIAL DAN REGISTRATION IN ITKF

To be an effective and official member of ITKF, every blackbelt must be registered in the institution and have their respective graduation diploma.

If you are not yet registered, you will need to send a diploma from

your Member Organization, fill out the application form and collect the current fee ( with your country's federation).

If you already have an ITKF diploma prior to 2020, we ask you to re-register by sending a copy of the ITKF diploma and filling out the application form (check with your country's federation).

All information is also on our website. (<https://itkf.global/reregister/>)

## 1. DAN REGISTRATION

MINIMUM TRAINING TERM and MINIMUM AGE REQUIREMENTS for RANK

RANK	TRAINING TERM FOR REGULAR RANK	MINIMUM AGE REQUIREMENTS
SHO-DAN (1° Dan)	10 Months as 1° kyu	14 years old
NI-DAN (2° Dan)	2 Years as Shodan	21 years old
SAN-DAN (3° Dan)	3 Years as Nidan	25 years old
YON-DAN (4° Dan)	4 Years as Sandan	30 years old
GO-DAN (5° Dan)	5 Years as Yondan	35 years old
ROKU-DAN (6° Dan)	6 Years as Godan	40 years old
SHITI-DAN (7° Dan)	7 Years as Rokudan	48 years old
HACHI-DAN (8° Dan)	8 Years as Shitidan	56 years old
KYU-DAN (9° Dan)	9 Years as Hachidan	65 years old
JU-DAN (10° Dan)	10 Years as Kyudan	75 years old

**For grades 4th dan and above** the applicant must submit a written thesis in English focusing on a specificity of traditional karate in 3 copies on the day of the exam.

**For graduations from 4th to 6th dan**, the thesis should have 7 pages, for 7th Dan and above it should contain 10 pages.

**The thesis should be structured and contain the following items:**

Technical subject pertinent to Traditional Karate, written in English and typed double space in 12-point font size (Cover Page {Title, Author, Country, and Date} / Abstract {350 words} and Key Words {3} / Introduction / Objectives / Theme development and Discussion / Conclusion / References / Appendices).

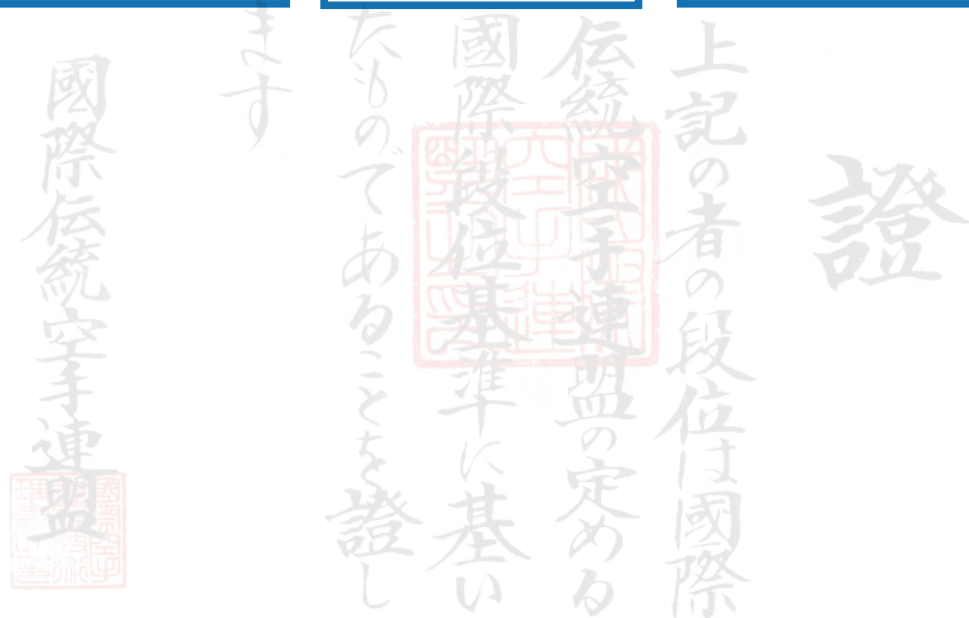


## 2. EXAMINER REGISTRATION

To become an OFFICIAL ITKF EXAMINER, the applicant must attend a Master Course and pass the Coach test and the Examiner theoretical and practical test.

## MINIMUM GRADUATIONS FOR EACH EXAMINER CLASS

CLASSES	MINIMUM RANKING	REMARKS
E	SANDAN	Domestic
D	YONDAN	Domestic
C	GODAN	International
B	ROKUDAN	International
A	SHITIDAN	International
AA	HACHIDAN	International



### 3. OFFICIAL ITKF DAN EXAMINATION BOARDS

**In order for certificates issued by Member Organizations to be validated by ITKF, examiners must be registered and have an ITKF Official Examiner Certificate.**

The examination boards must also comply with the following composition to validate the corresponding rank graduation.

## EXAMINERS NECESSARY FOR COMPOSITION OF EXAMINATION BOARDS

GRADUATION			COMPOSITION OF EXAMINATION BOARDS	
ICHI	(1 <sup>st</sup> )	KYU	(1 Examiner class D or 2 Examiners class E)	
SHO	(1 <sup>st</sup> )	DAN	(1 Examiner class C or 2 Examiners class D or 1 Examiner class D + 2 Examiners class E)	
NI	(2 <sup>nd</sup> )	DAN	(1 Examiner class B or 2 Examiners class C or 1 Examiner class C + 2 Examiners class D)	
SAN	(3 <sup>rd</sup> )	DAN	(1 Examiner class A or 2 Examiners class B or 1 Examiner class B + 2 Examiner class C or 4 Examiners class C)	
YON	(4 <sup>th</sup> )	DAN	(1 Examiner class A + 1 Examiner class B or 3 Examiners class B)	
GO	(5 <sup>th</sup> )	DAN	(1 Examiner class AA or 2 Examiners class A)	
ROKU	(6 <sup>th</sup> )	DAN	(2 Examiners class AA or 3 Examiners class A) Approval of ITKF Technical Committee.	
SHITI	(7 <sup>st</sup> )	DAN	(2 Examiners class AA + 1 Examiner class A) Approval of ITKF Technical Committee	



# Updated ITKF links

**WEBSITE** [www.itkf.global](http://www.itkf.global)  
**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.

## ITKF NEWSLETTER

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THE TRADITION  
CONTINUES



Traditional Karate