



# IKA NEWSLETTER

"EACH SEEK PERFECTION OF CHARACTER"

EDITED BY SOKE KUBOTA AND SHIHAN KURATOMI

December 2008 / January 2009



## Soke In Barcelona, Spain Teaching Kubotan and Kubotactical, November 2008

### NEWS FLASH ! - IKA HOLIDAY PARTY THIS WEEKEND!

In order that we do not conflict with other parties, the annual IKA Holiday party will be this Saturday, November 22<sup>nd</sup> at the IKA Dojo in Glendale at 6 pm. It will be pot luck so bring your favorite food and drink to share. Since we are an ethnically diverse dojo, the international food is always a treat. We invite everyone to attend and to bring your families.

See you this Saturday, Osu!

### SOKE'S FIRST TRIP TO SPAIN, A MEMORABLE ONE

On the weekend of November 8-9<sup>th</sup>, Soke and Shihan Rod Kuratomi traveled to Spain for the first time to teach a Kubotan/Kubotactical classes. Classes were held in the two cities of Alicante and Barcelona in a whirlwind global weekend excursion. The seminars were hosted by Police officers Jose Alcaide and Pedro Tamayo in conjunction with IKA Kubotan Mexico instructor, Tomas Miledi.

I say whirlwind because we flew from LA to Atlanta to Madrid to Alicante from Thursday to Friday. We did Dan testing on Friday night. We then taught an all day class in Alicante on Saturday and immediately traveled six hours via high speed train to Barcelona. We taught an all day class on Sunday and then returned home on Monday via New York. Whew!

The good part was we did not have to worry too much about jet lag since we had no time to adjust.

The classes were excellent. The main focus of both classes were the Kubotan but students also learned how to fall, empty hand control and restraint techniques, handcuffing techniques, as well as knife and gun defense. The classes were very practical and tactical in nature and were thoroughly enjoyed by all the students since they were highly motivated to learn the techniques. Many of the students were law enforcement and their future well being could very well be determined by how well they learned the techniques.

Our hosts Jose, Pedro, and Tomas are to be commended. The level of organization that went into the planning and execution of the trip was flawless. Everything went on schedule and the evenings were filled with the finest wine and food that Spain had to offer. We graciously thank our hosts and look forward to our next trip to Spain. Hopefully, next time we will have the opportunity to see some of the country.

We found the cities very clean and laid out similar to Italy and the people warm, friendly and down to earth. The only bad thing is the parking! Every inch of space on the street is filled with parked cars lined up with only inches between bumpers. I have no idea how people get their cars out!

The funniest thing that happened was on the plane from Atlanta to Madrid. Soke struck up a conversation with a pretty young Spanish woman. She asked Soke what he did for a living and he told her "teach karate and acting". That minute on the seatback

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video, the episode of "Heroes" played with Soke playing the part of a Buddhist Monk. The timing was perfect and the young lady was impressed to be sitting next to a celebrity!

## KUBOTACTICAL !

Soke is currently working on developing "KuboTactical". It is Soke's latest venture and will encompass tactics specific for use in self-defense and combat. It has caught the attention of several law enforcement and military instructors as well as the attention of several hombu karate instructors. Kubotactical will feature training with empty hand, knife, gun, rifle, and impact weapons. The motto is "No Threat Too Close, No Threat Too Far". This is not art. It is about practical technique to be used when your life is on the line. It is Soke's hope that Kubotactical training will spread world-wide. If you are interested in hosting a class, contact Soke to schedule your event. The calendar for next year is almost full!

