

## The President has the word

Dear Budoka, Dear All,

At the beginning of 2013 a new eve has started for IMAF Europe, a time for changes based on progress and mutual respect.

With a new Daily Board and a changed policy based on respect: respect that works into two directions:

As a Federation we have the full respect for the individual freedom of our Member Countries, but we ask the same for the gang makers of our Federation: the Daily Board of IMAF Europe.

Everybody shall take his task in this road to changes and novelties, we have the advantages of the freedom and our rights, and therefore we must also carry our tasks and perform our duties! We hope all of you shall work onto this tremendous task, this challenge!

And that these who are against our idea of changes understand that they are obsolete in our Federation, no delays anymore, we are not waiting for them unless they understand and follow us at last!

Sincerely Yours,

Ir Geoff Benoy  
President IMAF Europe

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### DAILY BOARD – BOARD OF DIRECTORS (DBE)

**President:** Ir.Geoff Benoy  
**General Secretary:** Cees van der Wal  
**Treasurer:** vacancy  
**Vice-President:** Jens Fricke  
**Commissioner PR:** Peter Rosendahl

## Important upcoming events

**IMAF-BOSNIA & HERZEGOWINA**  
**International Martial Arts Championships**  
**BRCKO Open 2013**  
9 March 2013, Brcko, BiH

**IMAF-SPAIN - Seminar with**  
**Kurumaji Sensei and Koshino Sensei**  
22-23 March 2013, Girona, Spain

**IMAF-EUROPE ANNUAL CONGRESS 2013**  
27 April 2013, Hoboken/ Antwerp, Belgium

**IMAF-BELGIUM 35<sup>TH</sup> ANNIVERSARY**  
**INTERNATIONAL SEMINAR**  
28 April 2013, Hoboken/ Antwerp, Belgium

**IMAF-POLAND SPRING CAMP**  
1-3 May, Wiktorowo, Poland  
**IMAF-PORTUGAL INTERNATIONAL TOURNAMENT**  
28-30 June, Lisbon, Portugal  
**IMAF-EUROPE EUROPEAN CHAMPIONSHIPS 2013**  
19-20 October 2013, in Alba Iulia, Romania.  
**IMAF-BELGIUM INTERNATIONAL BUDO SEMINAR**  
17 November 2013, Hoboken/ Antwerp, Belgium

Check out the full Calendar 2013 on the last pages of this Newsletter.

See also our Website [www.imaf-europe.com](http://www.imaf-europe.com) for actual and up-to-date information



F.C. IMAF HON KOBUDO BUJUTSU - IMAF ESPAÑA

IMAF Europe



戸山流



23 y 24 de Marzo 2013  
P. Polideportivo de Llers (Girona)

HARUO  
YOSHINOKURUMAJI  
YOSHIMITSU

international martial arts federation  
IMAF EUROPE

INTERNATIONAL  
MARTIAL ARTS CHAMPIONSHIP  
BRCKO OPEN 2013

karate • ju jutsu • semi contact



Brcko distrikt BiH; 09. March 2013.  
Sportska dvorana Gimnazija

2013:

30<sup>TH</sup> ANNIVERSARY  
of IMAF-EUROPE

35<sup>TH</sup> ANNIVERSARY of IMAF-BELGIUM

### SEMINAR WITH KURUMAJI SENSEI AND KOSHINO SENSEI

Promotion of the International Seminar that will be held in Spain on March 23rd and 24th 2013. For both Kurumaji Sensei and Hoshino Sensei this is the first time they conduct a seminar outside Japan and therefore this will be the first time they visit Europe.

This is a unique opportunity to learn Koryu Bujutsu from one of the respected Sensei in Japan and high ranking member of Dai Nippon Butokukai (Kyoto).

#### SEMINAR SPAIN

##### Times and prizes:

Saturday 23rd March:

Karate and Shibukawaichi Ryu Jujutsu

09:30 - 12:30 and 16:30 - 19:30

Sunday 24th March:

Karate and Shibukawaichi Ryu Jujutsu

09:30 - 13:00

##### Prizes:

- Instructors/ teachers: € 40 (all teachers)
- Members of FCENKBJ/IMAF/ IMAF EUROPA/ ATE/ ZNTIR/ FCKARATE/ IBU/ KYOKU SHINKAI KARATE DO (with actual membership): € 50
- Members of other organizations: € 60



**Impressions from our members' activities**

**3<sup>rd</sup> National IMAF Kobudo Championships in Germany**

the 3<sup>rd</sup> National IMAF Kobudo Championships in Jennelt (Germany) were again a great success. Almost 100 participants from different National clubs took part.

Divisions were Kata (divided into different weapon sections), Sport-Kenjutsu and Sport Bo-Jutsu, and with a total of 35 divisions. Before the start of the competition several demonstrations in Karate-Do, Taiho-Jutsu and Kobudo of the different Dojo took place as part of the opening ceremony. After six hours all participants were very happy to receive the earned medals and trophies from the national board of IMAF - Branch Germany. The tournament took place on three tatami and without any injury.

Host was the SV Jennelt/Uttum 1958 e.V.

**4<sup>th</sup> Iron Stick Challenge in Germany**

After the successful IMAF Iron Stick Challenges in the last years, IMAF- Branch Germany organized the 4<sup>th</sup> edition of the Tournament for Philipino Martial Arts (Arnis, Escrima, and Kali).

