

Year Book

January 2001



The Alliance newsletter



GRAHAM SLATER
Chairman



NAOHARU ISHIBASHI
President



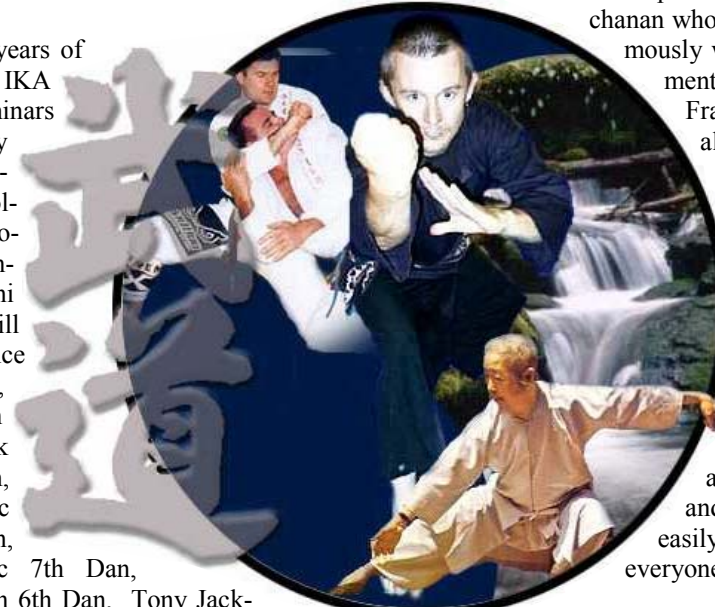
KAZUNOBU MAEKAWA
Technical Advisor

INTERNATIONAL KARATEDO ALLIANCE YEAR BOOK FOR 2000

The following countries have members in the IKA and in many we have appointed Regional Directors **AUSTRALIA, JAPAN, ENGLAND, NEW ZEALAND, INDONESIA, MALTA, GERMANY, SRI LANKA, INDIA, BANGLADESH, RUSSIA, SWEDEN, U.S.A. MALAYSIA, VANUATU.**

Welcome to our first Year Book covering the activities of the IKA up to the year 2000 in brief of course. Now I can not include all the events and activities we have had since the IKA started or I will run out of paper. It is very hard to choose articles for this newsletter as there are so many great ones so I have selected some of my highlights. You can read the whole lot at our web site as you probably know at: www.karatealliance.com

After nearly 8 years of operating the IKA has hosted seminars with many teachers including some the following high profile ones: Kenneth Funakoshi 9th Dan, Bill Wallace, Vince Morris 7th Dan, Rick Clark 8th Dan, Kyusik Shin 8th Dan, Patrick Mc Carthy 8th Dan, James Sumarac 7th Dan, Kong Wing Loh 6th Dan, Tony Jackson 8th Dan, Tang Laiwei, David Crook, George Caruthers 6th Dan, John Cox 5th Dan, Barry Pang, Rick Jackson 7th Dan, Lance Taputuro 7th Dan, Kazunobu Maekawa 5th Dan, Bob Jones 8th Dan, and Steve Nedelkos 7th Dan to name a few. There has been many more seminars with lesser known instructors, by no means less qualified just *the quiet achievers* who are equally respected and appreciated as teachers such as: Terry Bradford 5th Dan, David Mc Sporrان 2nd Dan, Simon Sail, Frank Palmieri 4th Dan, Andrew Woodard 4th Dan, Alex Albert 4th Dan, Bob Gibbon 4th Dan, En Chor Kor, Bob Thomas 3rd Dan, Phil & Elaine Butler 5th Dans, Linc Hibbs 4th Dan, Domenic Amato 3rd Dan, Phil Berry 2nd Dans, Paul Strutt 3rd Dan, Jim Cameron 2nd Dan, Phil Newton 2nd Dan, Andy Wright 3rd Dan, John Forza 3rd Dan, Derek Migletti 2nd Dan, Glyn Jones 3rd Dan, Ken Tucker 4th dan, Geoff stansfield 5th Dan, Charlie Gidley 6th Dan, Cyril Cummins 6th Dan, and Paul McCloughlin 4th Dan and I'm sorry to those people I have forgotten to mention.



A personal thank you to all those people I just mentioned and I hope I have not missed many. There are so many more people that have worked behind the scenes like students of instructors and their partners that have perhaps looked after classes while their teacher attended seminars, thanks to you as well. There has been others that have helped in the administration and marketing of the IKA, those who have contribute to the newsletters and especially Morgan Buchanan who has helped enormously with the development of the web site.

Frank Palmieri has also helped in that area and with operations of hosting events and being very reliable. Alex Albert and the MUKC have also helped a lot in running many seminars at the University and making them easily accessible for everyone

For those people whom were at the start of my vision and inspired me to pursue this enormous task of bring martial art instructors together: Kazunobu Maekawa 5th Dan, Naoharu Ishibashi, Andy Wright 3rd Dan, Frank Palmieri 4th Dan, James Sumarac 7th Dan, Kong Wing Loh 6th Dan, Chris & Phil Berry 2nd Dans.

I major thanks must go out to our Regional Directors who tirelessly work at promoting the IKA in their area. They are people we would all like to interact with more but with greater distances we might find it hard.

Thank you to all the members because without you there is no IKA. It is with every ones contributions financially and by other means that allow the group to continue keeping records, researching material, provide services and help martial artists advance. Your annual subscription is only part of it (which incidentally is due in Feb/Mar) equally importantly is your attendance, your participation in the activities that's what makes it happen. I look forward to seeing you all in 2001
Graham Slater
Chairman/Founder

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Vince Morris
England



Sanjay Prasad
India



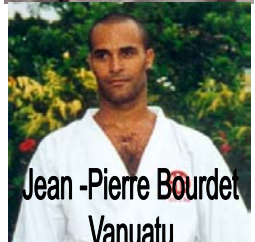
H M H Hussain
Sri Lanka



Sergi Bogolepov
Russia



Kazuhiko Shirai
Japan



Jean-Pierre Bourdet
Vanuatu



Jens Fricke
Germany

Kazunobu Maekawa 5th Dan
IKA Technical Adviser visits January 1994 Sensei Kazunobu Maekawa Technical Adviser and two of his colleagues Nakayama San and Kaneko San came to Victoria for a teaching circuit. Starting their visit at the IKA HQ, then Sensei Graham Slaters's dojo, they then taught at Sensei Frank Palmieri's WSMA. The Japanese group taught many subjects and finished their Melbourne visit with a grading (results Graham Slater 4th Dan & Gray Shepperd 2nd Kyu) Next they travelled into the Victoria country area hosts by Senseis Wayne Uhe and Sam Gentile (graded to 3rd Dan).