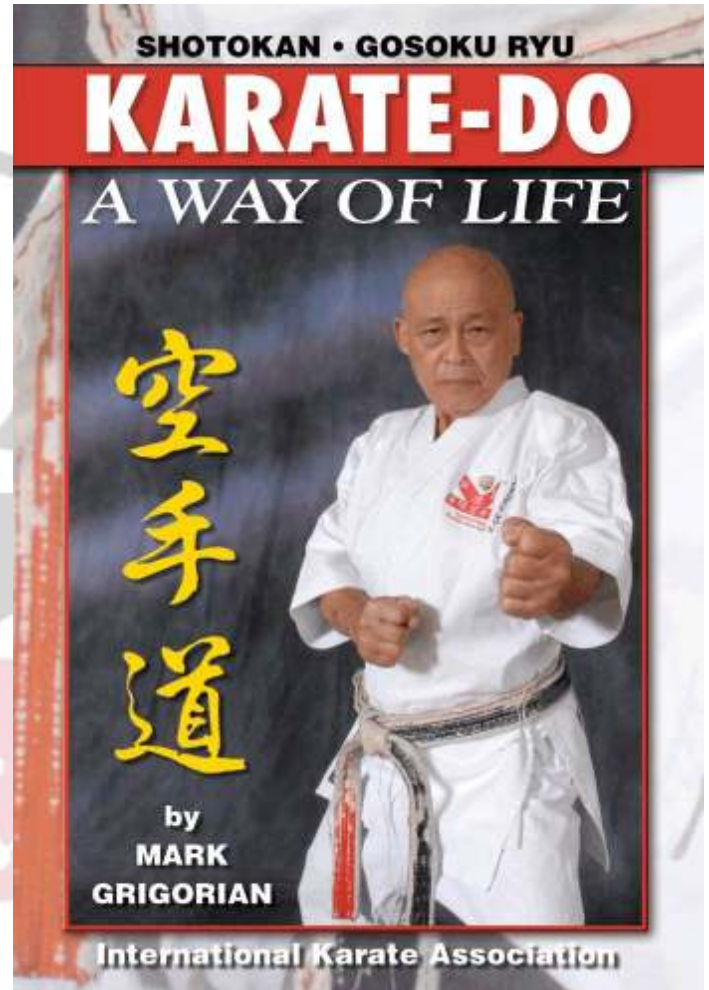
## IKA WORLD CUP 2009 – DATE ANNOUNCED

The location for the 2009 IKA World Cup has been selected. The country of Armenia will host the tournament in the capitol of Yerevan. The date will be July 25, 2009. Armenia has repeatedly shown their commitment to excellence in the tournament circuit and we expect they will continue this excellence in the organization of a first class tournament. The Head instructor and coach of the Armenian team, Sensei Grigor Mikhayelyan recently made a special trip to Los Angeles to train and to work with Soke on the details of the tournament. The tournament is poised to be perhaps the largest IKA World Cup to date due in large part of the continued success of the Armenian team world wide and the WKF contacts of Sensei Mikhayelyan and the Armenian team. The Head Referee will be Shihan Gustavo Gondra from Argentina.

For additional World tournament information, contact Sensei Grigor at his email at:

[afkarate@mail.ru](mailto:afkarate@mail.ru)

Congratulations Team Armenia !



**The New Book Featuring Soke to Be Released Soon. Don't Miss It!**

## SOKE'S NEW BOOK

Soke's new book is set to be released in January 2009. It is an excellent text several hundred pages long full of information and photos. It is written by IKA Headquarters instructor, Shihan Mark Grigorian. Look in the first issue of Master's Magazine in January to order your copy. More information will be available on the Masters Magazine website at:

[www.mastersmag.com](http://www.mastersmag.com)

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### HIDETAKA NISHIYAMA (1928-2008)

It is with great sadness that we announce the passing of a long time friend of Soke and the IKA, Master Hidetaka Nishiyama. Sensei Nishiyama passed away on Saturday, November 8<sup>th</sup> after a long battle with cancer. His contributions to the art of karate have influenced all of us and we are greatly indebted to him. Master Nishiyama received his Shodan from Shotokan founder Gichin Funakoshi in 1946. He was responsible for much of the spread of Shotokan to the Western world.

### JAPAN 2009 !!!!! – LATEST UPDATE

After a long ten year wait, Soke is once again organizing a trip to Japan. The IKA last went as a group back in 1999. The trip was scheduled for March 23rd, 2009. This date has been moved to March 30<sup>th</sup> to better coincide with the Cherry Blossom Season. Final date soon to be announced. It will be a 10 day, 8 night trip touring the cities of Tokyo, Gifu, and Kyoto. We are still checking into the possibility of training karate in Japan but plans are still developing in this respect. The trip should not be considered a training trip but a chance to tour Japan with IKA and Soke Kubota. We are currently working with one of the top travel and tour companies to organize this trip. Accommodations will be in top rated hotels, will include all

ground transportation between the different cities by train and/or bus, all the guided tours and admissions, and one to two meals

per day. The current price of this trip is \$3850 USD including airfare, double occupancy. This price is subject to change due to the volatility of fuel prices and the financial markets. This is an excellent value as everything in Japan is very expensive. If you are interested in coming on this trip, notify Soke as soon as possible. Space is very limited on this trip and it will fill up quickly. Don't miss this rare opportunity! As soon as we have the complete details of the trip, we will email them to all interested parties.

