

Letter from the Vice President

Don Owens Vice President WJKA

This has been very troubling times for a long time and who knows for how much longer. The Covid has caused many karate organizations as well as dojos to close their doors forever. The WJKA is still going ahead albeit many of our affiliated members are going through struggles as is the rest of the world.

I am sure you are going to find this newsletter very interesting as well as informative.

To start off Shihan Riaan Le Roux a member of the WJKA Shihankai and a Karateka with many years of experience, has written an article that I know everyone will find interesting as well as informative. To start off he gives a History of Ashi Barai and then goes on to explain what Ashi Bara is! In addition, you will find his article "Training your Toukui Waza", Training in Kumite" and "Using gyaku Zuki" interesting and informative as well.

In addition, this newsletter includes a Gasshuku Report on the FSKF/ WJKA Ukraine held in August 2021 that I know you will find interesting.

Another interesting Article that is very important on today's market regarding Karate and Covid 19 and how it is affecting our fellow Karateka around the world is many of those affected are telling us what is happening in their Country. I think this is very good know as we can see what is happening around the world and how Covid is affecting not just us but karate worldwide.

Finally, I hope everyone is getting by and moving ahead regardless of Covid. Remember this too shall pass!

Technical Matters

Author sensei Riaan Le Roux
TSKSA – WJKA S.A.

TOKUI WAZA

Your favorite technique is normally a technique that comes naturally as one will always use a technique that fits your body the best and in execution the body feels the most comfortable with.

We would all like to be able to kick these most beautiful jodan kicks but some will find it very difficult to execute especially those with extremely deep hip joints. For them it is virtually impossible to ever do so.



Your decision on a Tokui Waza is however also dependent on your sensei as you will only have knowledge of those techniques that you have been taught and experienced. Therefore, the necessity to train at any opportunity you have with senior karateka is of the utmost importance as it may be on that day that you find your Tokui Waza.

Your Tokui Waza, like in Tokui Kata, must fit your physique. It is useless for a big person to select kata Empi as they will struggle with the jumps and quick movements required and would show little understanding of their kata. One's Tokui Waza is the same. It must enhance your natural strengths and abilities. It is for this reason that I developed a love for ashi barai. This technique was taught to me whilst I was practicing Gojukai Karate where they focused a lot on close quarter fighting. Due to my build, I had natural strength and always had a good feel for timing which is very important in the execution of this technique.

UNDERSTANDING THE TECHNIQUE

▪ History of Ashi Barai.

Historically Karateka only used blocks, strikes and kicks. They however soon realized that in close quarter fighting, throws were very effective especially against stronger fighters as they would be weaker when not grounded. Furthermore, most fights end up on the ground. Ashi Barai or take downs were primarily used by Judoka but after discussions between Jigoro Kano, Judoka, and Gichin Funakoshi throws were introduced into Shotokan karate.

The difference between the karateka and other martial artists executing Ashi Barai is the absolute speed with which the technique is performed. This technique can also be used from a distance and do not require a close proximity to your opponent.

▪ What is Ashi Barai?

Ashi Barai is the action taken to break or throw an opponent balance and may result in him failing to the ground. In karate it is not necessary for a person to grab the opponent but is mostly done so to protect the opponent from serious injury.

▪ Execution

It is necessary to understand the natural laws of physics to execute this technique properly. Newton's first (1st) and second (2nd) law of motion come into play.

The first law indicates that an object or person in this instance will continue in a straight line of motion except if an external force acts upon it. (Law of inertia)

The second law of motion indicates that acceleration is produced when a force acts on mass. Meaning the greater the mass the greater the force required to create acceleration.

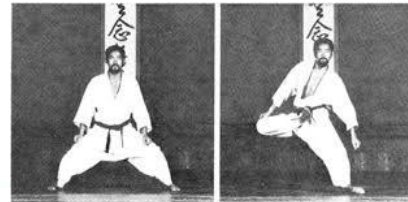
▪ Front Foot Ashi Barai

The question then arises why this knowledge would be of use to a karateka? Well, if an opponent attacks with guyaku zuki he will be moving in a straight line towards you and if you want to break his line of attack then you will have to exert an external force on him. The greater the mass of the opponent, the greater the force you will have to exert on him to break his balance.