Vince Morris 6th Dan
Sensei Vince Morris Regional Director April 1994 Sensei Morris made his first of many visits to Australia where he has always has a warm reception and I don't just mean the weather. Sensei Morris first stop was Melbourne and he later travelled around Australia teaching his Kyusho and Tuite methods. Sensei Morris has been a major influence in Australia and other places for the in-depth training into Kata. There has been a whole new look a the way martial artist train in Kata now as the hidden meanings that have been so closely suppressed are now in the open, thank you Sensei Morris.

Kazuhiko Shirai 2nd Dan
Kazuhiko Shirai Shintaido Sensei Regional Director March 1994 Sensei Shirai visited the IKA HQ and shared some of the breathing and stretching routines which help to soften and relax the body during intense training and daily life.

Bob Gibbon 4th Dan
Sensei Bob Gibbon, Aikido March 1994 visited the IKA HQ to share and exchange ideas in the interaction with Karate and Aikido. Sensei Gibbon has traveled to the HQ in Melbourne many times and his journeys have taken all around Australia and Japan. Sensei Gibbon is the Regional Director for Queensland and a valid asset to the IKA.

Master Weekend Camp
Victoria Master Weekend Camp December 15th-17th 1995 was the time for a great get together of some very experienced martial arts instructors. Held at the foot hills of the Dandenong Ranges it was attended by a small but dedicated bunch from seven different styles. The weekend saw the group cover many forms of training from kata to kumite, weapons, chokes-holds and full on grappling. The participating schools were Sensei Domenic Amato's Shin Do (Goju based), Sensei Frank Palmieri's Washin School of Martial Arts (Shotokan based) Sensei Linc Hibbs Tai Shi Kai

November in Russia 1996
Andy Wright 3rd Dan, and IKA Representative in the UK and EUROPE travelled to Novosibirsk in Russia to take a weeks' training seminar with newly joined members at the request of the chief instructor Sergei Bogolepov. There were special sessions for brown belts, especially those attempting black belt at the end of the week. Two kyu grades were double-graded, the standard was that good! Five people passed 1st dan. Sergei was presented with confirmation of his 4th Dan.

Vince Connolly 5th Dan (Shotokan)
July 21st 1996 - Poole based Vince Connolly 5th Dan, came to do a 3

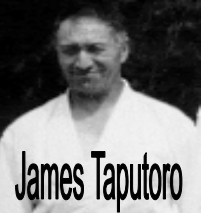
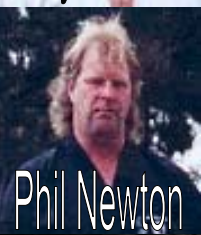
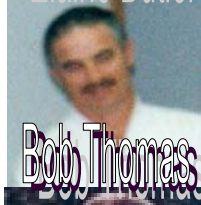
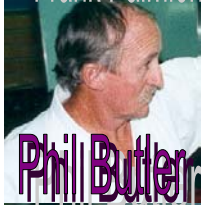
hour course in Trowbridge, Wiltshire, UK. His 25 years of experience was gained training with top names such as Enoeda 8th Dan and Kanazawa 8th Dan. Vince moved from the TOYAKWAI Association to become an Executive Officer of the B.S.B.J.K. and later with the B.S.K.U. before returning back to K.U.G.B. membership in 1994. He taught the lower grades basic sparring (with a difference) and the higher grades were treated to tips on JIYU KUMITE (free sparring).

Patrick Mc Carthy 7th Dan
(one time IKA Patron) July 1996 was invited by the IKA HQ to run two seminars in Melbourne one was for specialist instructors covering the participants every requirement. The other one was open to all martial artists and Kyoshi Mc Carthy covered Tegumi methods, kata bunkai and Bojitsu.

Meanjedal Karate Camp
Meanjedal Karate Camp 26th - 28th July 1996 saw this Western Australian Camp come alive with sixty fellow Alliance members from Senseis Dave Rayner's, Phil & Elaine Butler's (Regional Directors W.A.) and Bob Thomas Dojos. The group covered many subjects of training and made sure of time out for games (combat courses etc) for the kids, big kids Included.

Paul McCloughlin 4h Dan (Jiu-Jitsu)
February 25th 1996 - Liverpool based Paul McCloughlin 4th Dan, came to Trowbridge in Wiltshire, UK, to do what was supposed to be 2 hour course but in fact lasted nearly 5! During the Saturday evening members showed Paul and Peter several public houses during which time the talk was always of karate! This was supposed to be an "Open Course" but it was very poorly supported by NON-IKA students, despite many invitations being sent out. Paul taught Jiu-Jitsu (in which he is 4th dan) and weapons, giving a very impressive demo of a defence against a real knife (skillfully weilded by his Oppo!) before rushing to catch a train home.

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Vince Morris 6th Dan
Sensei Vince Morris February 1996 Yet another visit from the ever popular Sensei Morris who once again started his Australian tour in Queensland with another Master Camp this time with Kyoshi Patrick Mc Carthy and hosted by Shihan Bob Mc Mahon. Sensei Vince banished his usual brand of humour, great skills and excellent delivery. Sensei Morris also participated on our Melbourne grading panel to test three hopeful martial artists. Sensei Domenic Amata was recognised as 3rd Dan in his particular system and Sensei Linc Hibbs as 4th Dan, unfortunately Sensei Frank Palmieri had to pull out due to an injury.

Geoff Stansfield 5th Dan (Shotokan)
January 28th 1996 - Coventry based Geoff Stansfield 5th Dan, came to do a 3 hour course in Trowbridge, Wiltshire, UK. His 25 years of experience was gained training with top names such as Enoeda 8th Dan and Andy Sherry 7th Dan of the K.U.G.B. Geoff has since moved on to Chairmanship of the F.S.K.I. (GB), following Vice-Chairmanship with the B.S.K.U. During the second session he taught the 4th kyu to 3rd Dan group the three Tekki Katas. Geoff was awarded Associate Membership of the IKA.

