

國際空手道連盟

INTERNATIONAL KARATE DO ALLIANCE



INTERNATIONAL KARATEDO ALLIANCE

The Alliance newsletter

Welcome to the *Year of the Dragon* and the first newsletter for 2000. Last year was busy with lots of events and membership inquiries. This year is set to be a big one with our seminars, gradings, camps, tournaments, overseas training tours and the opening of the new IKA headquarters based in Box Hill.

The IKA calendar is out with your newsletter so fix it to a place you walk past regularly to not miss the action. Remember these events are what you asked for so please support them. They are subject to change so it is required that you contact the various hosts to confirm activities well in advance.

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!

Ushi desi/live in student. The IKA HQ is now being made available for interstate and overseas to stay for up to one week. Accommodation, breakfast and other meal facilities, fully equipped matted training area They will have the opportunity to train every day with the Chairman and a number of various different styled martial artists from the Japanese, Chinese, Korean, Thailand, Malaysia, Filipino and India arts to name a few.

Hire the IKA HQ fully matted training venue for your own semi-

nars (martial arts/healing arts/business topics, gradings, video products etc.

Contact Chairman

Make your own training videos:

A service is now available to enable members to make promotional or training videos in which they can sell and create more revenue or give away as part of their own school's membership.

Add excitement with professional editing, special effects, photos, and Power Point presentations to your video and camcorder footage.

Contact Chairman

Discounts on products & services:

An IKA discount card is being developed which will start with a few discounts and will grow giving members a broad range of discounts on a large range of goods and services. As an individual financial member you will receive an annual card which will enable you to acquire these discounts for the 12 month period of your membership and will be renewed upon your IKA membership fee.

Membership fees will be due in March each year:

A renewal notice will be sent out every February to remind you of your support so please keep us informed of any change of address. Two types of fees exist Individual **\$50** and Club **\$100** as it is only a nominal fee it is the same cost all year round. However if the application is

only a couple of months away we will add that to your membership, over that period you will pay the full amount but will receive back issues of the IKA newsletter.

Merchandise:

Be a proud member of the IKA and support the group by wearing our Badges now \$8 and t-shirts \$25, Seminar videos of various teachers are also available from \$25. There will also be w/cheaters available at \$35 for the cold winter months however we do not intend to take merchandise any further so we can keep our focus on the core directions of the IKA "training and exchanging knowledge" This sort of advertising is great to let other martial artists and your students know that you are part of a world wide supportive family. So wear your badges and t-shirts to training, tournaments and seminars and get talking and spread the IKA philosophy.

Conditions of Membership

The group would like its members to "become" the Association not just "belong". To that end we ask that you attend at least ONE event per year and try to HOST an event too. We would also like you to contribute to our Newsletter. It is your extended family so lets help it grow.

New Web

[http//](http://)

www.interkaratedoalliance

How to contact us:CHAIRMAN

Graham Slater 5th Dan

Postal M.C. Box 1260 South

East Mail Centre 3176

Victoria AUSTRALIA

IKA Head Quarters

451 Station St Box Hill 3128

Victoria AUSTRALIA

Phone/fax: 61 -3- 9897 3213

Mobile 0419 569 565

Email: ikachairman@bigpond.com.au

Bringing Martial Artists together

IKA Honbu on the way

Donations have been warmly accepted for the building of this new and unique training facility with accommodation. Hard working hands and financial contributions have been helping get this project out of the ground and it is well on the way to finishing.. The IKA Honbu will be a place where martial artists can come from inter state and overseas to stay, train and teach. It is based on the Chairman property in Box Hill, Melbourne. The facility will boast a 45' x 20' matted training area with high ceilings for weapons work, separate healing/massage room, toilet/shower, Japanese garden, additional accommodation is available in the Chairman's residence. Although the opening day is 26th February there will be more work to completely finish it over the next few months.

If you would like to support the project in what ever way you can please contact the Melbourne Regional Director Sensei Frank Palmieri by
PH: 0411145083
Email:washin@cosmos.net.au

HAGURO 2000 The 7th International Shintaido Retreat is on in Japan. For those who don't know Shintaido is a very comprehensive martial art that evolved from Shotokai Karate and was founded by Master Aoki Contact for more details on email: haguro2000@shintaido.com

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.

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 International Association

The I.K.A. aim is to: *Bring together Martial Artists from around the globe.*

The art of Wado-Ryu Karate-do (The way of Peace)

Wado-Ryu Karate is one of four original Japanese styles of traditional Karate. Founded by Hironori Otsuka (a Jutitsu master). Wado-Ryu is a mixture of the hard fast style of karate he learnt from Gichin Funakoshi and the softer yielding movements taken from his Shinto Yoshin school of Jutitsu. The result is a unique blend of soft and hard principles which incorporate the concept of Tai Sabaki (body shifting, evasion). Tai Sabaki is the foundation of Wado and is used not only to evade an attack, but also to reposition oneself in safe and advantageous position for a counter attack.