After Tournaments in Weener, Emden and Bremen now Uttum in lower Saxony hosted this event in 2013. Arnisadores from different clubs in the north of Germany showed their skills in Forms (Anyo), Solo Baston (Single Stick-Fight) and Double Baston (Double Stick-Fight) without any protection in the tradition of Garimot Arnis like practised within the Laguna Arnis Federation. A lot of spectators joined this event to see incredible fast stick drills and tactical light contact fightings in different divisions. Due to the continuous fighting system, the speed of manouvers in attack and defense is often very high.

German IMAF Representative Jens Fricke is one of only four licensed full instructors (Guru) in Europe and a direct student of Gat Puno Abundio Baet (5<sup>th</sup> generation Grandmaster in Garimot Arnis).





## Impressions from our members' activities 2

### LIKE FATHER LIKE SON: CASPER ROSENDAHL SWEDISH CHAMPION



The IMAF-Sweden club of Peter Rosendahl participated in the prestigious Sport Jujutsu Championships on 2 February 2013.

Young Casper Rosendahl (10) gained the Gold Medal for Swedish Champion (Cat. Children < 10 Yrs. Proud dad Peter is now glowing in the dark.

His club was even more successful, with Gold for a student in the category women 16 yrs and 3 Silver medals Sport Jujutsu.

*Very rewarding is also that IMAF-Sweden accomplished to get a 100% cooperation with the National Swedish Jujutsu Federation, also a giant leap for IMAF-Sweden.*



### BELGIUM SUCCESS AT THE WOC 2012

Due to the results of his club Aka –I –Bara (the Red Rose) at the World Open Championships 2012 In Hoboken/ Belgium, Hanshi Geoff Benoy and his successful students were invited to the City Hall of Hoboken to receive the special sports trophies from the executive Maier of Antwerp. The following people did get a special reward:

- **ZAIDI Hamza** for his second and another third places Karate and Full Contact Juniors.
- **ZAIDI Soefiane** for his first place Combat Jujutsu World Champion and World Champion Full Contact Juniors.
- **MAES Yannick** for his third place in his category Karate.
- **MAES Cedric** for his first place in his category Karate during the Rupel Cup.
- The Kata Team Celeste Vranckx, Yannick Maes and Sari Billiau for the second place in their category.
- **And last but not least ZAIDI Soefiane was nominated Sportsman of the Year 2012!**





## **BUDO and SPIRITUALITY**

*For every person spirituality is different.*

*Spirituality is not restricted to religion; it is also something that comes from deep inside yourself. **BUDO and humility** go well together: do not be bigger than you are, but do not be smaller than you are.*

***Reflection:** looking at yourself, looking into yourself.*

***BUDO and Zen Buddhism** also belong together. Spirituality allows you as a practitioner in BUDO to be able to go through your chosen path to achieve their own development.*

*It takes courage to stand up in confronting your **SELF**, to look for a valuable place in a fast society, to not directly feel discouraged by a setback, to deal with humour with your own limitation, to feel yourself supported and protected by a higher power.*

*Cees van der Wal*

## **IMAF-POLAND Winter Camp**

On 8<sup>th</sup> - 14<sup>th</sup> January 2013 in Koscielisko / Zakopane (Poland) the international Winter Camp was held, organized for the first time by IMAF-Poland. It was few days full of Shotokan Karate, Sport Kenjutsu, Kenjutsu and laido trainings, skiing and other forms of active recreation in this beautiful, mountainous region of Poland.



The Camp was attended by members of Polish clubs and a big group of SK Myrotvorets Lviv from Ukraine. Also we had a guest from Germany: Sensei Fabian Roskosch from IMAFE DE / Osaka Sport Center Emden, who led for us Sport Kenjutsu trainings.





### 15 Years Osaka Sport Center

on 14.12.2012 Germany's IMAF Honbu Dojo celebrated its 15 years anniversary. OSC-Students, former students and instructors from regional clubs came over to congratulate and celebrate at an evening party.





## MAIN ARTICLE: Teaching Budo

In most clubs and schools, especially small ones, there is only one teacher and maybe one or two assistants. In most clubs and schools there may be 3 students' levels – beginners, intermediate and advanced.

Many clubs don't have their own accommodation. In many occasions they rent a gym from a public school, which they have to share with other clubs, such as gymnastics, volleyball, badminton, etc. It is the availability of space and time that determines the possibility to teach several classes, such as youth/children, and the juniors and seniors.

In many cases schools have their own building, sometimes dedicated to Budo, but in most cases they combine other sports such as fitness.

In an ideal situation you have separate classes for each level in age and skills, if you have the teachers and assistants to cover it all. But again, this also greatly depends upon the availability of space and time.

So we have to do with what we have. You, the teacher, hopefully assisted by some Brown belts or higher. Many teachers grow in their role of instructor. They may have started as a student under the guidance of their master and gradually began to assist, take over classes, or started a club of their own. However, not every black belt is suitable to be an instructor. But you can learn how to teach.