Qusik Shin 8th Dan
27th July 1997 ran a seminar at the IKA HQ sponsored by Bruce Lamont. The seminar took in Master Shin's slow Tai Chi type exercises then moved into striking combinations with a partner and with striking mitts. The seminar was topped off with the exploration of Korean hand accupunture a most interesting and effective form of healing, it comes highly recommended.

Shihan Charlie Gidley 6th Dan 20th July 1997
The course, held at the Olympiad Sports Centre in Chippenham. Most of the participants came from the SOYOUKAN KARATE CLUB, a locally-based group run by Andy Wright. Shihan was slightly late owing to traffic in Birmingham. He started by taking the lower grades through some basics and mostly what he did, concentrated on good use of the hips. Shihan brought one of his students, who was superb. The Manchester based instructor is the IKA (UK) technical advisor and heads up the British Shotokan Kyogi, to which the IKA affiliates. The second session with the higher grades also concentrated on hip work followed by partner work with Heian Nidan as the basis.

Ken Tucker 4th Dan 29th June 1997
Around 14 keen students trained at the Trowbridge Dojo with Ken Tucker 4th Dan, from South Wales. Andy had met Ken while attending a Rick Clark Seminar earlier in 1997. Shortly after communicating on the net, he was invited to take a seminar in Trowbridge. Students had travelled from Honiton and Bath as well as the local area around Trowbridge. Ken is part of Ao Denku (Shihan Rick Clark's Kyusho-Jitsu organisation) and started the 3 hour seminar with Gedan-Barai - it is suprising how many different applications there are for such a "simple" technique. Three students from Bath Wado Club lapped up the kyusho aspects of the training and in a very short space of time we had covered over 20 points! Ken moved onto wrist locks (one interesting one was to do with "Morote-Uke") and briefly throws -mainly because we were not experienced in break falling.



Cyril Cummins 6th Dan 27th April 1997
Cyril Cummins 6th Dan took the 3 hour session, split into two 90 minute sections by grade. His 35 years of experience showed through as he made us work hard doing basic kihon techniques which we then practised paired up.

Master Camp 1997
was attended by many highly experienced martial artists. The theme was to cover as wider subjects as possible given participants a sampling of many types of arts. Harder to grasp but mind blowing yes, expect the unexpected, try the unusual this was the trait. Hard for most, yes this was the idea for on these camps it is filled with instructors and they all need the challenges just like our students. So camps like these held by the IKA are designed to extend the most senior of martial artists. Sensei Graham Slater 4th Dan started the week ended off with the formalities then took the group to the beach for some inspirational heart and lung spirit work. Following this was Muay Thai with Shihan Michael Kenna 5th Dan, then Sensei Ivan Ratkatic 4th Dan took us through grappling and ground control both Michael and Ivan were assisted by their instructors Kyoshi Sama Bob Jones 7th Dan and Kyoshi Steve Nedelkos 6th Dan, Sensei Bob Gibbon 4th Dan extended us in the way of harmonising with Aikido., Kyoshi Patrick Mc Carthy 7th dan gave a lecture on the history of Karate the led into various application from kata then went on to Bojitsu training, the last part of the day was left to the healing and this was taken by Reiki Masters Geoff and Sandra Sherwood. The next day the group had individual instructors take the class in their favorite aspects of training, some of those instructors were Senseis Bob Thomas 3rd Dan, Phil & Elaine Butler 5th Dans, Linc Hibbs 4th dan, Frank Palmieri 3rd Dan, Andy Wright 3rd Dan, Meng Ng 3rd Dan, Paul Strutt 2nd Dan and Domenic Amata 3rd Dan.

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Kancho Tony Jackson 7th Dan 1997 toured India at the request of his sponsor Sensei Sanjay Prasad 4th Dan Regional Director for India. He was there to run seminars and to attend India's National Gasshuku held in Chaibasa, Bihar.

Sensei Graham Slater February 1997 was in Western Australia conducting seminars hosted by Sensei Dave Rayner's Bando Boxing School, Sensei Bob Thomas St Marks Karate School and Senseis Phil & Elaine Butler's Ko Tora Kai School. Sensei Slater covered subjects of eyes closed sensory training, application to kata and various forms of kumite

Sensei Graham Slater January 1997 was in Vanuatu for 2 weeks and not for lazing in the sun although that was one of the things he was up to. Sensei Graham Slater 4th Dan established a new Regional Director Sensei Jean-Pierre Bourdet. Graham was sharing some knowledge with Jean-Pierre of the IKA and his students. He also taught the security staff at the local night clubs.

November 1998 Melbourne University Karate Club hosted it's weekend camp at Portsea on the beach and as always is open to all comers. Around 50 martial artists attended from various systems and the guest instructors made the camp more interesting by sharing so many different types of training. Sensei Meng Ng and Alex Albert host s of the camp took the group through their karate syllabus. Sensei Graham Slater knife defences, Sensei frank Palmieri took sparring techniques, Sensei Paul Strutt took Tai Chi and a number of other black belts took other segments.

15th November 1998 The four hour seminar of kyushojitsu with American Rick Clark was attended by 11 IKA Members and 10 other guests. The event was rescheduled from May/June when the event had to be cancelled due to Rick's ill-health. He concentrated on Tekki / Naihanchi 2, with additional moves from Heian / Pinan kata. Rick was his usual relaxed and informal self, teaching in a style which helped the beginners and the experienced amongst us. It was nice not to have to travel very far in order to train with a world renowned martial artist.

1st November 1998 This open 2-hour seminar was taken by Rick Jackson 7th Dan (Shotokan). He showed us many interesting "ideas", accumulated over



his 30-odd years of training. He is essentially a hard-line traditional karate-ka who believes in training hard in basic stances, the fundamental techniques of karate-do. After hearing reports about his harsh teaching style we were pleased to see he was no harsher than other instructors (including myself - AW)! and everyone, young and old, enjoyed the session.

October 1998 An official IKA grading was held in Melbourne that took place over two training sessions in August and October for a number of senior IKA instructors. The participants performed all the requirements to meet the IKA guidelines and the August part was witnessed by both Sensei Kong Wing Loh 6th Dan and Sensei James Sumarac 7th Dan. Sensei James led the proceedings on that day and at the end it was the decided that more work needed be



done to complete this high level grading. The next presentation was in October where a number of high level IKA executives deemed the participants at this stage worthy of a result and issuing the following ranks: Graham Slater 5th Dan, Any Wright (honoury) 4th Dan, Meng Ng 4th Dan, Alex Albert 4th Dan and Frank Palmieri 4th Dan.

