



INTRODUCTION WJKA BOARD MEMBER

ANATOLIY NAUMENKO - UKRAINE

Anatoliy NAUMENKO, born 20.05.1968 in Ukraine.

In 1990 he participated in the 10 day workshop, which was conducted in Kiev, Polish master jiu-jitsu and Shaolin Kempo . Then in the same year met with Savchenko (1st Dan), who once studied in Hungary in the center of JKA and got there a black belt. Later, under the guidance, which continued study of traditional karate, visiting his dojo in Kirovograd for several years.

In 1991 he created the club "East" which began to develop karate and jiu -jitsu.

In 1992 and 1994, the passage of the seminar led by Serbian masters I.Yorga, 7th dan.

In 1995, he attended an one-week training course on traditional karate -do in a monastery in Yugoslavia (European Shaolin), led I.Yorga, 7th dan (Serbia). On his initiative, created Cherkasy Regional Federation of Traditional Karate-do.

In 1996, master H. Nishiyama visited Ukraine (9 Dan) invited to sensei Anatoly seminar. In the same year, after the seminar, Elijah Yorgey exam - on 1Specification.

In 1997, he participated in the seminar V.Kvichinskogo (5th Dan). Again a seminar with sensei H. Nishiyama and examination for 2nd Dan.

Master Hiroshi Shirai (9 Dan) first visit to Ukraine.

Judge at the European Championship ETKF in Davos (Switzerland). Release in Cherkassy State University. B.Khmelnitsky the faculty of physical education. In 1998, participation in the seminar H. Nishiyama. Judge at the European Championship ETKF in Caorle (Italy). Judge at the World Championships ITKF in Warsaw (Poland). In 1999, participation in the seminar H. Nishiyama and in the same year, after a passage of the seminar H.Shirai handing him the exam, 3 Dan.

Judge at the European Championship ETKF in Lodz (Poland).

In 2000 he was appointed coach of the national team of Ukraine to prepare for the European Championship ETKF in Ukraine. Judge at the European Championship ETKF in Kiev (Ukraine). Judge at the World Championships ITKF in Bologna (Italy).

Because of the split in the traditional karate federation of Ukraine went out of her composition.

In 2001, took 1st place at the International Tournament in Moscow (Russia) Karate FSKA.

In June, Kovar (Poland) met with Shihan Kenneth Funakoshi (9th Dan), becomes his disciple and FSKA official representative in Ukraine. Judge at the III World Championships FSKA in Riga (Latvia). In 2002, judge in the open championship of Europe (WAMMCO) in Lutsk. Judge at the world championships in martial arts (WAMMCO) in Copenhagen (Denmark). Graduated with honors from CSU. Cherkasy oblast department of physical culture and sports club "East" is recognized - the best club in the area.

In 2003 in Wroclaw (Poland) successful completion of the exam K. Funakoshi to 4th Dan. In the same year, a seminar with K.Funakoshi Tikhoretsk (Russia). Organizes international tournament in Cherkassy and workshop led by K. Funakoshi.

In 2004, participation in regular seminar K.Funakoshi in Wroclaw (Poland). In the same year, with his active support, created Federation of Funakoshi Shotokan Karate Dojo with central Ukraine in Cherkasy. In 2005, organized an international tournament in Cherkassy. Ranks 1, 2 and 3 places 5 Continental European Championships (FSKA) in Kilarney (Ireland).

In 2006 Tikhoretsk (Russia) has successfully passed the exam with K. Funakoshi to 5th Dan. The nomination of an international organization, recognized as the best referee FSKA Judge at the VIII World Championship in Las Vegas FSKA (USA).





In 2007, a seminar is being held in Tikhoretsk (Russia) under the leadership of K. Funakoshi. Participation in Kharkov, in the seminar J. Boer (7th dan). In the same year participated in a seminar with M. Hisataka (10 Dan), held in Cherkassy. Judge on the ninth world championship in FSKA Crowley (England), as well as judge at the Open World Karate Championships, dedicated to the memory of Gichin Funakoshi in Jesolo (Italy).

In 2008, participated in the seminar with K. Funakoshi in Kaliningrad (Russia), also participated in Sumy, a seminar with T. Kubota (10th dan). Successfully organized in Dnepropetrovsk holding the European Championship FSKA, to which Ukraine is a 1- place team. Judge on X World Championships in FSKA Jesolo (Italy). Ukraine occupies 2 team place.

In 2009 in Cherkassy organizes international seminar under the direction of Shihan K. Funakoshi. Takes part in the world championship martial arts (WAMMCO) in Copenhagen (Denmark) and assigned as official representative of the World Confederation of martial arts and sports in Ukraine.