This can however be mitigated by exerting the force when the minimum mass is required to be accelerated.

For instance, when your opponent lunges forward to execute guyaku zuki for a moment his front foot will be in the air, trying to cover distance and will require very little force to break his balance. This however requires a lot of training as timing the moment is extremely important because once your opponent's foot is grounded then much more force will be required ensure the same outcome.

Timing the opponent's front foot is of particular importance when a front foot ashi barai is executed. This action requires you to catch his foot in the air with his forward momentum, on the achilles tendon, and pulling it towards you thereby extending his stance and breaking his balance. This move can be found in Tekki Shodan Kata as illustrated in the picture below.



Back Foot Ashi Barai

When the opponent's foot is however grounded a back foot ashi barai can be used as greater acceleration and force can be achieved. It is however necessary to move your front foot closer to the line of attack as this will assist in less force being required. A pendulum movement is used to topple your opponent. Therefore, the closer you can get your hip to the point of impact the less force will be required to move the object. It is important to use the sole of the foot in executing ashi barai as it tenses the ankle and foot muscles and tendons when the force is applied. The point of impact should be as close as possible to the floor when executing ashi barai.



🌈 TRAINING YOUR TOKUI WAZA

▪ Training in Kihon

It is essential to train your tokui waza in basics as this will allow you to practice the technique with the correct body form and breathing. By training your tokui waza in kihon will ensure that the necessary muscle memory is acquired. This muscle memory prevents the need to think about a movement and creates the ability to execute without thinking. A good example of this is when we drive a vehicle. We do not think how to drive but rather react to any situation that might arise. The longer you drive the less you have to think about your reactions. This is also true for karate and therefore the importance to train your tokui waza in kihon format.

▪ Training in Kumite

It is useful to train this with a partner allowing him to attack you from a distance. Starting slowly and using the different versions of the technique.

If the front foot ashi barai is exercised you should focus your eyes on nothing but elevating them jodan height. The moment that the foot of the opponent cannot be seen from your peripheral vision his foot will be next to yours allowing to execute ashi barai.

In training the back foot ashi barai you should move your front foot closer to his leading foot the moment that he moves will allow you to require less force to unsettle your opponent.

USING GUYAKU ZUKI

Breaking an opponent's balance is of no use if this is not followed up with a counterattack. Any counterattack can be used but my favourite is guyaku zuki as these forces me to maintain a low centre of gravity in the execution of ashi barai.

A good guyaku zuki starts from the ground up with a proper stance projecting power through the heel to the hip where rotational power is utilized to generate speed through the upper body to the fist. This acceleration will ensure maximum impact with your opponent resulting in an ippon technique.

Many a karateka uses poor stances which results in little power to be transferred to the opponent making the punch weak and ineffective.

Punch execution is of great importance. The hand must move forward with palm facing upward until just before the point of impact. The hand quickly turns over and stops, the point of contact are the first two knuckles of the hand. At the same time, the opposite hand pulls back to above the hip at the same speed creating a push pull action. At the point of impact kime is applied. This will normally be one fiftieth of a second and result in a moment of greatness.

▪ Conclusion

This technique should be practiced continuously in a quest for perfection. Perfection might never be achieved but the endeavor should never cease.

Further we have a very interesting article in this newsletter and in my opinion a wonderful success story of the Martitius, WJKA Grand Baie Dojo under the direction and tutelage of a very experienced instructor Sensei Vincent Van Der Venter.

I know you enjoy reading this article just as I did.

Don Owens Vice President WJKA

[Karate & Covid 19](#)

Covid 19 had most probably the most profound effect on karate in history, as people, throughout the world, were prohibited from congregating or training together. Dojos were forced to close and in most cases students, especially lower belts, lost forever. The disease continues to affect our daily lives and for some time will continue to have an inhibiting effect on the way we train.

Instructors sometimes feel lost and alone as they battle to keep their dojos, build over many years, afloat. Below, in their own words, is responses from organizations and countries as to how it affected them and how they worked around it:

▪ **Australia – Sensei Evan Singer**

“Training in Australia generally has been very difficult with many restrictions and lockdowns from Covid-19. Life is certainly not normal and training mostly at a halt.

Hope for our training here rests with the vaccine rollout which unfortunately has not been proactive by our government.