August 1998 Sensei Vince Choo 4th dan Chief Instructor of Kissaki Kai Karate in Malaysia was in Sydney on business and teaching and was sponsored down to Melbourne. His sponsor Sensei Frank Palmieri 3rd Dan (IKA RD)

made contact with Vince via the internet (the wonders of modern technology) and asked him if he would run a seminar at his dojo. Vince covered applications to kata as this being his area of specialising being a representative of Sensei Vince Morris 6th dan. The seminars allowed Vince to get about and see Melbourne and its suburbs for all its glory, with Palmieri Sensei shuttling Vince from Hadfield, Glenroy and finally to the University of Melbourne on the final day. Vince had the chance to meet and interact with people coming in from all different backgrounds, including Goju-Ryu stylists, Tai Chi, Shotokai, freestyle and various other schools teaching Shotokan-based karate.

July 1998 Kyoshi James Sumarac 7th Dan put on a special seminar at his dojo open to all comers. The session covered a very comprehensive work out with the many uses of 4 elbow strikes.

June 1998 Sensei Kong Wing Loh ran another successful seminar at his studio. The topic was the long stick and Sensei Loh took us through some useful easy to remember drills that we could take away with us. As often is the case the floor was opened up to the other instructors to share some of their insights on the same subject. This gives other instructors the opportunity to share, view and absorb a greater variety of training skills in a short space of time.

May 1998 About a month later, on 15th May, eight IKA members gathered for the seminar on the 'Chinese Connection' to be informed and entertained by Sifu Barry Pang and his students.

Barry teaches the Wing Chun martial arts style, with Lung Ying, Choy Lai Fut, Lok Hup Put Fatt incorporated. He traced the origins of the arts he practiced to the Shao Lin Temple, and emphasised the importance of dominating the 'centre line' and a firm stance in self-defence. Those present participated in a series of work-outs that included 'sticky hands' sparring. The seminar concluded with demonstrations of the some of the forms by Anne Pang and his students

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16th

Kokoro School of Martial Arts Camp hosted by Paul Strutt 2nd Dan was opened up to all IKA members from 24th-26th April 1998 held in Foster, country Victoria. Training covered: Karate, Pau-Kua, Tai Chi, Shin-taido, Bojitsu and lots more. Teachers over the weekend were Angelo Foresio 3rd Dan, Meng Ng 3rd Dan, Alex Albert 3rd Dan, Graham Slater 4th Dan, Frank Palmieri 3rd Dan and the host Paul.

23rd April 1998 a very enthusiastic crowd of two dozen packed into the compact private dojo of the Advanced Martial Art Centre at Victoria Road Northcote. Sensei John Forza was leading a session on the kata Aragaki Sesan and some of the bunkai. Proceedings were capped off with a practical demonstration of the effectiveness of the techniques applied to demolish the pizzas produced by the local eatery.

March 1998 Sensei Robert Gordon took a class at Melbourne University on the topic of: Trauma & Aggression (psychological aspects of getting into trouble and recovering afterwards) A very good topic and well received.

The Bill Superfoot Wallace 1999 was in Australia on a National Tour when IKA Chairman Graham Slater and Victoria Regional Director Frank Palmieri were able to secure a special exclusive IKA seminar with that super kickin guy. Sensei Graham had the pleasure of Bill and his wife Kim at his home for the week while they were in Melbourne and worked to ensure the sightseeing was up to par to. Speaking of Par Graham did not come anywhere near that when he played golf with Bill who flew way past par like the true Pro he really is. Bill's seminar commenced with the junior class were he explained and demonstrated his kicking style which he is famous for. A number of juniors were extremely fortunate to have Bill present to them, their new belts which they all worked hard for.



The adult session started at 7.30pm which was attended by many members of the International Karate Do Alliance. After a light warm up Bill Wallace took the group through a series of stretching exercises that were designed to improve flexibility in the various muscle groups involved in kicking. With a degree in kinesiology and physiology Bill not only has the ability but also the knowledge in how the body works and why. Three important points were emphasized during the stretching was time, temperature and tension. All three factors are important when stretching. Once the some what painful stretching exercises were over. Bill took the class through the various strengthening and conditioning routines. The focus of these routines were to build strength and endurance in the muscle groups involved in kicking. Throughout the seminar Bill demonstrated his three famous kicks being the side kick, roundhouse kick and hook kick. All performed off the front leg.



Bill Wallace's sense of humour, level of knowledge and ability greatly impressed us all. Special thanks must be given to John Gill for bringing him out to Australia and Graham Slater for hosting him in Melbourne. We all look forward in meeting both Bill and Kim in the future.

October 10th 1999 over 120 competitors participated in the 5th Washin School of Martial Arts I.K.A Karate tournament which was held at the Coburg Basketball Stadium. This event was organised and hosted by Sensei Frank Palmieri and his team of instructors and students. Participating clubs included Kokoro Ryu School of Martial Arts, Melbourne University Karate Club, Lion Bushido Karate Club and Mushin Ryu Karate Do. This year we had the pleasure of having Kancho Tony Jackson 8th Dan from Western Australia who officially opened the tournament as well as giving out the student of the year awards. This years Junior student of the year award went to Shannon Thomas while the Senior award went to John Sammut for their commitment and positive attitude to training. Every-

October 1999 IKA Seminar in S.A. with Kancho Tony Jackson 7th Dan & Sensei Graham Slater 5th Dan on 16th October 2.00 – 5.30. Adelaide saw the IKA seminar kick off with the Chairman running through the first hour with tension relieving breathing and stretching exercises. He then move on to various kicking and striking drills that focused on developing speed, distance and especially timing. Sensei Graham finished off with a drill that got participants defending against 5 or more opponents. Kancho Tony burst into action with painful self defence techniques from kata. He then move onto weapons demonstrating several drills with and without a partner. The last half an hour or so was opened up to the other instructors to show and teach their favorite techniques which went down a treat in true "circle of knowledge" fashion.

August 1999 Favourite Sparring techniques was the theme of this seminar which was held at Melbourne University and hosted by Alex Albert and guest instructors Senseis Graham Slater and Frank Palmieri. The seminar served as a prelude to the tournament to be held in September. The rules, legal techniques and fighting strategies were covered giving everyone who entered the tournament a better chance of success.