In 2010, organizes a trip to the International Karate Tournament (WKF) in Mumbai (India), where Ukraine won the main prize - the Asian Cup. Organizes visit to Ukraine Darergarda F. Sheehan, president WAMMCO, who conducts judicial seminar and who is present as the guest of honor on the Ukrainian Championship Martial Arts in White Church.

Senior tatami at the XII World Championship FSKA in Karpacz (Poland), where Ukraine are 2 team place. In 2011 in Cherkassy organizes international seminar under the direction of Shihan K. Funakoshi.

In 2012, the Ukrainian team under his leadership participates in the Ozawa Cup, Las Vegas (USA). Ukrainian team at the XIV World Championships in Denver (USA), takes 2nd place teams.

In 2013, Funakoshi Shotokan Karate Federation of Ukraine becomes a member WJKA and takes part in the World Cup in Germany. At the invitation of the Latvian Federation of Karate-jitsu holds seminar in Riga. And in the same year, Ukrainian national team at the World Cup in Zhukowo (Poland), takes the first place team. First in Ukraine organized a seminar under the leadership of President WJKA, master Jan Knobel (8th Dan), The Netherlands. In 2014 in Riga (Latvia) to Baltic Olympiad martial arts and the European Championship Karate Jitsu Ukraine are 66 medals (27 gold, 13 silver, 26 bronze)

Under his personal direction, sensei Naumenko has trained more than 20 black belts.

Brief historical digression

From 1967 until 1977, the Soviet Union began to appear the first information about karate began to form sections and groups in which classes are held. All the information about karate at the time was passed on by foreign students who have studied in our country. Worth mentioning that at the time there was no distinction karate schools, such as Shotokan, Shito Ryu, etc. all had a common name karate.

It has developed arbitrarily and without the control of the authorities. In 1978 was created Karate Federation of the USSR, and karate was officially legalized. Started an official period of development, the competitions and seminars. But it did not last long, only 7 years until 1984 when it was banned as ideologically alien to Soviet people.

Just at this time, he was studying in high school when at the age of 16 years, thanks to his friend got an offer to train in the underground group. Therefore, he immediately appreciated karate and realized that it was his. He practiced 2 years, until he was drafted into the Soviet Army.

By the way, many karateka who secretly practiced were arrested and some of them went to jail.

During service in the anti-aircraft missile troops, he request the battery commander and started to give the first karate lessons for military personnel. Two years after the service, he went home and started thinking about his future and the fate of thanks in 1989 Karate received a second life when he was rehabilitated and were created by the federation, which began development of martial arts in our country.



Achievements:

- 6th Dan (FSKA, WJKA),
- Honored coach of Ukraine ,
- Master of sports of international class ,
- Licensed international instructor , examiner and judge category A
- President and Chief Instructor of Shotokan Karate Funakoshi Federation of Ukraine (FSKA, WJKA),
- Technical Director WKJF,
- Member of shihankai and Board WJKA.

Trained at the seminars of the following masters:

- I.Yorga (IFKR) - 8 seminars from 1992 -2002 .
- H.Nishiyama (ITKF) - 4 workshop 1996-1999
- H.Shirai (ITKF) - 2 workshops 1997-1999
- V.Kvichinsky (ITKF) 1 seminar in 1997
- K.Funakoshi (FSKA) - 10 seminars 2001 - 2011
- Y.Bura (JKA) -1 seminar in 2007
- M. Hisataka (WKKF) - 1 seminar in 2007
- T.Kubota (IKA) -1 seminar in 2008
- J.Knobel (WJKA) - 1 seminar in 2013

By Anatoliy Naumenko – 6.Dan WJKA - Ukraine

1. SHOTOKAN KARATE DVD Vol. 1-2-3-4



Author: sensei J.Knobel
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WHAT DOES THE AGING KARATEKA HAVE TO GIVE TO KARATE AND WHAT CAN KARATE GIVE TO THE AGING KARATEKA

BY DON OWENS

It has been many years now since I started my love hate relationship with Karate. I started in 1965 when I was still in High school and have never stopped. My love of karate has cost me much as it was all consuming. I have always said when someone gets involved in anything whatever that may be if they become fanatical about it they tend to lose sight of all else. I became fanatical so I guess I should have been looking in the mirror when I said that. I would pass up better jobs and promotions if it would take my time away from training at the dojo. I trained at every free moment I had. My friends and I rented a space so we could train in every spare moment we had.



Fortunately as I aged and acquired a family I started to have a more balanced lifestyle and begrudgingly didn't train as often.

Now in my later years I find my body won't let me do the things I once did with the athleticism of youth. I am sure there are many people that find the same thing and wonder if they should give up karate as they can no longer be as good as they once were.

I remember the great Jun Sugano (Vice President of the JKA at the time) stating how much greater his abilities were in youth than they were at the present time when I had mentioned how impressed I was with his karate. At the time as a young black belt I didn't understand that statement, as his karate was the strongest I had seen and much better than mine. I understand it now. It isn't that your karate isn't good, it is your perception of what once was and how much better you were in your youth athletically. There is a reason why there are no old professional boxers and MMA fighters. There are, however, many excellent old coaches.

