

INTERNATIONAL KARATEDO ALLIANCE

The following countries have members in the IKA and in many we have appointed Regional Directors

AUSTRALIA, JAPAN, ENGLAND, NEW ZEALAND, INDONESIA, GERMANY, SRI LANKA,



The Alliance newsletter

Welcome to our Winter issue of the "Alliance". We have had a busy year so far and it seems to be getting busier month by month. As this issue goes to print I will be joining Kancho Terry Lim (of Long Fu Pai) and around 15 other flying to Penang for training. It has been arranged that everyone can train up to 3 times per day. There will be a smorgasbord of arts like Aikido, Shaolin Kung Fu, Hung Ga Kung Fu, Goshin Ryu Karate, Shotokan Karate and Silat for us to practice.

Passed Events One of the first sessions this year was a Gankaku/Chinto kata seminar. The session was directed by me but everyone got to have input into the Bunaki—application which made it very interactive.

Next **David Mc Sporrán** ran a seminar on one of his favourite subjects: *Philippine Stick fighting*. David developed the participants to a fast and furious pace whipping those sticks around.

Terry Bradford ran a very well structured Bojitsu seminar which got us working with the big sticks this time.

David Cook made a quick on the spot decision to call in from Canberra to show us the effective close quarter combat routines of Bac Fu Do. Catch you next time David!

Best foot forward with **Derek Miglietti**. Derek ran a Reflexology Course which introduced everyone to a different way to healing. It covered ways to treat martial art injuries that are very useful especially for instructors.

Vince Morris was in Australia to run seminars in Victoria, S.A. and W.A. The tour was co-ordinated by IKA Melbourne with Regional Directors **Phil Newton** (SA) and **Phil Butler** (W.A.) promoting the event in their state. A report on one of the Melbourne seminars was reported by **Mike Dyll-Smith** (MUKC). (page 3)

Linc Hibbs was successful in presenting his 5th Dan grading at the HQ recently. Graham Slater and Terry Bradford were there to witness it and congratulate Linc on the day. Linc's partner Linda a fellow black belt assisted him in his excellent performance, (picture page 2).

David Snell's Lion Bushido tournament was also a great success and there is a report by MUKC's Tina Tan (page 2).

Mass Training was held at Melb Uni recently and around 60 or so instructors and students enjoyed an array of partner training drills to excite any mind. Several instructors took it in turns giving a variety of over 20 drills. Great stuff and I'm sure there will be more for the next one. You will not want to miss the next one which will be hosted by Lion Bushido in Dandenong on 20th October (details in events calendar page 2).



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*Photo below:
 Mass training with instructors and students held at Melbourne Uni.*



REVIEW OF LION BUSHIDO TOURNAMENT, by Tina Tan

On Sunday, 6th May, 6 MUKC members competed in the Lion Bushido Tournament hosted by Sensei David Snell. Our team comprised of Steve Laws, Daniel Hearnden, Diane Rivo, Linda, Miao and myself. A big surprise for us was the number of competitors and events that were held on the day. We were greeted by the sight of lots of children competing, their parents and peers supporting them and a lot of judges and referees running around frantically trying to get everything running smoothly.

The first event for MUKC was the 18 yrs ++ 5th-1st Kyu kata, which Diane and Miao were to compete in. As the event started earlier than expected, Diane scarcely made it to the ring and despite the late entrance, she performed her kata beautifully. As a result, she came in 1st out of the 4 competitors. Miaou fortunately came a little later and by that time, the event was over. We were all disappointed that we didn't see Miao compete as she has been hard at work practising Basai Dai.

The next event was the kata with weapons where Daniel H and Diane competed in. Daniel's weapon was the tongfa and Diane used her fan. After this, Steve, Daniel and I competed in the Open black belt kata. The competition was very stiff and we saw some amazing katas performed by other competitors, which included traditional katas and free-style. Linda then competed in 10th-6th kyu kata in which she came in 2nd.

Due to the massive number of competitors, we didn't end up starting kumite until after 5 pm. Linda was the first to compete in the 10th-6th kyu and came in second Diane competed in the 5th-1st kyu and came in third. I fought in the black belt women's kumite and didn't do very well. Steve and Daniel competed in the Open black belt and had a close match, unfortunately did not come into a placing.

On behalf of the competing members, I would like to thank the MUKC supporters, Will, Bernie, Tori, Andrew Magness, Alice, James Haughton and Daniel's parents for coming along and cheering for all of us. Special recognition also goes to Sensei Alex Albert and Sensei Sean McMullen for being referees and judges and did a terrific job.