Gradings 1999 July saw Sensei Terry Bradford successfully achieve his 5th Dan. Terry performed excellently in his grading presentation as witness by Kancho Tony Jackson, Senseis Frank Palmieri, Paul Strutt and myself. Sensei Terry has been studying a few different schools of Goju over the past 30 years and is recognised for many things notably his tournament success and weapons skills. Sensei Palmieri sponsored Terry to teach Bojitsu at his dojo. Sensei Slater felt it was a great privilege and honour for him to be able to present the certificate at Sensei Terry's Dojo in Geelong where he was also able to conduct a training session for him. S.A. Kancho Jackson together with Sensei Chris Pearce witnessed the successful gradings of Senseis Jim Cameron and Paul Convery now both 2nd Dans. Both Jim and Paul have many years of experience and were well over due for their test.

Bill's Seminar's are back for October 2001 so look our for Posters soon.

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New IKA

Headquarters Opens in 2000 The first event was a "circle of knowledge" training session with several instructors then later that day was the Official opening of the new IKA training HQ in Box Hill. Around 40 friends and members attended the opening and several members performed short demonstrations. Geoffery and Sandra Sherwood Reiki Masters performed the official cutting of the ribbon and declaring the Centre open. The facility has been built on the Chairman's own property at a considerable cost in order to help create a strong foundation for martial artists to meet from all over the country and overseas. Many thanks must be extended to those people who helped with the construction to get the centre to this operating stage. Graham was designed and built the centre himself but people like Gerry Rodrigues, Paul Strutt and David Snell helped with various stages of construction. We are happy to say just the finishing touches.



South Australia Circle of Knowledge

Graham Slater has just returned from a successful visit to Adelaide. He was invited by Chris Haralam (Shoten Karate), Phil Newton (White Tiger) and Jim Cameron (Jim's Karate Academy) for a seminar and gradings. Graham was fortunate to have stayed at Phil's and his wife Jo's home as he much prefers this to being put up in hotels on his travels. "I like to stay at my host's home to get to know them and for them to get to know me better. You are also able to continue martial arts discussions in a more relaxed atmosphere rather than always on the dojo floor" Graham says. It was virtually straight from the airport on the Friday to the first class at Phil's dojo. This was the school's general Friday night class but it was different tonight as there was a number of special guests to take sections of the class. The class was already in motion so introductions were quick so the training could continue. Graham was asked to show a few techniques and choose to work on some concept drills that enhance hand speed and reflexes. He continued with leg drills to help improve timing and speed at close quarters.



Next was Peter Pace from Goshin jitsu who demonstrated the importance strength and determination using power full kicks to condition the body. Chris Haralam from Shoten Karate was up next with some sparring and bag work drills. Phil took control over the group as he prepared them for their up and coming demonstrations. Saturday was the main seminar day from 1- 4pm which attracted martial artists

from around 7 different styles. After the group formed a circle and bowed in Graham started off by explaining the "circle of knowledge" training philosophy. He stressed that he was not addressing the group because he was the best or the highest grade, it was just his turn at the moment. "Everyone will get

the opportunity if they wish to show what martial art they do irrespective of rank or years of experience", he also stated. He was there to show some of his stuff but mainly as the facilitator to keep the seminar moving and on track. It ended up a great seminar which went overtime and covered everything from drills - bag work - self defence - sparring and so on.

Sunday was the big day for Chris as it was his grading day and he choose to make it tough for himself and that was well respected. Chris's performance was very physical as he was drilling and working with a number of his students. Covering basics, Kata and application, bag work drills and a comprehensive selection of self defence techniques it certainly came together to show a good over view of his system. After meeting all the other strict IKA criteria a result was given. Congratulations came from the Chairman Graham Slater and Regional Director Phil Newton and the other witnesses as Chris was presented with his 3rd Dan Black Belt.

F o r

Graham it was a quick BBQ at Phil's place then back on the plane to Victoria with some nice memories of hospitalities and fine martial artists.

"Thank you very much for all the time and effort you guys put in to make the trip such a success."

The Chairman is available to run seminars to a limited number of groups through the year. Interested? Contact him directly.

Melbourne University Karate Club IKA Autumn Camp March 2000

Participants in martial arts camps need to tell who ever is willing to listen how tough their camp was so that they can build up their macho image. To be impressive a camp must include beginning the day at about 1 a.m. with a 10 km. run in bare feet over broken glass, a 3 hour session punching rocks, kumite neck deep in a partially frozen river, at least 200,000 kicks (per day), survival training on stale bread, water and rice (uncooked of course), learning how to enjoy being kneed in the groin and at least 23 hours training each day in snow and/or in 45 degree heat. Well of course we did all that in this camp and then went on to do some tough training as well. I will leave the details of the senseless violence that occurred at the camp to the readers imagination.

The camp was at Arrabri Lodge in Warburton. This is a beautiful spot nestled in the hills and surrounded by forest. The atmosphere of the camp is convivial and the food is good, or at least I believe the food is good because we insisted on having only stale bread, water and uncooked rice. There is a swimming pool (fairly cool in autumn, but some iron men/women took the plunge), basketball, volleyball, trampoline, tennis, table tennis and pool for those who could fit it in during the 1 hour per day that we were not training. In summary, the camp was enjoyed by 30 participants who insist that any other camp that they attend must equal or surpass the level of brutality by this camp.

Special thanks to David Macsporrnan for attending with his usual stock pile of weapons (bo's, jo's, sai, nanchaku, assorted knives, swords, bazooka etc.) kept in his car. I often wonder what explanation he would give for that arsenal if he were pulled over by a policeman for

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May 2000 Lion Bushido Karate Tournament held in Noble Park, Victoria came alive with the sound of kicking and punching. This Tournament (sanctioned by the IKA under ISKA rules) was the first that Lion Bushido had ever run. It turned out to be a great success with various Martial Arts schools attending the occasion. Before elaborating any further let me grab this opportunity to thank all those that attended and helped in various forms. Shihan Frank Demarco, Sensei Frank Palmeiri and Sensei Luom Jenkins did a splendid job of managing the tournament rings.

The majority of senior students from Lion Bushido Karate Academy were responsible for various duties to be performed which they carried out with utmost professionalism. It certainly was a weight off my mind. I was particularly pleased with a sense of camaraderie brought about by parents from Loong Fu Pai and students from Washin School of Martial Arts officiating at the rings.