This brings me to the subject I want to talk about. What does the aging Karateka have to offer? My goodness there is so much, where do I start. First off I would like to point out that the people that started when I did are in their 60s and 70s now and many have passed away. The people of my age had the good fortune of training with the direct students of Gichin Funakoshi, the pioneers of modern karate so to speak. The JKA sent the best of the best to teach us. We have seen karate evolve and have learned much over the years. The training methods have changed and in many cases for the better. When I look back on how we trained I see we did much that hurt the body. However it did build our spirit! Of course it also gives us bragging rights as to how much harder it was in our day than it is for the young karateka of today. Each generation has these bragging rights as I am sure we have all heard our parents say how much harder it was in their day. I always told my children they had it easy walking to school as I had to walk 10 miles up hill both ways in 10 feet of snow and pouring rain. It didn't take them long to realize I was fooling them.

So what have we to offer? Like any good coach we offer our experience. Not just karate experience but life experience. We are good mentors. If you look back over your life, look at all the people that helped you along the way. Each person you meet changes your path in life and helps you along. As they used to say in the old days it takes a whole village to raise a child. We must remember Karate is not just punching and kicking and grappling. It is life itself. We use it everyday, every minute in our thinking and in everything we do. Sit back and think about this for a moment. You will see what I am saying is true. Karate has become part of us. My Instructor Hiroo Yamashiro Sensei once said to me "Once Karate gets a hold of you, it doesn't let go", he was right!



What we have to give is much. With age comes an understanding that we don't possess as young people. We mentor, we coax, we scold, we encourage and we help our students along on life's journey. More importantly we lead by example and become role models to our students. I know most of you are already aware of this but sometimes it's good to be reminded.

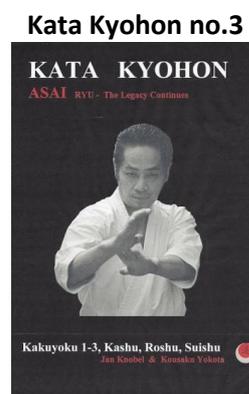
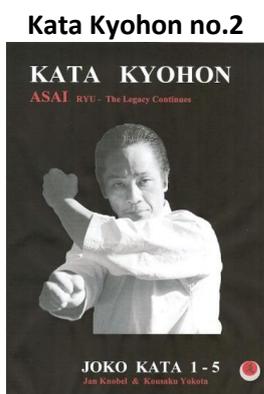
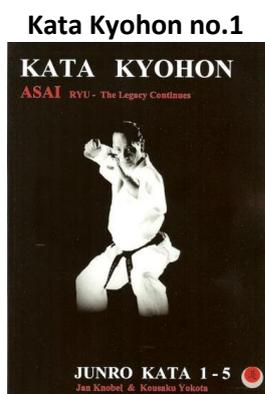
Now to the second part what does karate have to give to the aging karateka. A simple word "LIFE!" Karate is a wonderful gift that has been given to us. There are so many aspects to its benefits I would have to write a book to cover all the benefits. It gives us companionship and in many cases lifelong friendships. It gives us health, and that includes mental well-being. It has been proven scientifically that exercise that varies and makes you think helps keep your memory sharp, and karate certainly does that. It reduces stress. Now I have to ask you, how many of you, when you get on the dojo floor, forget about all your trouble for the time you are training? I would say everyone. My wife used to complain to me that when I was feeling a little sick I would moan and groan yet when it was time to go to karate I would dance out the door! I told her that wasn't true as I can't dance. It also keeps us looking and feeling young. We may not be able to do what we once did but we can still do what we can do. It doesn't matter how little or how much as long as we do! I had a friend who I used to visit my dojo periodically to teach Kungfu for me, I have many friends in many disciplines that come to my dojo periodically to teach, one of whom was in a terrible accident and was lamenting that he couldn't do his kungfu anymore. I said to him you can still teach so come out and teach, do what you can do. He did come out and teach and teach well he did, and it helped him mentally to do that. It is important to do what you can do. I have had many of my friends who stopped doing Shotokan say they wish they could come back but are too old now. I say pawshaw! Come out and do what you can do!

The important thing about karate is to do it every day whether for 5 minutes or whatever time you have. It gives so much back to you at every age but as we get older it gives even more as long as you are consistent in your training.

So I say to you all, train on, my friends

By Don Owens – 8.Dan WJKA - Canada

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Author: sensei J.Knobel

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TECHNICAL BY KEVIN THURLOW

PERFORMANCE OF SHOTOKAN KATA

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Whilst practicing and performing Shotokan Kata in the manner intended by the past and present 'great' Sensei, it is important to ensure that a number of elements are considered, from the start of the Kata, right through to its finish.