CALENDAR OF EVENTS

8 September 9-11 am

David Macsporrán Seminar Subject /Theme **Philipino sticks** For instructors and students (non-IKA-members \$20) Where: Melb Uni, Beaurepaire Sports Centre, Tophy Hall B.Y.O. sticks Contact: David Home: 95871154,

22 September 9 - 11 a.m.

Terry Bradford Seminar Subject /Theme **Bojitsu**. For instructors and students (non-IKA-members \$20). Where: Melb Uni, Beaurepaire Sports Centre, Trophy Hall. B.Y.O. Bo Contact: Alex Albert Phone: Work 92256401 Mobile: 0419345386

13th October 9-11 am

David Macsporrán Seminar Subject /Theme **Philipino sticks** For instructors and students (non-IKA-members \$20) Where: Melb Uni, Beaurepaire Sports Centre, Tophy Hall B.Y.O. sticks Contact: David Home: 95871154

20th October 2—5pm

Mass Training (Theme partner drills) Bring as many of your students as you like for this one they will love the variety. Everyone just \$10 Host David Snell Phone: 9887 4098 Dandenong Primary School cnr New St & Foster St Dandenong (best to book quick)

November (date to be confirmed)

WSMA/IKA Tournament Subject /Theme **Kata & Kumite** divisions for juniors and seniors at the Coburg Basketball Stadium Contact: Frank Mobile: 0411145083

23rd Nov – 4th Dec

Kancho Tony Jackson Seminars Subject / Theme **Kata , Kumite ,Bunkai & weapons** Further details Contact: Graham Slater 03 9897 3213 Mobile: 0419 569 565

24/25 November

Canberra Multi-style Training Camp on with David Crook of Bac Fu Do Contact: David 0407 741 467 or G Slater

30 Nov – 2 Dec Friday – Sunday

MUKC/IKA Camp Subject /Theme **Karate, Tai Chi, Chi Kung, Philipino Stick fighting, Bojitsu**, Cost (approx): \$95 non-members (\$120 Further details later in year. Where: Lord Mayors Camp, Portsea. Contact: Tori Ibbetson. Tel: 9873 0088 (W) 9726 9925 (H) 041 852 4916 (M)

The Chinese history tour of China unfortunately has been cancelled due to lack of interest.

We have also move America Super Kicker Bill Wallace's seminar until early next year.

My apologies for having to cancel Terry Bradford's Saifa seminar at the HQ on 20th October, it was double booked with Mass Training. We will get him back shortly watch for the date however you will be able to catch up with him on a number of other training sessions through the year. Hope to catch you soon!!!!



1. David Cook at the IKA HQ
2. Grading time at the Portsea Camp
3. Grading time at the IKA HQ
4. Kancho Tony & Chairman S.A. training
5. Vince Morris S.A. seminar
6. Vince Morris Vic Seminar



Dyall-Smith. For those interested in reading the full version you can see it at the Melbourne University Website.

Vince started with some safety measures:

- Any health problems; then see him first before beginning the session,
- any injuries; then don't aggravate them no matter what he says to do
- Yes, there will be some pain, but this is real martial arts training, and it can't be taught any other way.

He gave some of his history, his disillusionment with traditional karate (eg. shotokan), even despite his enormous success on the international championship circuit. He felt that sparring and shotokan karate were both totally unrealistic training schemes for real fight situations. He mentioned the way one would spend much of a training session on blocks (gedan barai, uchi uke, etc), and then at the end of a session, when sparring, you would never use these techniques. He believes kata are useful, but they teach principles, not applications per se. So collecting lots of kata is a waste, the same principles apply to all of them. Knowing a few kata really well, and the principles they show, is enough.

Vince gave some of the modern day knowledge about fight situations. What he calls 'Oh Sh*%' situations, when your stomach drops as you see some large thug coming in to beat your brains out. Physiologically you go into a standard kind of response ('fight-or-flight') where you simply don't function normally. You can't make decisions quickly, you have a kind of tunnel vision (with poor depth perception), you can't remember things well, you can't do complex techniques. About all you are good for is 'gross motor skills' like pulling and pushing. So, you can take all those wonderful looking kata applications that require sophisticated hand and body movements, and throw them out the window. When the baseball bat comes down at your head, you have to respond quickly and very simply.

He stated that there are 'rules of combat' that you should know well if you are to survive a street fight.

How to use your hands and body, knowing distances (maai), always distracting, unbalancing, getting to the blindside of your opponent, always making sure you have finished (really finished) with an attacker. Never go backwards (unless it is a tactic). Keep a 'poker face' so they have no idea what you are going to do (you have the advantage as soon as they are close enough). etc

Some of you may have seen the recent issue of Blitz featuring Vince Morris 7th Dan and the Chairman Graham Slater 5th Dan (displaying some terrific acting abilities).