It is the policy of IMAF-Europe, that all teachers in our member-countries are, qualified teachers. It is the right of the student to be trained by and to be taught by a qualified teacher. That's what he or she is paying for. Therefore it is of eminent importance to train your instructors and teachers according to the requirements that exist in your country. Good instruction and teaching brings us the high quality we wish to reach and maintain.

Each club or school, sooner or later, goes through the process of continuity. Nobody is getting any younger and someday the best teacher has to accept that his trainee or oldest student shall succeed him and take over his club or school. This has also to do with quality. In fact, here we make use of the process which is so characteristic for Budo, be a servant to each other, learn from each other, make use of each other's strong points.

With more than one teacher, we have more than one style of teaching and coaching. That shouldn't be a problem, as long each teacher has a clear role in the process of teaching, coaching, and also managing the club or school. In terms of teaching: as long as everybody applies the basic principles of didactics and pedagogic, and as long as everybody takes care of the physical and emotional safety of students and assistants, we have nothing to worry about. Another point that can be added to quality is the inspiration of the motivated teacher. Pro-activity is the key to success. Take your role as teacher or assistant, take your part of the responsibility and let them take responsibility for the tasks you assigned to them, find out what you and they like the most (make use each other's strong points) and enjoy.

By Cees van der Wal

We should begin somewhere.....  
A few starting points:

Being a talented Budoka is doesn't mean you are also a good teacher. But teaching can be taught.

Teaching in Budo is many times coherent with imitating your Sensei and his style is more or less adopted to form your own style. Of course with many variations.

The training pattern is clear: warming up, basic techniques, the applications, Kata and cooling down. But much has changed in the field of teaching and coaching. There have been many developments, some still in progress, which were of great influence on the styles of teaching and coaching, and the teaching methods that evolved from these developments.

Didactics – "the way" teaching, how to transfer your knowledge and skills to your students.

Methodology – how to conduct a lesson or training.

By the way, to my opinion there is a significant difference between the instruction of Budo and other sports. In sports we train, in Budo we teach and learn.

How can we train our assistants and how can we effectively bring them into action?

Sometimes the assistants appear to be more fanatic than the teacher, where the experienced teacher is in balance with his approach to teaching. Sometimes it looks like if the older students are a little neurotic in their approach to teaching and they hold on to the conviction that everybody has to perform everything well. Teaching is not "learning how to teach". Good teachers are not only qualified, but they update and upgrade their skills regularly, for instance during Instructors courses, where they refresh and enhance their knowledge and teaching skills. This is quite different from students who became instructors.

Even when you are a natural when it comes to teaching, doesn't mean you don't have to take some steps to improve your possibilities.

It is a fact that most assistants are not trained, but they shouldn't be excluded from the possibility to teach. Using assistants to fill up the gaps is worthless and also disrespectful.

It is not a good approach if assistants are put in action only to pick up some experience in teaching. Teaching in Budo is a real job! This means they must have received training before, and that the chief instructor must pave the way with a training plan with clear steps.

- 1: Make a distinction between Budo grades and instruction authority and qualification.
- 2: Guide assistants in the right direction to valuable training (First aid, CPR, teaching to adults, teaching to children, physical and emotional safety, etc.).
- 3: Coach Assistants to the goal: become fully qualified teachers.
- 4: Give them a number of lessons to work out for teaching and observe sharp and accurate. Give feedback immediately after their lesson.
- 5: Keep yourselves to your own rules – qualifications are worthless if you allow that teaching is being done without them



Make a distinction between Budo grades and instruction authority.

In Budo we work with grades and at the beginning and end of each training or lesson we are nicely lined up from high to low.

Because of the difference that is made between the grades, there is some sort of hierarchy rising from where we often look for assistance while we teach.

This hierarchical structure is also used to help students during examinations, as referee during competition. All instruments to give shape to promote the need to develop ourselves, our need to self development.

Assistants should be encouraged to take part in official training courses to become qualified.

On the long run it is not longer sufficient to let people teach just because they have a black belt. Everybody who wants to teach must receive the proper education and training.

Teaching should not be a status symbol for black belts.

Guide assistants in the right direction to valuable training

Guiding and coaching is maybe the most important element in teaching. As a mentor you do nothing more than guide someone on his way to a certain goal.

We don't have to give them everything of what they can use on the way to that goal, unless you are the most obvious source for that information.

Guide assistants to the goal of becoming fully qualified teachers

Set the goals together with your assistants and start with their description of how they see their role in the school.

Give access to their possibilities, describe their level of development, give effective feedback, set an end date and repeat where necessary. Guide the assistants through a process to become good teachers with effective training and education.

Give them a number of lessons to work out and to instruct

When you assign an assistant to teach a Group or level, you cannot teach other groups yourself, because you are too busy in observing the assistant during his assignment (the only way to observe accurate and sharp). Evaluate directly after the lesson, give positive feedback. This feedback shouldn't be about the technical training, but about the teaching itself.

Stick to your own rules

Qualifications are worthless if you allow teaching without

On the long run you cannot allow that training or lessons are conducted without a proper license.

If you leave it as it is, why should they bother to pick up an education. Make sure that they apply for an education, give them a certain time within they must have succeeded to obtain their diploma or license. If it is hard to reach that goal, than make sure that you have a program to obtain their ability in another way, in their own school.

How do assistants become good teachers?