These elements, discussed below, need to be thoroughly understood by the Karateka in order to enable the correct execution of the Kata as well as obtaining the greatest benefit from its practice. Sadly in a number of today's Shotokan Dojo and certainly competition arenas these essential elements are woefully lacking – making Kata nothing more than a series of Karate moves (sometimes very gymnastic) with little meaning, purpose or benefit what so ever. In many cases the execution of the moves

shows that the Karateka have no understanding of the Bunkai of the Kata and when their Bunkai is demonstrated or explained, it is totally unrealistic. This a far cry from the one to one or multiple-assailant defence, following the 'Ikken Hisatsu', to kill with one blow philosophy for which Kata was originally intended. As an exponent of traditional JKA Nakayama and Asai Ha style Shotokan Karate, I find this situation somewhat distressing and briefly explain here the elements that in my mind are key to correct Kata performance that I instil into my students in my own Dojo.



So where to start? Lets start at the very beginning with the concept of *Yoi no kisin* which is the 'spirit of getting ready' for the Kata. This stage of the Kata is often missed out, or if performed is performed simply because the Karateka has been told to do it. There is very little understanding in my mind regarding the preparation physically and mentally that is needed at the commencement of Kata. As the Kata is demonstrating defences against imaginary assailants whether these be singular or multiple, it is important that the Karateka starts the Kata in a prepared and ready state for combat. From the bow and annunciation of the Kata name, the student must assume Shizen-tai whilst taking a deep breath and then entering a state of Zanshin martial awareness. The body should be relaxed with enough tension in certain areas such as the fists to maintain shape and form but not be so tensed that muscles cannot move fast. The mind of the Karateka should be focused on the 'impending battle' and purpose. So the Kata then commences.

In all Shotokan Kata whether it be Nakayama or Asai Ha, there are both hard and soft movements. This is referred to as *Inyo* and is the 'ying and yang' aspect of Karate training and, and there cannot be one without the other. All moves in Shotokan Kata must complement each other fully. An example of this is Sochin Kata where the second sequence of moves of the Kata where the double blocking action is performed fast and hard with tension, strength and power, with the following Teisho being performed slow and graceful. It is critical that the differentiation between these hard and fast, soft and hard techniques are clearly defined. It is so often the case that Karateka both novice and experiences exponents perform Kata with a single degree of strength with all moves even the soft graceful ones being performed with their bodies ready to burst under full tension all the time. This leads me onto the issue of strength use in Kata.



The correct use of strength in Kata is critical and is a difference concept to that of differentiation between hard and soft moves. Softer moves can also be performed with considerable strength. This concept is known as *Chikara No Kyojaku* and refers to the correct manner of using strength within Kata training and links in with the concept above, not only using strength on the correct techniques and times within the Kata but using that strength correctly, e.g. at the start of a technique, during it or at the end of it. This also applies to the correct application of Ki within a technique, from within the Hara of the Karateka. It is common to see the incorrect use of strength during Kata execution at both ends of the spectrum from Kata that are performed with no strength at all to those where first aid is almost needed for the Karateka at the end of the Kata.

In the majority of Kata where strength is not correctly demonstrated this is partly due to a lack of understanding of the concept and mechanics of developing power in Karate and the lack of *Tai No Shinshuku*.



Tai No Shinshuku is the degree of expansion (relaxation) or contraction (tension) of the body in each movement and position within the Kata. Perfection of this element will allow the Karateka to deliver multiple, explosive and extremely accurate techniques in quick succession where necessary and at the correct strength level. An excellent example of this concept is the opening sequence of Heian Nidan, where from the Haiwan Uke, there is a huge degree of contraction and tension towards the center of the body for the elbow snap and Nagashi Uke sequence (left) followed by a massive expansion of the torso into the Nagashi Zuki. Another example found in many Kata is the Manji Uke, which to be performed correctly needs to be demonstrated with a fast and large degree of expansion and contraction from the centre of the body. What needs to be remembered by the Karateka is how power is generated. It is generated by using as many muscle groups in the body as possible,

at the minimum and maximum contraction and expansion ranges over as shorter time as possible. It is clear from watching many Kata demonstrations that the Karate is only using their arm or leg muscles to execute the technique and not as many muscles as possible. This leads to weak Kata. Conversely there are those that perform the Kata, as touched on above, that will use every muscle in their body all of the time and at constant tension, leading to a strong but slow and ineffective Kata. To execute Kata correctly all of the above concepts relating to hard, soft, strong, weak, tense and relaxed need to be performed in a harmonised way. So we have looked at strength and hard, soft actions. Let's look at the performance speed of the Kata and its component moves.