Again, I appreciate you all remaining active and supportive.”

• **Australia - Sensei Celso Baur**

I know it is a difficult time for everyone and not just in Karate.

Many students, because of lockdowns, have stopped training in Karate.

None of my students have come back for training, except one, after the major lockup early 2020.

▪ **Brazil – Sensei Flavio Carvalho**

“I hope everyone is well and in great health. Last weekend we returned to normal activities here in Brazil. We held meetings with Sensei from several cities in two states, arbitration courses and graduation exams and seminars.

I returned to activities with renewed energy and hope to work more with the WJKA in the future.”

• **Iran – Sensei Hossein Dheghani**

“I hope you are good.

And all WJKA members around the world are safe.

In Iran, about 25% of the population is currently vaccinated.

Sports activities will be gradually reopened in different parts of the country in another week.

During the Corona Pandemic, karate athletes practiced at home.

Some of them sent us practice clips and kata performances.”

▪ **Mauritius – Sensei Vincent van de Venter**

Due to Covid and beach restrictions no beach gasshuku.

Gradings brought forward.”

▪ **Pakistan – Sensei Pervaiz**

“We are not in lockdown these days, but in past days when lockdown was imposed to us, we keep training our karateka’s physically and online too with instructions and sop,s given by government.”

▪ **South Africa – Sensei Shaun Joubert**

“We see that more and more countries are opening their borders for travelling and that restrictions are being lifted as the Covid-19 positive cases reduces. South Africa went through harsh restrictions since the start of the covid-19 pandemic. During our level 5 lockdown last year we were not even allowed to exercise- or ride a bicycle in public.

This year we had the second- and third covid wave in South Africa, with several lockdown restrictions enforced on us. We are currently on level 1 restrictions.

The dojos, instructors and karateka, as most people, experienced a challenging year. Dojos, some older than thirty years closed their doors, not knowing if they will open again. The numbers reduced and more students stopped karate as the Covid pandemic had a financial impact on most

households. Most dojos could not open because the venues being rented is part of public halls, and the restrictions did not allow them to operate.

With the reduction of restrictions in South Africa, most dojos are now open and members are returning to karate training. WJKA SA dojos has adapted well and most are training. Unfortunately, the impact of covid-19 can be seen in the low numbers returning to the dojo. It is still compulsory to wear a mask in public and the same applies to our dojos. It is challenging to train with the mask on.

TSKSA/WJKA SA had a National Grading on the 29th of May 2021 in Kirkwood. It was a good, hard grading, and seven karateka were promoted to their next Dan level. The next Dan grading will take place on Saturday, 13th November 2021 at the WJKA Despatch Eagles' new dojo.

We are really hoping that all restrictions will be lifted and that we can all return to "normal" Only time will tell, as the South African government has already predicted that the fourth wave of the Covid-19 pandemic will be in December."

It is clear from the above that WJKA karate although wounded, will stand up and persevere to continue building a strong karate base that is fair, inclusive and technically correct.

▪ **United Kingdom - Sensei Roy Richards**

"During the lock down in the UK we were only allowed to meet one other person and then outside with 2 mt social distancing so we do one to ones as best we could.

The weather was terrible wet and cold.

This went on for about 18 months and as a result we lost nearly all our lower grades and even some of our higher grades have never come back training.

We are about to start a recruitment drive now we are back to normal training

I will let you know how we get on

Most people here have had two jobs and travel restrictions have been lifted this week, so we are almost back to normal "

▪ **USA – Sensei Jim Copeland**

"We have not had any restrictions on our class since the beginning of Covid19 because our class is a non-profit, private class and we don't advertise. We are only training once a week these days because we had to move our class to a different facility.

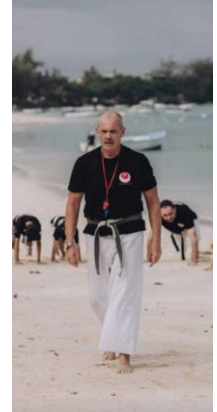
Hopefully, we will find a way to increase the frequency of our classes in the near future."

WJKA Grand Baie Dojo – Mauritius with Instructor Vincent van der Venter

In 2016, Sensei Vince van der Venter relocated to Mauritius from South Africa and opened Grand Baie Dojo. Although only 5 years old, the dojo has grown to approximately 100 members strong.