- Do not interfere with the students; leave them alone, unless you are asked by the Sensei.
- Ask for patience before you are going to help (you don't have to jump up directly to help)...
- Lead by example.
- Learn how to give feedback.
- Refer students to the teacher if they have questions about rules and such.
- What works for you doesn't have to work for others. What one does with ease, may work with others only after longer training.
- Have understanding for different lifestyles and priorities – be patient.
- Learn the core behaviours of teaching and use the principles of teaching.



### About Shihan Cees van der Wal

He learned the Art of Karate-Do on a scientific and logical basis, as former Assistant Technical Director for Europe, from Shihan Frank Anderson. Shihan Frank learned his skills from the best, being a direct student of Kanazawa Sensei (he was the first US GI to receive his Black Belt from him) and Nishiyama Sensei. He followed Shihan Frank on many occasions in summer camps and travels to different European countries, especially Romania.

The basis of IMAF-Romania Shotokan Karate-Do also comes from the same approach: JKA.

After the IMAF-Europe Branch Romania had been founded, Shihan Cees continues the work to bring the best possible training methods to Romania.

His speciality is effective self defence. His assignment to continue to bring the spirit and friendship to Romania.



### Introducing Shihan Jaap Korzelius

Shihan Korzelius was born on 18<sup>th</sup> September 1934 and is in the possession of the following Dan degrees: 10<sup>th</sup> Dan TAI JITSU, 8<sup>th</sup> Dan WADO-RYU KARATE-DO, 8<sup>th</sup> Dan JUDO, and 8th Dan NIHON JIJITSU.

When he was 11 years young, he started Judo and Jujutsu at the famous school of Ge Koning. The comic books of Dick Bos (actually the pseudonym of Maurice van Nieuwenhuizen, founder of IMAF) where the trigger that put him to choose for these arts.

In that era Judo and such were trained on a wooden floor, without mats. Fall breaking was learned quickly under such circumstances. He learned his Judo from Japanese master Michigami and Wado-ryu from Sensei Kono (who passed away some years ago) and from the founder of Wado Ryu Karate-Do, Ohtsuka Sensei 10e Dan Meijin.

He trained Judo with famous names: Anton Geesink, Wim Boersma, Jan Snijders, Cees Buenting, Hein Essink, Dick Schilder, and Tonnie Wagenaar. Karate: Otsuka Sensei, Ishikawa, Rob Zwartjes, Paul van Koningshoven.

Tai Jitsu with Mochizuki Sensei, Maurice van Nieuwenhuizen, Jaap Nauwelaerts d' Agé, Paul van Koningshoven, Rinus Schulz and Fred van der Heijden.

What Shihan Korzelius remembers most is that, through all the years where he met many higher Dan, that the spiritual aspect is also worthy of a Higher Dan, because of the Budo spirit that they develop.

That is also Budo



#### His philosophy:

“Everybody has his own style, even when you stick to the norm (and the norm should be there), everybody can only move to their own abilities and possibilities. We cannot be copies of one another.

You must move and execute to your own possibilities, with your personal goal to get the optimum out of yourself. Put maximum effectivity in the movement that YOU can execute. That development is what you do together with your Sensei.”





## IMAF-EUROPE CALENDAR 2013

	4-6 January	<b>IMAF-Sweden</b> <i>Combat Camp Sweden 2013</i>	Hörby Sweden
	8-14 January	<b>IMAF-Poland</b> <i>International Winter Camp</i>	Kościełisko Poland
	19 January	<b>IMAF-the Netherlands</b> <i>Kangeiko</i>	Ede the Netherlands
	16 February	<b>IMAF-HUNGARY</b> <i>Regional Championship</i>	Hungary
	22-24 February	<b>CJJIF</b> <i>II Combat Ju-Jitsu Cup of Caucasus</i>	Baku Azerbaijan
	23 February	<b>IMAF-Romania</b> <i>Black Belt Shodan Shiken</i>	Bilteni Romania
	2 March	<b>IMAF-Belgium</b> <i>Rupelcup</i>	Niel Belgium
	2 March	<b>IMAF-Poland</b> <i>National Congress</i>	Torun Poland
	22-23 March	<b>IMAF-Spain</b> <i>Seminar with Kurumaji Sensei and Koshino Sensei</i>	Girona Spain
	22-23 March	<b>IMAF-Romania</b> <i>Instructors and Referee Seminar</i>	Alba Iulia Romania
	20 April	<b>IMAF-Romania</b> <i>Cupa Romaniei-Petrofac</i>	Ticleni Romania
	26-28 April	<b>CJJIF</b> <i>IV Combat Ju-Jitsu World Championship</i>	Suzdal Russia
	27 April	<b>IMAF-EUROPE ANNUAL CONGRESS 2013</b>	Hoboken Belgium
	28 April	<b>IMAF-Belgium</b> <i>35th Anniversary – International Seminar</i>	Hoboken Belgium