This element referred to as *Waza No Kanyu* is ensuring that the speed of each Kata movement is correct. For example in Heian Nidan, the opening Haiwan Uke techniques is fast and sharp – however some Shotokan styles perform this movement slow as with Heian Yondan Kata. This is incorrect. Also another classic error is the performance of Kage Uke/Tate Shuto in Kata such as Heian Sandan and Godan. This block should be performed smoothly and medium to fast speed but so often we see this move performed extremely slow and under huge amounts of tension. The speed of the movement should be commensurate with its intended application. Taking this concept one stage further Karateka should not only perform each move at the correct speed but the timing between each move also needs to be correct. It is common for more junior Karateka to rush each move and complete the entire Kata in a few seconds. As the Kata is a sequence of individual combat/defence techniques there needs to be discernible pauses at key points of the Kata.



Again rushing the Kata and performing it too fast or indeed too slow, which I have also seen clearly demonstrates a lack of knowledge from the Karateka on the applications and intentions of the moves. As an adjunct to this, when a Kata is performed too fast there is an inherent tendency to hold one's breath and perform many moves in a single breath, maybe breathing three times during the entire Kata performance.

Breath control, *Kokyu* in relation to posture and movement in the Kata is extremely important. Many Shotokan Kata make use of unique methods of breath control to accomplish specific goals in karate. Some of the goals are: increased awareness due to increased oxygen supply and decreased carbon dioxide, increased speed, increased tension, hardening of the body or methods of causing the body to settle or root itself to the ground or relax enabling the body to become airborne with the use of powerful jumping methods. It is critical that the Karateka breathes correctly during the Kata and that the breathing method used is applicable to the technique being performed. For example breathing when jumping in a Kata such as Heian Godan, Kanku Sho, Unsu etc. should be a sharp breath and not a long extended one that would normally be applied to a slow tense movement. Holding breath in Kata is a common problem amongst many Karateka and as well as damaging to health, makes the Kata and its moves worthless. A Senior Karateka in England was quoted as stating that "Karateka need to breathe to live and without breathing Karate is lifeless". This applies here and is a mantra that I continually drive into my students.



Let's look at some issues of Kata performance that are critical, above and beyond those relating to the physical execution of the moves and the use of the body. The first of these that I wish to discuss is the correct target or aiming points or the techniques performed. This is referred to as *Tyakugan* and is as critical in Kata as well as in Kumite and Kihon. All techniques are to be executed with a specific target in mind as even a weak technique on target is better than a strong technique that is off target. This element sets apart the experienced and the novice Karateka and in many cases divides the sports aspect of simply attempting to score a point as opposed to the original Budo

concept of Karate which strives for all aspects of technique perfection. During examination and also traditional JKA competition, the Senior Examiners/Referees will be looking at these target points and will mark down Karateka that are aiming to incorrect targets. Classic examples of this being performed wrong is with beginners and Taikyoku Shodan, where their Chudan punch, supposedly aimed at the Solar Plexus as originally a killing blow by rupturing the aorta that lies behind it, tends to be chin or shoulder height and not aimed at a vital or striking point of the opponent. A fantastic example of this and one of my 'bug bears' is the Kekomi sequence during Nijushiho Kata where Karateka will draw the Hikite to the hip in Kiba Dachi but then kick Kekomi at Jodan height, or in some cases higher. This is a clear lack of understanding of the application as if the opponent has been blocked and is then being pulled downwards to the hip, there will be no head to kick and therefore the kick should be Gedan to Chudan level as that is where the opponent will be. In cases such as this, this is purely a demonstration of athletic prowess and not Karate knowledge. The original technique in this Kata was simply a leg lift and evasion from an Ashi Barai or similar movement.

Another important point of Kata performance that is often missing in modern day Kata is the looking direction or *Chakugan* putting the Karateka's eyes on the correct spot. This is one of the external and visible signs of Zanshin. Without this element the Karateka cannot deliver the maximum explosive power that Karate techniques are known for. This term should not be confused with staring or simply looking at a particular area of the body. Many times a person can look and still not see. This term exemplifies the idea that by looking at nothing in particular one sees everything in general.



A clear example of this is Tekki Shodan (left) where even though a defensive guard may be executed on one hip, the direction of looking is the opposite direction in readiness for the next attack. Many Karateka simply look ahead in one direction or worse at the floor when performing their Kata. As a consequence of not adopting the concept of Chakugan the Karate often goes off track with regards their body position and the performance line of the Kata. This is the *Enbusen*.

The *Enbusen* is the element of performance that expresses the ability to move and maintain the proper direction of the Kata as designed by the Kata's originator. Some Shotokan Kata form an "H" pattern while others may form an "I" pattern. Most Shotokan Kata stress moving at 90 degree angles while some stress use of a 45 degree angle in relation to these turns. The correct line of the Kata must be followed by the Karateka at all times, who must be able to demonstrate the ability to move in many directions easily and with accuracy. All Shotokan Kata are designed to end up on the originating position, and where this is not the case, this is normally due to incorrect angles being executed during turns or incorrect variations in stance length.