The following is part of a review on the Vince Morris Seminar held at the Box Hill Aquatic Centre by Mike

Funnily enough, he was selling a book of his with just that title. Unfortunately I didn't have enough cash to purchase one.

Vince is very solidly built. During the seminar he took some very hard blows, but was always unimpressed by them, and the attacker usually came away with a sore limb. Linc Hibbs had a few good punches at his abdomen, but Vince just smiled it off saying that punches to the abdomen (which score points in kumite competitions) were a dangerous waste of time. Much later, he did complement Linc that his punches were very good, and I can only imagine that Vince's abdomen will show some lovely colours over the next couple of weeks, a memento of his visit downunder.

Ground defence

Vince doesn't emphasise groundwork, for the simple reason that you don't know how many other friends (of your opponent) are going to show up on the scene when you are tied up on the ground. He did use it a couple of times in examples to show that you must be able to take your opponent down (to end an attack), one way or another. If you are absolutely sure no-one else can get to you for a little while, then you can do a simple lock (eg. kneeling or in a low stance, but not lying down). If you have been knocked to the ground and are about to get your head kicked in...

Simple defence of your head when fallen to the ground:

Bend your legs to cover your groin, have your arms bent, your palms facing your face and close to your head. Your forearms are parallel and a few inches apart. Vince got me to try and kick his head out. I gave it my best and neither impressed him at all. In fact he got annoyed, called me a 'pussy' and got one of the larger guys (with shoes), to have-at-him. He did, and he almost fell over because the block was so effective.





Jens Fricke In May 2001 the Osaka Sport Centre hosted a special martial arts trainer seminar again. Together with some of the bigger martial arts federations here in Germany the OSC-Emden is arranging this kind of seminars 4 times a year for trainers and trainer assistants to get the best regional support for the active budoka of each club in the north of Germany who is co-operating with the Osaka Sport Centre.

Jens has been studying the martial arts for around 17 years accumulating grades in a variety of styles. Last reported he was a 4th Dan In Karate, 3rd Dan in Kubudo and a 1st Anatas Combat Arnis.

Reports is as follows:

In January we started our activities in 2001 with a Referee seminar for national and international Referees for traditional Shobu Ippon Kumite and Kata within the Shotokan Style.



In March 2001 the Osaka Sport Centre hosted a seminar with Grandmaster Frank E. Sanchez 10. Dan from Florida/USA. Master Sanchez is founder of the San-Jitsu-Ryu System and leading director of the World Head of Family Sokeship Council (WHFSC). He is teaching all over the world and it was his first time teaching in Germany. Master Sanchez was born 21st April 1948 in Tamuning/Guam. He started his martial arts training with the age of 11. Today he is holder of high Dan-Grades in Judo, Jiu-Jitsu, Karate and Kung-Fu. His San-Jitsu-Ryu is the official international recognized martial art of Guam.

In May 2001 I got the nomination for the 7th Annual Martial Arts Achievement Awards of the WHFSC for the category National Instructor of the Year - Shotokan which takes place September 1st in Orlando Florida.

In June 2001 the first female student of mine Mareike Engelberg who is current IBF-Worldchampion in Weapon kata made the Black Belt testing for Shodan in traditional Shotokan Karate Do. The examination in front of an national commission took more than 4 hours and all of us are very proud to have the first female black belt inside our dojo.

In July 2001 I got an invitation from a club in Leer which is next to Emden to teach trad. Shotokan Karate Do. The mean points of the 3 hour workshop were Kata, Bunkai and realistic self defence against knife and stick attacks. There were a lot of interested Budoka who joined the seminar and there are already plans to make a second seminar in 2002.

In August 2001 one of my brown-belt students Thomas Meenken (2nd Kyu) won a regional traditional Karate Championship of the JKA in the Kumite division. The tournament was placed in Chicoutimi/Canada. Thomas-Meenken was in very good shape and it was his first international successful fighting tournament.

In August 2001 the OSC-Emden had former International Budo Federation chief referee for Germany Michael Schumann 4th Dan TKD as guest. Schumann is an old friend of mine and was on holidays near the North coast of Germany



During the last six month I have taught again in the activities of Tokon which supports seminars to protect children from violence and crime all over Germany.

At the moment all of us are preparing for the Traditional Open Karate Championships the " Osaka Cup 2001" which takes place on 25th August 2001. We already have more than 160 fighters on our inscription lists and we even have a team from India for the first time as well.



Well thank you for that report Jens and I'm sure we will look forward to more reports from you in the future. Best Of luck with the competition.

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To communicate with Jens you can do so via email: osakafricke@yahoo.de