Otsuka had found the Kata movemnets he had learned from Funakoshi too static and therefore went on to develop a more dynamic and flowing art. He began by introducing his Jutitsu principles into Funakoshi's curriculum. He also formulated offensive and defensive fighting techniques. It is from these basic fighting principles that eventually led to JiYu Kumite (freeform fighting). His views on Karate differed from Funakoshi's and it was these differences that ultimately led to Otsuka breaking away from funakoshi. In 1934, Otsuka established his own school of Karate which he called Wado.

According to Sensei Linc Hibbs, Chief Instructor of Tai Shi Kai Wado-Ryu in Australia, Wado encompasses harmony of movement stemming from a solid foundation of basics and Kata. Through the fundamental physical techniques students learn self control, respect and humility along with a strong mental attitude in self discipline. Students must endeavour to clear the mind and relax the body while always being aware and ready. Wado is build around nine basic Kata ie: Pinan 1-5, Nai Hanchi, Kushanku, Seishan and Chinto although most teachers include other Kata such as Bassai, Jutte, Jion, Neisesishi, Rohai and Wanshu.

While Kihon and ata play a major role in the development of Wado, the heart of the style is best seen in the prearranged fighting formulated by Otsuka. The strikes, throws, and evasions have had a big influence in the formation of Wado. Otsuka die in January 1982.

Wado has spread to all parts of the globe with many breakaway styles. Regardless of which association to which one may belong, the principles and philosophies within Wado remain the same. Wado is one of the most dynamic and diverse styles of Karate practised today.

Submitted by Tai Shi Kai Australia

Sensei Paul Strutt's China experience (part two)



counter my assault. Master Feng Tze Chang and San Boa Ching are true masters of their art, gentle, polite, friendly, approachable and knowledgeable I was fortunate enough to video these masters for future reference, very subtle, precise, fast and deadly. Arraignments are being made for San Boa Ching to visit Australia.

There was another park not that far the hotel that we decided to visit on our last morning in Beijing. It was literally packed with people doing an all manner of exercises, aerobics Chinese style, ballroom dancing, Qi-gong, sword, fan and pole forms Tai chi and Pau-kua. There was music was all around this place was really alive.

We visited a Traditional Chinese Medicine Hospital. This place had a wing which was solely used for promotion of T.C.M. targeting the western tourist. Complete with a side show of a Qi-gong doctor who can light up light bulbs by having them placed on his head. It was interesting. The next time I go back to China I might search out a less tourist orientated T.C.M. hospital.

San Bao Ching is a senior student of Master Chang. Like his teacher he too has that relaxed gentleness about him. His teaching is the same. Through En Chor's interpretation the patience and thoroughness of his teaching were apparent. He took us through basics of Chen style Tai-chi then onto push hands drills. Trying to push this guy was like trying to push an unbroken wave away from you just before it breaks. It gently picks you up, then takes control, then slams you! Without a word of a lie trying to grab San Boa Ching is like trying to grab water. Over the years I have trained with many competent instructors, this definitely was different. There didn't seem to be any physical force to

One old teacher was quite impressive as far as flexibility goes. Vertical leg swings while walking. Not bad for someone in their 80's.



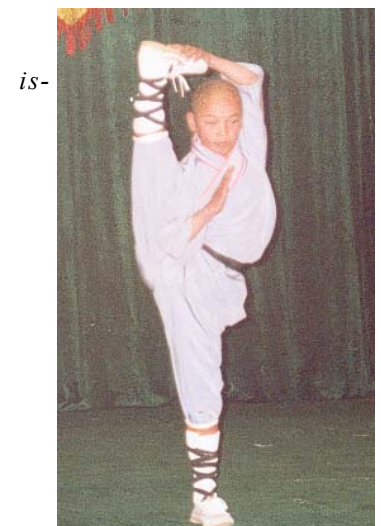
People often walk around the parks and if they see something they like they just join in. So when in Beijing do as the Beijinese. After Qi-gong and Tai-chi we joined in with a group of about 20 people who were practicing a form of Qi-gong. After what we thought to be the end we politely waved and moved away looking for another group to join in with, when two of the instructors came running over to us quite excitedly saying "Don't go. That was only the first half"... After the second half I joined in with quite a large group who were practicing Chen style Tai-Chi. Not being familiar with Chen style, the lady that I was following just started to work with me, she was quite easy to follow even though I couldn't speak a word of Chinese and she couldn't speak English. It was an interesting experience of communication through movement. There were some fantastic martial artists in this park.

You can't go to China and not visit The Great Wall. It has not been that many years since China has opened it's doors to the West consequently they have recognized the draw card of it's history and the physical



presence of it. The Chinese Government have reconstructed areas of The Great Wall a short drive from Beijing. It was impressive to climb with almost vertical steps in some areas as it meanders off into the distance. Just what did the Chinese use as mortar in this wall?.. I have it on good authority that it was gluttonous rice. Beats me why they used concrete to reconstruct it!

That's all for now but Paul has more and you will have to wait



is- until the next sue.