During the Kata, the correct positioning of the body is also critical in Kata. This is referred to as the concept of *Keitai No Hoji*. The correct positioning in both movement and in stance (postures) must be maintained during the entire Kata. This must be for the entire body, not just the stance but also the upper body. Examples of correct positioning are: correct weight distribution, correct spinal alignment and correct foot positioning. Adhering to these will enhance the Karatekas ability to deliver techniques with maximum speed and power and will allow them to both become rooted and remain highly mobile at the same time. Senior Examiners will look at correct positioning all the time during Kata performance, looking for common errors such as feet in the wrong positions, backsides pushed out especially in Kiba and Kosa Dachi, shoulders dropped, bodies leaning, heads dropping etc.



As noted at the start of this report the concept of *Zanshi* or martial awareness or awareness of guard is critical. With this element, the Karateka demonstrates their ability to maintain an active, ready mind even when the actual movements of the Kata may have stopped. Focus on ones imaginary opponents and the combat is crucial during Kata. This element must be executed at all times, before the Kata, during the Kata, and after the Kata is finished. Until the final Rei, the Karateka must remain in a state of readiness and not simply switch off when Yame is called which is quite often the case. The Karateka must always be ready to respond to additional attacks until sure that no more attacks are forthcoming

One of the last aspects of Kata that I wish to touch on is the *Kia*. The Kia within Kata and Karate in general is the spirit shout demonstrating martial spirit - releasing all of one's mental and spiritual energy into the technique and therefore into the opponent's body and target area. A well focused Kiai will enhance the Karateka's ability to deliver a very explosive and powerful technique. This explosiveness is called Kime, meaning "decisiveness/decision" and not "focus" as normally translated. All Shotokan Kata have dedicated Kia points and it is critical that the Karateka perform these in the correct places and with meaning.

Finally I would like to end on the aspect of *Mushin* which is the performance of a technique with a calm and empty mind. This key element is the ability to maintain a calm mind ready to handle any situation, acting on instinct and reaction as opposed to taking time to think about a response. While in most cases instructors will list this element in relation to Kumite only, it should be understood that if one performs the Kata properly this element must be demonstrated and fully understood.



W.J.K.A. Newsletter

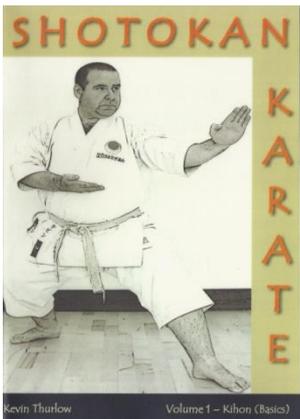
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Kata is purely a series of Kumite actions. The Karateka should at all times practice the Kata as if the opponent is visible and present. It is only through this type of Kata practice that the Kata comes alive and is not simply a collection of empty movements to be performed with no real applications in mind.

So from my point of view, the demonstration of correct Kata depends on a wide range of concepts that need to be brought together into a balanced and harmonised system in order to reach the intended goal and benefit of the Kata. Many Kata performed in today's Dojo lack one or more of these elements and this is very sad and is diluting traditional Kata to an extent where in some Dojo Nakayama style and indeed Funakoshi Kata are unrecognisable. I hope that this article has given an insight into better performance and has been of use. There will as always be many that disagree with that I have written, but as with most Karate topics this is my opinion and interpretation of what I have learned over the last 37 years of training. Ossu.

By Kevin Thurlow - 7th Dan WJKA – United Kingdom

SHOTOKAN KARATE Vol. 1



Shotokan Karate Vol. 1 - Kihon (Basics)

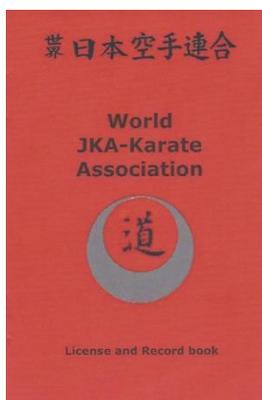
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The W.J.K.A Instructor training programme is designed with two goals in mind. First, to encourage the formal training of karate instructors for the development of W.J.K.A Shotokan Karate-do. Second, to help participants develop interpersonal, class presentation, skills necessary to motivate and guide others in their search to understand and master the art of Shotokan karate-do.

Trainees are admitted to the programme based upon their interest and their potential to develop into highly qualified karate instructors. The programme is based on time in training, attainment of grade ranks (Dan grades) and performance of karate instruction in the trainees own Dojo. The applicant must hold Shodan (first degree black belt) or higher, or must possess technical ability equal to this, and must be at least 18 years old. Exceptions to rank and age requirements may be made on a case-by-case basis and only approved by the W.J.K.A Chief Instructor for each country, or the WJKA Rijkai (Executive).