A great big 'Thank You' has to go to XSIQ for their support. Their staff Rob Myrna and Erica Lick thoroughly enjoyed the days proceeding. Thanks also to Conservation Papers and Life Time Trophies for their support. Competition was strong in all areas making those trophy winners truly deserving of their placing. However, congratulations to all those who competed. Every one of you are winners showing your courage and skills. Special thanks to Unified Tang Soo Do from Taralgon and Shotokan Leongatha from (guess where). They made the journey from out of town that added to the success of the occasion. There were fifteen schools represented at the tournament with fourteen of them scoring points. I am looking forward to next years competition with excitement.

S T O P — P R E S S
Indian Karate Team from Calcutta to visit IKA Honbu for 2 weeks!!!!

On April the 11th an excellent practical seminar on techniques The seminar insight into art of Indonesian Silat. The seminar was conducted in a relaxed informal style which is the way Simon was taught in Indonesia. Simon demonstrated various striking and defensive drills and techniques. Many of the strikes were very similar to karate however its application was very different.



11th Simon Master Camp 2000 held in Angelsea Was a great success. With martial artists from attending 15 systems in made a really exciting and diverse group. The group congregated on Friday night with participants coming and going all through the weekend. The first thing on the agenda was introductions, room locations, activity plans and informal training.

What sort of activities did we have on hand well lets go through them: Terry Bradford did a session with Bojitsu, Dominec Amato and Peter Koegst gave us a good workout on the floor with some grappling, En Chor Kor gave us some early morning wake up exercises with Tai Chi and Chi Kung. We had lots of mixed sessions with forms and applications, knife fighting, defences against other weapons, free sparring highlighting favourite techniques etc etc with likes of Frank Palmieri, Sam Gentile, Alext Albert, Graham Slater, David Snell and Paul Strutt. Thanks go to Derek Migletti and his partner Michelle who came down to run us a special introductory seminar in Reflexology. It was good to know a few points to take the ache out of sore feet. Derek also explained the relationship of the pressure points in the feet with full body acupuncture. There will be more than a few tips to get out of the next seminar in which Derek will be running later on 2001 (check calendar for details).

This seminar was enjoyed by all members and we are looking forward to his next class.

On Sunday the 29th October 2000 Washin School of Martial Arts held its 6th Annual Karate Tournament. This years events was once again conducted at the Coburg Basketball Stadium. The tournament was sanctioned by the International Karate Do Alliance and attracted over six affiliated IKA clubs throughout Victoria including The Melbourne University Karate Club, Kokoro School of Martial Arts, Mushin Ryu Karate Do, Lion Bushido Karate Academy, Zei Shin Do and Power of Won. There was around 120 competitors which made for some very competitive divisions.

Several of the local chief instructors of various styles got together for some early morning training at the HQ to be followed by an open meeting on IKA future plans and topped of with Yum Cha at one of the many Chinese Restaurants walking distance from the studio. Training started with the host Sensei Graham Slater warming the group up with some partner kick/punch drills. Next Sensei Paul Strutt continued the theme requiring us to move rather quickly. Teacher David Mc Sporrان added combinations and locks followed by Sensei Linc Hibbs with kata bunkai, then Sensei Alex Albert with some quick combinations and finally as time was running out, with Sensei David Snell on freestyle self defence

Thanks to all those that attended and supported the IKA and made the camp such a success. Look out for the next one!

By bringing more of your students to these types of events they help you to retain new stuff you might wish to take home. This also helps expose your students to a wider range of martial arts giving them a greater perspective on them.



INTERNATIONAL KARATEDO ALLIANCE YEAR BOOK FOR 2000

M e l b

University Karate Club Column

The November 2000 camp at Portsea was excellent, with a good attendance and a range of instructors. Jiu Jitsu, Kung Fu, Escrima, weapons, Tai Chi, massage, etc. Everyone had a great time (some were over-achievers on extra-curricular activities), and learned a lot. My congratulations to all the or-



ganisers (Tori, Steve, Alex, etc.).

We were visited by Kancho Tony Jackson 8th Dan from Western Australia and a member of the Order of Australia. Tony (as he told us to call him) has been studying martial arts in Australia and overseas for over 50 years. Despite the fact that he is over 60, he looks under 45 and bounces around like a twenty year old.

The entire session was less about learning new complicated techniques, and more about slight changes and improvements to the basic techniques. It was a very good method for a group with many different talent levels such as ours. The first example that Tony showed us was stances. With just a few minor adjustments, he showed us how to improve the stability of our stances. He also showed us how a foot as little as a few inches to one side can drastically improve (or hinder) the stability of your stance.

Another modification to our existing technique was to use the fleshy part of the forearm to block, instead of the bone. In my experience, this worked well. It seemed to feel the same to the attacker, but was less painful on the defender. Tony also advocated bracing, both for blocks and punches. He said that placing your other hand on your striking or blocking arm completed a circle of energy thus giving you more en-



Back to blocks. Tony also showed us a continuation for both uchi uke and gedan barai where you end up with your opponent in an arm lock. This was my second favourite part (we'll get to my favourite near the end). Anyone who knows me knows that I like to grab and throw and this was a perfect example of how a traditional block can be an opening for a grab. Whether you hit or throw from there is up to you (I recommend a few of the former then the later).

Using the new techniques Tony showed us some bunkai (applications) for the first Taikyoku. They are good because they don't require a lot of strength and are really nasty to the assailant. If you want to know what they are ask somebody who was there, they'll be quite happy to show you.

The last thing that Tony did was show us a little bit of Shiatsu. Shiatsu is the Japanese art of accupressure massage.

What an amazing night on Wednesday! I estimated close to 50 people, many black belts, including David MacSporran and Paul Strutt. Kancho was in particularly scintillating form, demonstrating (with considerable vigour) several practical defence techniques. Paul Strutt certainly hit the deck hard at times. The brown belt gradings went very smoothly, and there were a couple of surprises at the end. The presentation of certificates, speeches and photographs will be remembered by all who attended.

Congratulations to all those who were promoted on the night.

Diane Rivo - now 1st kyu

Craig Morton, Ben Norman, Adam Walker, Damien Osborne, John Besida - now 1st Dan



Other

IKA members graded over the year were: David Snell 3rd Dan, Peter Koege 4th Dan, Chris Haralam, Jim Nixon 1st kyu. Below photo of Sri Lankan Regional Director Sensei Hussain with his students sparring at his dojo.