	<b>01-03 May</b>	<b>IMAF-Poland</b> <i>Martial Arts Spring Seminar, DAN grades examination day</i>	Wiktorowo Poland
	<b>7-12 May</b>	<b>IMAF-Romania</b> <i>Spring Training with Cees van der Wal Shihan</i> in Alba Iulia; Campeni; Abrud; Slatina; Ticleni; Tg.Carbunesti	Alba Iulia Romania
	<b>19 May</b>	<b>IMAF-Belgium</b> <i>The Four Elements Cup</i>	Leopoldsburg Belgium
	<b>25 May</b>	<b>IMAF-Germany</b> <i>Sakura Cup</i>	Moordorf Germany
	<b>26 May</b>	<b>IMAF-the Netherlands</b> <i>Black Belt examination day</i>	Ede the Netherlands
	<b>1 June</b>	<b>IMAF-Poland</b> <i>Open Championships Martial Arts</i>	Slupsk Poland
	<b>1 June</b>	<b>IMAF-Romania</b> <i>Campionatul National IMAF</i>	Alba Iulia Romania
	<b>2 June</b>	<b>IMAF-Germany</b> <i>Osaka Cup Karate</i>	Emden Germany
	<b>14-16 June</b>	<b>IMAF-Spain</b> <i>Taikai 2013</i>	Cala Montjoi Spain
	<b>28-30 June</b>	<b>IMAF-Portugal</b> <i>International Tournament Portugal</i>	Lisbon Portugal
	<b>28 June-4 July</b>	<b>IMAF-Hungary</b> <i>Central Summer Training Camp</i>	Hungary
	<b>3 July</b>	<b>IMAF-HUNGARY</b> <i>Regional Championship</i>	Hungary
	<b>13-19 July</b>	<b>IMAF-Poland</b> <i>International Training Camp Transcarpathia</i> (in co-operation with SK Myrotvorets Lviv)	Ukraine
	<b>24-30 July</b>	<b>IMAF-Romania</b> <i>Summer Training Camp</i>	Eforie (Black See) Romania
	<b>24-25 August</b>	<b>IMAF-Poland</b> <i>Martial Arts Camp (IMAFPL National Team only)</i>	Wiktorowo Poland



	7 September	IMAF-Germany <i>Budo Seminar</i>	Bielefeld Germany
	28 September	IMAF-Poland <i>IMAF-Poland Cup (Juniors and Seniors)</i> <i>IMAF-Poland Tournament for Children</i>	Torun Poland
	3-8 October	CJJIF <i>IV Combat Ju-Jutsu World Cup Adults</i>	Yalta, Krymea Ukraine
	6 October	IMAF-HUNGARY <i>National Championships</i>	Hungary
	19-20 October	<b>IMAF-EUROPE EUROPEAN OPEN CHAMPIONSHIPS 2013</b>	Alba Iulia Romania
	2-3 November	CJJIF <i>IV Combat Ju-Jutsu Championship of Asia</i>	Almaty Kazakhstan
	16 November	IMAF-Romania <i>Turneul Campionilor IMAF</i>	Slatina Romania
	17 November	IMAF-Belgium <i>International Budo Seminar</i>	Hoboken Belgium
	24 November	IMAF-the Netherlands <i>Black Belt examination day</i>	Ede the Netherlands
	30 November	IMAF-Germany <i>Fudochi Cup</i>	Südbrookmerland Germany
	1 December	IMAF-Germany <i>Tokon Cup</i>	Emden Germany
	7 December	IMAF-Romania <i>Cupa Gemina DBP</i>	Alba Iulia Romania
	7 December	IMAF-HUNGARY <i>Regional Championship</i>	Hungary



## WORLD TAI CHI AND QUI GONG DAY SATURDAY 27 APRIL 2013

For the second time IMAF Branch Germany is supporting the World Tai Chi and Qui Gong Day with a seminar.

The idea is that over the whole world people come together to train Tai Chi and Qui Gong same time

At 10.00 hr. Local time starts the World Tai Chi Day in New Zealand and sends positive energy all over the world with the **"The Global Tai Chi Wave"**.

Tai Chi is a sophisticated and supremely effective martial art that aims to improve concentration as well as mental and physical efficiency. Its main objective is to achieve good robust health, peace of mind and longevity. Tai Chi expresses the philosophy of Yin and Yang, the harmony of complementary, opposite forces.

Yin is passive, empty, cold, still, resting and negative. Yang is active, moving, full, hot, working, positive etc. Yin and yang are continuously interacting in harmony with each other, thus bringing about the constant change seen throughout the Universe.

Qigong is an internal Chinese meditative practice with over 3000 years of history, which often uses slow graceful movements and controlled breathing techniques. The Chinese believe that through gentle exercise which incorporates the mind, breathing and body it helps to cultivate and promote circulation of Qi within the human body, thus enhance a practitioner's overall health.

Qigong is truly an exercise system suitable for people of all ages and all levels of physical ability.

The FTC in Hollen is hosting this event the second time after the big success in 2012. Last year more than 80 people joined.

The program included Tai Chi forms like 24- Steps Yang Style, Basic Tai Chi, and Five Elements Tai Chi and in Qui Gong the traditional 15 Movements, Silk Reeling and more. Everybody is welcome to participate free of charge! This Year there will be also an additional workshop Self defence and Tai Chi for Kids.

Planned teachers are: Robert Dirks (IMAF - Self defence), Max Kötter (IMAF - Tai Chi), Laurencia van der Linden (IMAF - Qui Gong).