The programme takes approximately two to three years, to complete. Seminars are held at different times throughout the year at the countries Honbu Dojo and at special events such as Gasshuku and seminars. Additionally, all efforts will be made to allow students opportunities to complete the missing portion of their course requirements through summer courses and/or special projects.

Upon successful completion of the entire course of study, participants will be awarded W.J.K.A International Instructor, Examiner, and Judge licenses in accordance with their current ranking and total length of karate practice. Upon attainment of Rokudan (6th Dan) ranking, graduates will be awarded a Class A instructor license from the W.J.K.A. This programme also is designed to accelerate participants' progress in ranking. It is expected that participants will advance at least one Dan level by graduation.

Outline of programme

Every person licensed as an instructor by the W.J.K.A is required to attend and participate in at least 2 instructor training seminars each calendar year. Written materials are offered as supplements to the training programme and all trainees are strongly encouraged to carry out research and further reading in their own time. Upon registration, each trainee is required to keep track of hours of supervised instruction. These hours should be verified with the supervising instructor as they are completed. When sufficient hours are logged for promotion in instructor grade, the supervising instructor will review the candidate's progress and forward his recommendation for promotion to the W.J.K.A (Country) Chief Instructor. Upon approval, the Chief Instructor will issue the appropriate license – as below

Instructor Trainee – Kenshusei (Class E), Instructor (Class D), Instructor (Class C), Instructor (Class B) and Instructor (Class A)

An Unclassified Trainee is defined as an individual who does not meet one or more of the basic requirements for regularly licensed instructors but who a) is assisting with instruction on a regular basis or b) has been identified as having the potential to become a licensed instructor. Minimum ranking required is W.J.K.A 1st Dan and over the age of 18.



An Instructor Trainee – Kenshusei (Class E Instructor, Examiner and Judge) will be W.J.K.A Nidan rank or higher and will regularly assisting a Lead Sensei for a minimum of 6 months or acting as Dojo Captain. The Instructor Trainee/Kenshusei performs those functions assigned by the Lead Sensei with periodic review and formal critique by a qualified Instructor and/or W.J.K.A Assessor. The duties assigned will be designed specifically for the individual's development as an instructor. The Instructor Trainee/Kenshusei can award WJKA grades up to and including 1st Kyu.

A Class D Instructor, Examiner and Judge will be W.J.K.A Sandan rank or higher and regularly assisting a higher level instructor for a minimum of 1 year. The Instructor should normally be charged with full responsibility for one aspect of training within a club. ("Aspect" in this case refers to self-defense classes, children's classes, women's special classes for self-defense, the teaching of beginning students, or other aspects approved by the W.J.K.A Chief Instructor for that country). Can award grades up to and including Shodan.

A Class C Instructor, Examiner and Judge will be W.J.K.A Yondan rank or higher and regularly teaching under the supervision of a Senior Instructor for a minimum of 1 year. The qualified Instructor is charged with the primary responsibility for the training of general members in at least one W.J.K.A Dojo. The Instructor is qualified to conduct general training classes for basic, intermediate and advanced students, and assists Instructor Trainees Instructors in their development. Can award grades up to and including Nidan.

A Class B Instructor, Examiner and Judge will be W.J.K.A Godan rank or higher and be regularly instructing in a W.J.K.A club for a minimum of 3 years. B-class Instructors are responsible for the training and development of Karateka and instructors in their Dojo, regardless of their ranks, and are qualified to conduct training seminars and regular classes for all levels. Can award grades up to and including Sandan.

A Class A Instructor, Examiner and Judge will be WJKA Rokudan rank or higher. This status is attained only through successful completion of the official W.J.K.A Karate Instructor Training Programme and on approval of the WJKA Rijkai. Graduates of the programme are qualified to conduct training seminars, regular classes for all levels, and instructors' seminars. They are actively engaged in the research and development of karate techniques and training methods, and make recommendations to the WJKA based on the findings of their research. Can award grades up to and including Yondan.

Curriculum outline

The International Instructor Programme covers: techniques necessary for karate instruction; the principles of instruction; research of karate techniques, philosophy, and related topics; the principles of physical education. The programme also covers association organisational management, related instructor topics, health and safety, child protection, equality in the Dojo, correct exercising and legal issues.

Delivery Method

Trainees receive recommendations, study materials and technical information on specific topics during each class module. A brief research report on required on assigned topics prior to the following training module. All academic studies must be passed. Some topics may be delivered out of order.

Programme fees

Registration for the entire programme is set by each representative Country. The programme fee will include registration and licence fees with the WJKA Head Office.