Indian Regional Director Sensei Sanjay Prasad at one of his schools standing with Australian visitor Andrew one of Kancho Tony Jackson's



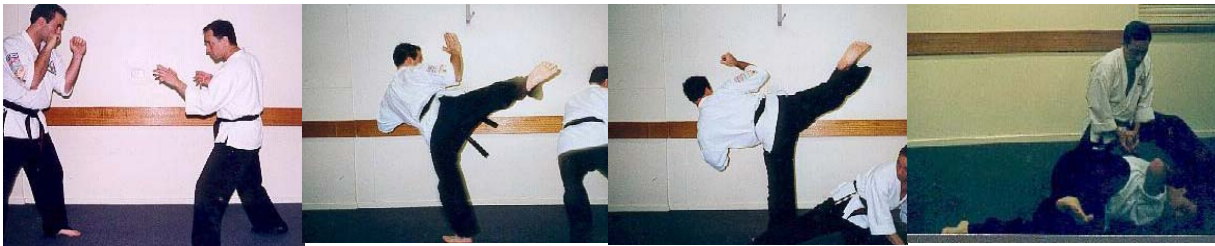
What do you get: You receive a membership certificate & discount card, 3-4 informative newsletters per year, advertisement of your club on the IKA web site, discounts to training seminars, group discounts to various products and services, the opportunity to be graded by a qualified panel, the opportunity to network with other like minded martial artists. Opportunities to train interstate and overseas. Opportunity to purchase seminar/workshop videos and much more!

students.

Technical Training sequences with various IKA members. You can check out these great routines and many more under the “Training Tips” pages of the IKA web site at karatealliance.com You can also see the photos animated to view them moving.



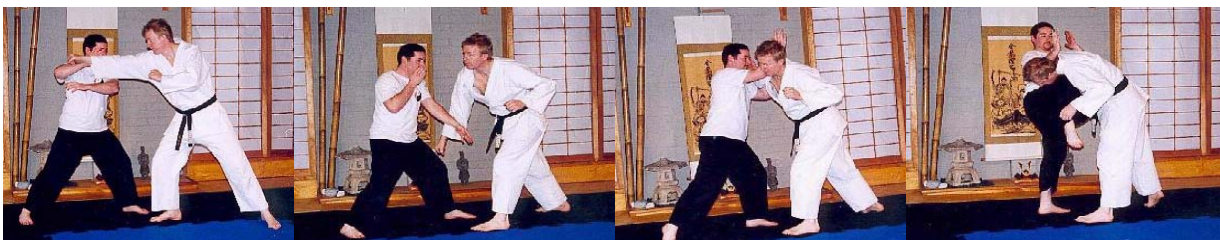
Master Tang Laiwei a practitioner of Whushu for over 30 years shares with us one of his traditional weapon routines. Photos taken at the Taichi for Life studio in Nunawading, Victoria.



Sensei David Snell a practitioner of freestyle Karate for over 15 years and now principal teacher for Lion Bushido Karate shares with us one of his defences against roundhouse kick to the head. Photos taken at Lion Bushido Forest Hill, Victoria



Sensei Domenic Amato a practitioner of freestyle Karate for over 17 years and now principal teacher for Zenshido Karate shares with us one of his defences against roundhouse kick to the body. Photos taken at his Eastern Martial Arts Centre, Victoria



Sifu Morgan Buchanan a practitioner of Martial Arts for over 12 years and now a Taichi Teacher shares with us one of his defences against a lunge punch. Photos taken at IKA Honbu Box Hill, Victoria



Sensei John Doherue a practitioner of Martial Arts for over 20 years and now principal teacher for Extreme Jutitsu shares with us one of his defences from the guard position. Photos taken at his Extreme Jujitsu Centre East Malvern, Victoria



Sensei Graham Slater a practitioner of Martial Arts for over 27 years and now principal teacher for Reikijitsu Kai shares with us one of his defences against a lunge punch. Photos taken at the IKA Honbu Box Hill, Victoria