*Laurencia and Max in China (2012)*

Information: [taichiquigong@yahoo.de](mailto:taichiquigong@yahoo.de)



**SATURDAY 22<sup>ND</sup> & SUNDAY 23<sup>RD</sup> JUNE 2013  
BREAFFY HOUSE RESORT, CASTLEBAR, CO. MAYO**

**REGISTRATION  
SATURDAY (KATA) 11AM | SUNDAY (FIGHTING) 9-10.30AM**



**WHITE TIGER CHALLENGE**

Cash Prizes for Grand Champion Fighting Divisions Junior & Senior | Male & Female

*Grand Champion Divisions Elite fighters will begin negative points!*

For further information contact  
Damien Gormley 087 295 1006 | Martin O'Malley 087 640 7263

[www.whitetigermartialarts.ie](http://www.whitetigermartialarts.ie)

Kata Divisions €10 | Fighting Divisions €15 | Additional Divisions €5  
Family discounts will apply

**FIGHTING - SUNDAY 23RD JUNE 2013 (CONTINUED)**

DIVISION	GENDER	LIGHT CONTACT CONTINUOUS FIGHTING		
		AGE	BEGINNER / INTERMEDIATE	ADVANCED
17	Male	7 & Under	Two Heights	Two Heights
18	Male	8, 9 & 10 Years	Two Heights	Two Heights
19	Male	11, 12 & 13 Years	Two Heights	Two Heights
20	Male	14, 15 & 16 Years	Two Heights	Two Heights
21	Male	17 & Over	-70 kg	-70 kg
22	Male	17 & Over	-80 kg	-80 kg
23	Male	17 & Over	+80 kg	+80 kg
24	Female	7 & Under	Two Heights	Two Heights
25	Female	8, 9 & 10 Years	Two Heights	Two Heights
26	Female	11, 12 & 13 Years	Two Heights	Two Heights
27	Female	14, 15 & 16 Years	Two Heights	Two Heights
28	Female	17 & Over	-55 kg	-55 kg
29	Female	17 & Over	-65 kg	-65 kg
30	Female	17 & Over	+65 kg	+65 kg
31	Male	17 & Over	OPEN WEIGHT GRAND CHAMPION	
32	Female	17 & Over	OPEN WEIGHT GRAND CHAMPION	

We are delighted to invite you and your students to the 3rd Annual White Tiger Challenge, now extended over two days - 22nd and 23rd of June 2013 in the fantastic Breaffy House Resort, just outside Castlebar, Co. Mayo.

Day one will be all about Kata and Forms, and we have done this to give the time and attention which is required to the Kata and Forms divisions. At the moment, the event registration has been scheduled for 11am on the 22nd of June with the competition starting at 12 noon.

Last year, there were over 100\* entries for Individual Traditional Kata, Musical Forms, and Musical Weapons Forms, and we're delighted to say that this year there will be three new divisions included in the event, Individual Traditional Weapons Kata, Team Traditional Kata, and Trickz Divisions.

Day two will see the fighting divisions being run, with Point Fighting, Continuous Fighting, and the Grand Champion Point Fighting Division. There were over 400 entries last year, with some of the top competitors in Ireland and England using this event as part of their World Championship preparation.

There are already two teams booked in from England and many people from both Ireland and England have already booked their rooms at the event hotel, so all the signs point to an even bigger, and better event in 2013. Entry for the Kata and Forms divisions is €10, while for the Fighting divisions it is €15, and all divisions will be divided by age, grade and where appropriate height/weight. There will be special reductions for second and third divisions and of course, a family rate will apply.

The hotel rooms are from €25pp sharing and half price breakfast vouchers are available. Last year the hotel fully booked out so please book early and quote 'white tiger' to avail of the room rate.

I hope that you will have the opportunity to attend this event, and I look forward to welcoming you on the day, should you have any queries please don't hesitate to us.

Damien Gormley - 353 87 295 1006  
Martin O'Malley - 353 87 640 7263  
[www.whitetigermartialarts.ie](http://www.whitetigermartialarts.ie)

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**KATA/FORMS - SATURDAY 22ND JUNE 2013**