WJKA Rijkai (Executive) **理事会**



4. WJKA EUROPEAN CHAMPIONSHIPS

20 - 22 JUNE 2014 EDEGEM - BELGIUM



4. WJKA European Championships

*4. WJKA
European Championships*



20 - 22 June 2014



info@wjkahq.com

Sports Hall Kattenbroek

Kattenbroek 14
Edegem - Belgium

Organizer
WJKA.H.Q.

Website:
www.wjkahq.com



EVENTS 2014

For the last updates, invitations & flyer view <http://www.wjkahq.com/4-B-Events.htm>

MAY

- Date** 18 May 2014
Event **2. OPEN JKA/WJKA NL INSTRUCTORS SEMINAR – ROSENDAAL - NETHERLANDS**
Venue Sports Hall Dn Dijck, Platinadijk 27, Roosendaal, Netherlands
Contact Email: info@jkanl.com / Website: www.jkanl.com
- Date** 24 May 2014
Event **INT. WJKA SEMINAR WITH SENSEI J.KNOBEL & T.LEBIDA- SANDERSDORF - GERMANY**
Venue Ballsporthalle – Am Sportzentrum 25, Sandersdorf, Germany
Contact Website: www.wjka-germany.de

JUNE

- Date** 20 – 21 – 22 June 2014
Event **4. WJKA EUROPEAN CHAMPIONSHIPS – EDEGEM - BELGIUM**
Venue Sporthall Kattenbroek, Kattenbroek 14, 2650 Edegem , Belgium
Contact WJKA H.Q. - Email: info@wjkahq.com / Website: www.wjkahq.com
- Date** 29 June 2014
Event **WJKA UK INT. INSTRUCTORS TRAINING PROGRAM SEMINAR**
Venue Sports Hall Brooklands Farm school, Newport Road, Milton Keynes MK10 - UK
Contact Email: chiefinstructor-skkk@hotmail.com.co.uk / Website: www.wjkauk.org.uk

JULY

- Date** 27 July 2014
Event **INT. WJKA SEMINAR WITH SENSEI K. THURLOW - UK**
Venue Crayford Community Centre, Town Hall square, Crayford, Kent DA1 4FN - UK
Contact Email: chiefinstructor-skkk@hotmail.com.co.uk / Website: www.wjkauk.org.uk

AUGUST

- Date** 01 – 03 August 2014
Event **INT. WJKA KARATE SEMINAR WITH SENSEI J. THURNBULL - HAITI**
Venue Haiti
Contact Email: jturnbull@atkf.org



SEPTEMBER

- Date** September 2014
Event **INT. WJKA GASSHUKU & EXAMINATIONS WITH SENSEI J.TURNBULL - USA**
Venue Providence, Rhode Island, USA
Contact Email: jturnbull@atkf.org
- Date** 28 September 2014
Event **WJKA UK INT. INSTRUCTORS TRAINING PROGRAM SEMINAR**
Venue Sports Hall Brooklands Farm school, Newport Road, Milton Keynes MK10 - UK
Contact Email: chiefinstructor-skkk@hotmail.com.co.uk / Website: www.wjkauk.org.uk

OCTOBER

- Date** 09 – 10 – 11 October 2014
Event **WJKA AFRICA OPEN**
Venue Uitenhage Indoor sport centre, Uitenhage, South Africa
Contact Email: eenjvr@gmail.com / Website: www.safsk.co.za

NOVEMBER

- Date** 23 November 2014
Event **29. OPEN ROSENDAAL JKA CHAMPIONSHIPS – ROSENDAAL - NETHERLANDS**
Venue Sports Hall Dn Dijck, Platinadijk 27, Roosendaal, Netherlands
Contact Email: info@umokarate.com / Website: www.umokarate.com & www.jkanl.com

DECEMBER

- Date** 21 December 2014
Event **WJKA UK INT. INSTRUCTORS TRAINING PROGRAM SEMINAR**
Venue Sports Hall Brooklands Farm school, Newport Road, Milton Keynes MK10 - UK
Contact Email: chiefinstructor-skkk@hotmail.com.co.uk / Website: www.wjkauk.org.uk

CONTACT / ADMINISTRATION

WJKA H.Q.

To send in schedules, events, information etc. please contact :

WJKA H.Q.: att.to. Mrs. J. Levink
Email: admin@wjkahq.com
Website: www.wjkahq.com



WJKA ADVERT

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世界日本空手連合

WORLD CLASS and **TRADITIONAL** instruction
in J.K.A Nakayama Ryu and Asai Ha
SHOTOKAN by internationally qualified
and recognised instructors worldwide

Membership of the WJKA will give access to the
following:

- Structured tuition and Syllabus
- Internationally recognised Dan gradings
- International Instructor Programme
- Regular Seminars with top WJKA Instructors
- European and World championships
- Specialist wheelchair Karate programme

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A non political and non profit making democratic association

World JKA Karate Association

Jan G Knobel – President
WJKA Head Quarters
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