Status H high need your input
S Standard like to see you

What & Where

Proposed IKA Calendar for 2001

Costs

Dates

Training meet for Instructors. <u>Subject /Theme</u> Favorite techniques. India Team from Calcutta will join us Cost: Members only \$20 Where: IKA Honbu 451 Station St Box Hill Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Sunday 10am - 2.00pm 11th February 2001	H
Graham Slater Seminar <u>Subject /Theme</u> Gankaku Kata/bunkai For instructors and students Cost: \$20 & non members \$25 Where: Melbourne University, Beaurepair Sports Centre Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Saturday 2.00 -5.00pm 17th Februaury	S
David McSporrان Seminar <u>Subject /Theme</u> Philipino sticks For instructors and students Cost: \$10 & non members \$20 Where: Melbourne University, Beaurepair Sports Centre Contact: Alex Albert Phone: E-mail:aalbert@werple.mira.net.au	Saturday 10am -12.00 4th March	S
Terry Bradford Seminar <u>Subject /Theme</u> Bojitsu. For instructors and students Cost: \$10 & non members \$20 Where: Melbourne University, Beaurepair Sports Centre Contact: Alex Albert E-mail:aalbert@werple.mira.net.au	Saturday 10am -12.00 31st March	S
Vince Morris Seminars <u>Subject /Theme</u> Bunkai, realistic combat strategies used by the Military and Police Forces Where: Mel, S.A. & W.A. Contact: Graham Slater Phone: 03 9897 3213 Frank Palmieri Mobile: 0411145083	Separate Poster Ad 25th April - 6th May	H
MUKC/IKA Camp <u>Subject /Theme</u> Philipino Stick fighting and knife defences. Bojitsu, Cost : \$95 non members \$120 Where:Gundiwindi Alex Albert Phone:) 9380 6286 E-mail:aalbert@werple.mira.net.au	27th -29th April 27th - 29th April	S
Lion Bushido/IKA Tournament <u>Subject /Theme</u> Kata & Kumite divisions for juniors and seniors. Ask for entry forms. Where: Carathwa College Noble Park Contact: David Snell Phone: 9887 4098 E mail: davidsnell1@bigpond.com.au	Sunday 10am ---- 6th May	S
En Chor Kor Seminar <u>Subject /Theme</u> Chi Kung (increase your Chi flow) Cost: \$15 & non members \$20 Where: IKA Honbu 451 Station St Box Hill Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Sunday 10am - 12.00 10th June	S
Derek Migletti Two/Part Seminar <u>Subject /Theme</u> Reflexology balance yourself through your feet Cost:: \$25 Where: IKA Honbu 451 Station St Box Hill Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Saturday 2pm-5.00pm 24th June	S
Penang/Thailand Training Tour with a difference <u>Subject /Theme</u> Aikido, Shaolin & Hung Ga Kung Fu, Shotokan Karate and water sport to your hearts content: para sailing, jet skis, snorkeling etc. Contact: Graham Slater Phone: 03 9897 3213	2 Week Tour 7th -21st July	H
Derek Migletti Part two Seminar <u>Subject /Theme</u> Reflexology balance yourself through your feet Cost:: \$25 Where: IKA Honbu 451 Station St Box Hill Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Saturday 2pm -5.00pm 28th July	S
David McSporrان Seminar <u>Subject /Theme</u> Philipino sticks For instructors and students Cost: \$10 & non members \$20 Where: Melbourne University, Beaurepair Sports Centre Contact: Alex Albert Phone: E-mail:aalbert@werple.mira.net.au	Saturday 10am -12.00 8th September	S
Winter Master Camp <u>Subject /Theme</u> Karate, Tai Chi, Chi Kung, Bojitsu, Shintaido etc Cost: \$95 non members \$120 Where: Angelsea Recreation Camp, Angelsea Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Friday - Sunday 14th -16th September	S
Terry Bradford Seminar <u>Subject /Theme</u> Goju Kata Saifa For instructors and students Cost: \$20 & non members \$25 Where: IKA Honbu 451 Station St Box Hill Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	20th October 2pm-5pm	H
Bill Superfoot Seminars <u>Subject /Theme</u> Stretching to the Max, Sparring drills that work for everyone and some New Stuff Where: Mel, Syd Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Separate Poster Ad 4th - 14th October	H
WSMA/IKA Tournament <u>Subject /Theme</u> Kata & Kumite divisions for juniors and seniors Coburg Basketball Stadium Contact: Frank Palmieri Mobile: 0411145083 Email: sensei@washin.com.au	Ask for entry forms 28th October 10am---	S
Karate History Tour of China <i>Be apart of history tracing the roots of Karate in a journey from the Shaolin Province to Fujian before Okinawa.</i> Contact: Graham Slater Phone: 03 9897 3213	Separate Poster Ad 20th Oct -3rd Nov	H
David McSporrان Seminar <u>Subject /Theme</u> Philipino sticks For instructors and students Cost: \$10 & non members \$20 Where: Melbourne University, Beaurepair Sports Centre Contact: Alex Albert Phone: 9380 6286	Saturday 10am -12.00 3rd November	S
Tony Jackson Seminars <u>Subject /Theme</u> Kata , Kumite ,Bunkai & weapons Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Separate Poster Ad 23rd Nov - 4th Dec	S
MUKC/IKA Camp <u>Subject /Theme</u> Karate, Tai Chi, Chi Kung, Philipino Stick fighting, Bojitsu, Cost: \$95 non members \$120 Where: Lord Mayors Camp, Portsea Contact: Alex Albert Phone: 9380 6286 E-mail:aalbert@werple.mira.net.au	Friday - Sunday 30th Nov - 2nd Dec	S
End of Year BBQ for Instructors & Partners Where: IKA Honbu 451 Station St Box Hill Contact: Graham Slater Phone: 03 9897 3213 Mobile: 0419 569 565	Saturday 6pm - 15th December	H

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Twelve Reasons to Join the I.K.A.

- To belong to an open minded organisation which caters for all Martial Artists regardless of style, rank or background.
- To be able to train with other local and international open minded Martial Artists.
- To have access to information and knowledge.
- Be able to receive regular informative newsletters which you can contribute to.
- To be able to participate in our monthly events which include seminars, tournaments and camps.
- To have access to a wide range of Martial Art instructors who are willing to conduct seminars at your club.
- Be able to promote your clubs seminars, camps and tournaments to a wider group.
- Internationally recognised grading opportunities for independent Instructors.
- Be able to train around Australia and overseas including Japan, Okinawa, USA and many other countries.
- Have your own space to not only advertise your club but, also your own business on our web site.
- Be able to create your own instructional videos for your students.
- Be able to purchase the group's merchandise eg: badges and t-shirts etc to advertise the fact that you belong to part of a large

What is the International Karate Do Alliance?

It is a large group of Martial Artist's (mainly instructors) from many different systems and from all over the world coming together to share knowledge. Once together the group creates a safe, non political and ego controlled environment for learning. It is a place where everyone is treated the same, irrespective of rank, title or years of experience creating a warm air of respect and courtesy for all. Members train together (distance permitting) on a regular basis in small to large training circles, each taking it in turns to demonstrate and teach various topics. Participants are free to accept, reject or take home the information that is shown in these meetings.



IKA Application & renewal form

for 2001

Name.....D.O.B.....years of experience.....

Address.....

Phone.....Mobile.....Email.....Web site.....

Name of Club.....Address of Club.....

Training times.....Date & rank last graded.....

By whom.....Present grade.....IKA events attended.....

AU\$110 Please make payments by cheque or money order to "International Karate Do Alliance AU\$55

Club membership Price includes GST Individual members

- Would you like to share your knowledge with others?.....
- Would you like to contribute to our newsletter?.....
- Would you like to host one of our seminars?.....
- Would you travel interstate to the group's annual Camp/Seminar?.....
- Would you correspond freely to other instructors interested in what you do?.....
- Would you accept an outside instructor into your studio to practice or learn from?.....
- Would you be prepared to assist in sitting on a grading panel? (conditions apply).....
- Are you interested in promoting the group's concept and activities in your region?.....
- Would you mind if your personal details were published in our newsletter or web site?.....

Please send this form to your Regional Director or the Chairman at 451 Station St Box Hill 3128 Victoria AUSTRALIA

Please send a photo with your application that can be kept on file and used for the web site. Carpenters, Plumbers, Electricians all tradesmen, Retailers and Wholesalers what ever your business share it with your newly extended family by, offering discounts to members or exchanging services. Upon acceptance of your membership you will receive A welcome letter from the Chairman, a certificate of Membership, a current newsletter and your membership/Discount card valid for 12 months. Membership are due Every March and a reminder will be sent out in February.

Thank you for your support.

Graham Slater