TRADITIONAL KATA/FORMS			27	10 & Under	Advanced
DIVISION	AGE	GRADE	28	11, 12 & 13	Novice
01	7 & Under	Beg - 7th Kyu	29	11, 12 & 13	Intermediate
02	7 & Under	6th Kyu - 4th Kyu	30	11, 12 & 13	Advanced
03	8, 9 & 10	Beg - 7th Kyu	31	14, 15 & 16	Novice
04	8, 9 & 10	6th Kyu - 4th Kyu	32	14, 15 & 16	Intermediate
05	10 & Under	3rd Kyu & Above	33	14, 15 & 16	Advanced
06	11, 12 & 13	Beg - 7th Kyu	34	17 & Over	Novice
07	11, 12 & 13	6th Kyu - 4th Kyu	35	17 & Over	Intermediate
08	11, 12 & 13	3rd Kyu - & Above	36	17 & Over	Advanced
09	14, 15 & 16	Beg - 7th Kyu			
10	14, 15 & 16	6th Kyu - 4th Kyu			
11	14, 15 & 16	3rd Kyu & Above	37	10 & Under	Novice
12	17 & Over	Beg - 7th Kyu	38	10 & Under	Advanced
13	17 & Over	6th Kyu - 4th Kyu	39	11, 12 & 13	Novice
14	17 & Over	3rd Kyu & Above	40	11, 12 & 13	Advanced
			41	14, 15 & 16	Novice
			42	14, 15 & 16	Advanced
			43	17 & Over	Novice
			44	17 & Over	Advanced
TRADITIONAL WEAPONS KATA/FORMS					
15	10 & Under	Beg - 4th Kyu	45	10 & Under	Mixed Grades
16	10 & Under	3rd Kyu & Above	46	11, 12 & 13	Mixed Grades
17	11, 12 & 13	Beg - 4th Kyu	47	14, 15 & 16	Mixed Grades
18	11, 12 & 13	3rd Kyu & Above	48	17 & Over	Mixed Grades
19	14, 15 & 16	Beg - 4th Kyu			
20	14, 15 & 16	3rd Kyu & Above			
21	17 & Over	Beg - 4th Kyu			
22	17 & Over	3rd Kyu & Above			
MUSICAL FORMS					
23	7 & Under	Novice	49	10 & Under	Mixed Abilities
24	7 & Under	Intermediate	50	11, 12 & 13	Mixed Abilities
25	8, 9 & 10	Novice	51	14, 15 & 16	Mixed Abilities
26	8, 9 & 10	Intermediate	52	17 & Over	Mixed Abilities
TRADITIONAL TEAM KATA/FORMS					
TRICKZ DEMONSTRATION					

**FIGHTING - SUNDAY 23RD JUNE 2013**

DIVISION	GENDER	AGE	POINT FIGHTING		
			BEGINNER	INTERMEDIATE	ADVANCED
01	Male	7 & Under	Two Heights	Two Heights	Two Heights
02	Male	8, 9 & 10 Years	Two Heights	Two Heights	Two Heights
03	Male	11, 12 & 13 Years	Two Heights	Two Heights	Two Heights
04	Male	14, 15 & 16 Years	Two Heights	Two Heights	Two Heights
05	Male	17 & Over	-70 kg	-70 kg	-69 kg
06	Male	17 & Over	-80 kg	-80 kg	-74 kg
07	Male	17 & Over	+80kg	+80 kg	+79 kg
08	Male	17 & Over	-	-	-84 kg
09	Male	17 & Over	-	-	+84 kg
10	Female	7 & Under	Two Heights	Two Heights	Two Heights
11	Female	8, 9 & 10 Years	Two Heights	Two Heights	Two Heights
12	Female	11, 12 & 13 Years	Two Heights	Two Heights	Two Heights
13	Female	14, 15 & 16 Years	Two Heights	Two Heights	Two Heights
14	Female	17 & Over	-80kg	-80kg	-55 kg
15	Female	17 & Over	+60kg	+60 kg	-65 kg
16	Female	17 & Over	-	-	+65 kg

\*PLEASE NOTE  
Participants level and ability will be assessed prior to division beginning. Promoters have the right to move sections and participants if they



**CLOTHING MERCHANDISE**  
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Leading Martial Arts Clubs







# 合議武道

imaf poland

## II<sup>nd</sup> Martial Arts Spring Seminar

Wiktorowo, Poland, 01<sup>st</sup>-03<sup>rd</sup> may 2013

karate

ju jitsu

brazilian ju jitsu

sport kenjutsu

semi contact kickboxing

### IMAF Poland II<sup>nd</sup> Martial Arts Spring Seminar 01<sup>st</sup> - 03<sup>rd</sup> May 2013

Opening: 01<sup>st</sup> May 2013 (wednesday), 10 AM  
Ending: 03<sup>rd</sup> May 2013 (friday), 2 PM

Place:

#### Conference and Holiday Resort „Wiktorowo”

Wiktorowo 22, 88-410 Gąsawa (at Ostrowieckie Lake)  
about 34 km from Inowroclaw, 45 km from Bydgoszcz  
www.wiktorowo.com

Beautifully situated at Ostrowieckie Lake and surrounded by woods, with numerous recreational facilities located on the 5 ha territory, is providing ideal conditions for active recreation.

Cost: **55 EURO** (includes: accommodation, full board, martial arts trainings, additional activities in free time).

For the instructor - leader of a group of at least 10 people: **FREE participation.**



#### Participation confirmed by:

**Soke Eugeniusz Sikora, 10 DAN Ju Jitsu Kobudo**  
President of Polish Ju Jitsu Academy

Hanshi Mirosław Wiśniewski, 8 DAN Ju Jitsu Kobudo

Shihan Jens Fricke, 6 DAN Karate, 4 DAN Kobudo, **President of IMAF Germany**  
Shihan Piotr Witkowski, 6 DAN Karate, 3 DAN Ju jitsu, **President of IMAF Poland**  
Shihan Marek Pawlaczyk, 6 DAN Karate  
Shihan Mirosław Glaz, 6 DAN Ju Jitsu Kobudo