The karate journey started with SAJKA (South Africa) in 1973 under the renowned and respected Sensei's Stan Schmidt and Norman Robinson. He received his Shodan in 1978. The 80's and 90' saw learning and sharing from other styles as well as some training in Judo.

Being a sport schoolteacher, as well as holding a degree in Psychology, the value and importance of teaching karate to young children was identified and much work was done to develop this.



The IMA (Introduction to Martial Arts) syllabus was drawn up offering the younger child an opportunity to experience karate beginnings. This later developed into the Karate Milestones programme offering both karate basics as well as perceptual development for the younger child. Various cross over educational areas were incorporated into class teachings.



This was pioneered in the mid 80's when teaching children as young as 5 years old was basically unheard of. It continues today still, starting with 3-year-olds.

In 2002, he returned to new era SAJKA under Sensei Johan La Grange who took over from Stan Schmidt Sensei and Norman Robinson Sensei who had moved to JKS. Further gradings to Yondan, national titles, assistant junior WKC coach for Kata at the 2004/2006 world championships for SA, 3rd placing in Veterans Kata at the 2004 JSKA world championships, 4th placing at the All-Africa Cup in 2018 representing Mauritius and holding an International Examiner, Instructor and Referee accreditation are all special highlights.



Grand Baie Dojo strives to teach traditional Shotokan karate, placing emphasis on solid foundation basics, the core values of the Dojo Kun, promoting and fostering an environment for friendship and sharing.

Although a Shotokan dojo, the door is always open and we welcome the participation and sharing from any person or visitor irrespective of affiliation or martial art. Learning through sharing is a fundamental of the dojo. The dojo is also a member of the international karate community group, HDKI, where the emphasis is on collaboration among all karateka without bias.

The concept of KAIZEN, to seek continual improvement, is our motto.

Annual competition, special beach training, international visitors and ladies self-defense/Awareness programs all make up part of the dojo.

The dojo can be found on Facebook under: Grand Baie Dojo.

Regards
Vince van der Venter



Gasshuku report FSKF / WJKA Ukraine

This summer, GASSHUKU of the All-Ukrainian Federation of Funakoshi Shotokan Karate again hosted the DAKHNIIVSKA SICH camp in Cherkasy region.

About 120 participants from Kyiv, Kyiv region, Cherkasy, Kryvyi Rih, Mykolayiv region, Donetsk region took part in Gasshuku events. As always, every day started at 07.00 O'clock with a morning run and training of basic kihon techniques, for which Georgy Silvestrov (6 Dan) and Yana Fediy (3 Dan) were responsible.



After training, participants had the opportunity to actively relax on the banks of the Dnieper River. In the afternoon the participants were trained in kata and kumite under the guidance of senior coaches of the federation Volodymyr Moryakov (6th Dan), Anton Yemelyanov (5th Dan), Oleksandr Naumenko (3rd Dan) and Yevhen Bondaryev (2nd Dan).

At the end of the evening under the guidance of the head coach of Shihan Anatoly Naumenko (7th Dan) were instructor courses, which included practical and theoretical classes.

I would like to note that this year a special guest at GASSHUKU was the arrival of master Sorin Ryu Vladimir Mechov, who conducted master classes for instructors of the federation and leading karate fighters of the federation. During the Sensei trainings, Volodymyr sincerely shared his knowledge and peculiarities of the Okinawan karate direction.



At the end of the summer camp, the All-Ukrainian competitions "Shotokan Tigers" took place, the program of which included both traditional sections (kata, shobu-ippun kumite) and fights "kihon ippun kumite", "jiu ippun kumite" and kata Asai-Ryu.



During the stay in the summer camp for the participants was organized an excursion to the largest in Europe Buddhist temple of martial arts "White Lotus", located in Cherkasy. During the visits, the mentor Oksana Parkhomenko conducted an interesting sightseeing tour.

The last day of the camp was no less responsible for some of the participants and required concentration until the end of their stay in Dakhnivska Sikh, as Kyu attestations and Dan exams were held for FSKA and WJKA programs, international organizations represented in Ukraine by the All-Ukrainian Funakoshi Shotokan Karate Federation.