Sensei Mariusz Wowra, 5 DAN Ju Jitsu  
Sensei Adam Bandurski, 5 DAN Karate  
Sensei Eugeniusz Rzymyszkiewicz, 5 DAN Karate  
Sensei Valentyna Postovalova, 4 DAN Karate, **Karate WUKF Ukrainian Champion**  
Sensei Piotr Kamrowski, 4 DAN Judo, **Judo Olympian: Barcelona '92, Atlanta '96**  
Sensei Zdzisław Mikoda, 3 DAN Karate, 3 DAN Ju jitsu  
Sensei Jarosław Malik, 3 DAN Karate, 1 DAN Kem Vo Combat  
Sensei Marcin Gawlik, 2 DAN Karate, 2 DAN Ju jitsu  
Sensei Michał Żuchelkowski, 2 DAN Karate  
Sensei Kamil Chłopik, 2 DAN Kickboxing

#### JOIN US !

#### Program:

martial arts trainings  
KYU and DAN exams: shotokan karate and ju jitsu

sport kenjutsu course for instructors  
sport kenjutsu and ju jitsu mixed kumite courses for referees

#### Additional activities:

forest obstacle course, climbing wall, archery and gun shooting competitions, bonfire with sausages :) !

#### IMPORTANT !

**Please register via e-mail [imaf@imaf.pl](mailto:imaf@imaf.pl) (name, date of birth, country) before 15<sup>th</sup> March 2013, with at least 20 Euro per person prepayment on IMAF Poland bank account:**

Międzynarodowa Federacja Sztuk Walki - IMAF Polska  
Najświętszej Marii Panny 14-16 street, 88-100 Inowroclaw  
Bank Zachodni WBK S.A.  
account number: PL7210901069000000115442784  
SWIFT: WBKPLPP

#### Shotokan Karate and Ju Jitsu DAN exams:

1<sup>st</sup>-3<sup>rd</sup> DAN: 70 euro, 4<sup>th</sup> DAN: 100 euro, 5<sup>th</sup> DAN: 125 euro  
Applications before 30th March 2013 !  
Requirements, rules and application form at [www.imaf.pl](http://www.imaf.pl)

Commemorative certificates and Budo Pass entries for all participants !

Your families are welcome as well !  
All rooms with bathroom !

#### Seminar Coordinator:

**Shihan Piotr Witkowski**  
6<sup>th</sup> dan Karate, 3<sup>rd</sup> dan Ju jitsu  
IMAF Poland President  
mobile +48 608 728 982, e-mail: [imaf@imaf.pl](mailto:imaf@imaf.pl)

## JOIN US !

more infos about our other events at [www.imaf.pl](http://www.imaf.pl)



# FCE NIHON KOBUDO – BUJUTSU IMAF SPAIN

- ❖ JIU – JITSU
- ❖ AIKI JIJUTSU
- ❖ AIKIDO
- ❖ IAI JUTSU
- ❖ BATTO JUTSU
- ❖ KARATE JUTSU
- ❖ BUDO INFANTIL
- ❖ KOBUDO
- ❖ KICK JITSU

## TAIKAI 2013

*Summer spirit*

日本古武道武術

*Cala Montjoi (Roses – Girona)*

*14 – 15 – 16 de Junio / June*

### NATIONAL POLICIES REGARDING DISCIPLINES, STYLES, RYU

#### General

The National Board of Directors and their Technical Committee of each member country are free to include and introduce all Martial Arts as they see fit.

Each member country is free to have its own policy regarding their disciplines.

Sometimes their disciplines are included in the national Statute of the member country.

For example, if a member country has decided only to accept Nippon Budo, traditional Budo, or traditional Martial Arts, that is fully up to them.

Therefore new member countries must agree by contract.

At the start of membership of IMAF-Europe, the DBE and Congress have agreed to accept the disciplines of the member country.

The introduction of new disciplines, styles, Ryu are the sole responsibility of each member country. A member country may have its own protocol for acceptance.

However, to preserve the good name of IMAF-Europe, not only as a federation but also as a trademark, it is very important to put every application – school, candidate member country – in an ethical framework.

The acceptance of new disciplines, styles, Ryu is a matter for the DBE and the Technical Advice Committee of IMAF-Europe.

In principle there shall be no reason to refuse a new discipline, style or Ryu, unless the good name and fame of IMAF-Europe is at risk.

So called homemade styles can only be accepted if their roots are clear.

For example, a “new” style may have certain style of Budo or Martial Art as its backbone, plus influences and or techniques, tactics, and so on from other styles of Budo or Martial Art Such a synthesis of styles can only be accepted if the introduction of such a style is accompanied by a solid training and examination program.

Such programs must incorporate the necessary framework of didactical, pedagogical, psychological/ mental competences.

In all cases it shall be the Technical Advice Committee of IMAF-Europe to advice and the DBE/ Congress to decide the final acceptance.



We sincerely hope that for the next issue of YOUR Newsletter more articles shall be brought to your editor

For instance, we are very interested in the history of your IMAF-Europe Branch: How did your Budo or Martial Arts evolve in your country?

We are also very much interested in your insights.

We are open to your suggestions.

Best regards,

I am looking forward to your stories.

Your editor Cees van der Wal

### Improve your Public Relations

Advertise your activities on your website

Set links to the website of IMAF-Europe and of other IMAF-Europe countries

### DEDICATE YOUR WEBSITE TO IMAF-EUROPE!

You can also help us by dedicating your website to IMAF-Europe

IMAF-EUROPE  
Willem Alexanderstraat 24  
6471XP KERKRADE, NL

Telephone (mobile):  
+31 6 50507821

E-mail:  
secretaris@imaf.nl

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