So Gasshuku - 2021 once again passed at a high level. See you at Gasshuku - 2022!

ORIGATO GODZAIMAS TA!



Training & Grading TSKSA – WJKA S.A.



Students who attempted their next Dan level grading in Kirkwood on 29th May 2021



The grading panel for the grading which took place in Kirkwood on 29th May 2021.



WJKA Kirkwood students training. Wearing of masks is still compulsory.



The new Despatch Eagles Dojo. Sensei Shaun Gough can be really proud of this venue.

8th WJKA WORLD CHAMPIONSHIPS & WORLD CAMP

30 JUNE – 03 JULY 2022

Sports Hall Budivelnyk, Avenue Khimikiv 50/2,
Cherkasy, Ukraine

**WORLD JKA
KARATE ASSOCIATION**

**30 June - 03 July 2022
Ukraine**

Sports Hall Budivelnyk
Avenue Khimikiv, 50/2
Cherkasy – Ukraine

8th WJKA
World Championships
& World Camp
2022

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ORGANIZED BY WJKA HQ & WJKA UKRAINE
Email: info@wjkahq.com & wjka.fska@gmail.com
Website: www.wjkahq.com & www.fska.com.ua/en

For tournament invitation & entry forms view <http://www.wjkahq.com/events.php>

Contact WJKA H.Q. www.wjkahq.com / info@wjkahq.com

Calendar 2021 & 2022

- **NOVEMBER 2021**
 - 13 National Dan grading - TSKSA / WJKA South Africa
 - 23-26 Grading week – WJKA Grand Baie – Mauritius

- **DECEMBER 2021**
 - 04-05 4th WJKA Open Ukrainian Championships - FSKF/WJKA Ukraine
 - 05 Winter Grading - SKA United Kingdom
 - 05 4th Annual Grand Baie Invitational Competition – Mauritius
 - 15 Letter of intent for the 8th WJKA World Championships & World Camp

- **JANUARY 2022**
 - 22-23 National WJKA winter gasshuku & coach courses - FSKF/WJKA Ukraine
 - 30 Invitation Letter request for the 8th WJKA World Championships & World Camp

- **FEBRUARY 2022**
 - 26-27 WJKA grading seminar & Dan grading - FSKF/WJKA Ukraine

- **MAY 2022**
 - 01 Closing date registration - 8th WJKA World Championships & World Camp
 - 01 Last payment date - 8th WJKA World Championships & World Camp

- **JUNE 2022**
 - 30 **8th WJKA World Camp - Cherkasy, Ukraine**

- **JULY 2022**
 - 01 **8th WJKA World Camp - Cherkasy, Ukraine**
 - 02 **8th WJKA World Championships - Cherkasy, Ukraine**
 - 03 **8th WJKA World Championships - Cherkasy, Ukraine**

 - 09-10 All Ukrainian Karate Tournament “Shotokan Tigers” - FSKF/WJKA Ukraine
 - 11 WJKA national Kyu & Dan grading - FSKF/WJKA Ukraine
 - 10-12 WJKA Ukraine Summer Camp - FSKF/WJKA Ukraine

- **DECEMBER 2022**
 - 03-04 5th WJKA Open Ukrainian Championships – FSKF/WJKA Ukraine

Membership

WJKA membership is OPEN to ALL Grades.

At least 1-year membership is compulsory to all 1st Kyu's to have the possibility for grading and registration Shodan.

The cost for lifetime membership is € 30, -

For affiliation view: <http://www.wjkahq.com/affiliation.php>

Lifetime membership will continue if a karateka is an active member of a WJKA Dojo.

Where the Dojo leaves the WJKA, members will be allowed to continue as individual members. Such members must however inform the WJKA of their intention to remain as members within a 3 months period, failure to do so they will result in them becoming inactive.

WJKA Website

Have you visited the new website yet? ?

Please have a look at www.wjkahq.com

There are lots of information available on the website.

Photo & Video Gallery + Reports

Please send us a report, photos & videos when your event / seminar / examination etc. is finished so we can upload it to the website. This is for promotion of your organization & WJKA.

You can send everything to our email info@wjkahq.com or if it is too much to send by email please use www.wetransfer.com (max 2 GB)