### POSSIBLE ITALY TRIP

Soke is tentatively planning a trip to Giussano, Italy to teach a seminar. This is his annual trip to teach karate and law enforcement officials. The host of this trip is Sensei Corbella and Antonio Samperi. The tentative date is January 22, 2008. We will post details as they become available.

### FUTURE UKRAINE TRIP 2009

In the planning stages is a trip to Sumy Ukraine the end of May 2009. There will be a karate tournament and several seminars taught. It will be the 5<sup>th</sup> anniversary of the Kubota Cup Ukraine tournament and the 15<sup>th</sup> anniversary of our corporate sponsor Ukkrosmetal. We will post more information as it becomes available.

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## FUTURE MEXICO KUBOTAN TRIP 2009

Soke is tentatively planning on traveling to Monterrey, Mexico to teach a Kubotactical / Kubotan course on Saturday, February 14<sup>th</sup>. The host will be Kubotan instructor Tomas Miledi. For more information, contact Sensei Miledi at his email at:

[tomasiledi@ikakubotanmexico.com](mailto:tomasiledi@ikakubotanmexico.com)

## BLACK BELT TESTING

Congratulations to Shihan Tomas Piotrkowicz of Poland who was promoted to 7<sup>th</sup> dan and to his sons Mikael and Jakub who were promoted to Shodan in Kubojitsu. Congratulations also to Occidental College Instructor Victor Chico who has been promoted to 4<sup>th</sup> dan and to Donald Carpenter of headquarters who was promoted to Shodan. Pedro Tamayo of Spain also passed his Shodan in Kubojitsu. Congratulations !



## **Soke Teaching the Fine Points of Knife Defense in Barcelona**

### MASTER'S FORUM

The “Master’s Forum” is dedicated to increasing the knowledge base of the IKA Family. Each month we will try to cover a new topic on a multitude of facets of the art, dealing with all levels of expertise. This topic was too good to pass up and is relevant to all dojos and all ranks so I thought it appropriate to write about it. The topic is:

“The Virtue of Being on Time to Class”.

The premise of “Reigi” or protocol is one of the underlying foundations of the discipline of karate. These protocols help to define the structure of the teaching of the art of karate. They are as important to the art as the physical movements themselves.

Almost every class around the world begins with someone rushing in at the last minute or worst, after the class has begun. It is strange that this person is often the one that lives closest to the dojo or does not have an excuse to be late. Usually it is the same people that are late to every class. Why is this?

Traditionally in Japan, if you were late to class, you might as well not even show up. Sometimes you would not be allowed to train. Some dojos would lock the doors when the class began. Other classes you would sit in seiza in the back of the class until you were “invited” to join the rest of the class. This was sometimes a wait for an invitation that never came!

It is easy to identify the negative aspects of being late:

1. Being late is a sign of disrespect. It is saying that whatever I was doing before I came to the dojo was more important than training. It is rude.
2. It disrupts the class when you enter late.
3. It gives a bad example to lower rank students that is OK to be late.
4. If you are very late, it requires that the instructor give additional instruction to you so you know what the rest of the class is doing. This takes time away from the rest of the class. Technique usually builds on the previous teaching. You come late and now you slow your partner down because you are unable to perform at the same level without the previous instruction.
5. You risk the chance of injury because you did not warm up properly because you missed the warm up.
6. You force the instructor to re line up the entire class so that the class may be in proper formation by rank. This takes time away from everyone’s instruction.
7. It shows a lack of respect and self-discipline.
8. It is a pattern that extends into the business or academic life of the person as well. This behavior can negatively impact the career and/or future of the student.

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The attitude of some people is that, "I pay to come to karate, I will be late if I want to". This is the self-centered Western attitude that people feel they are owed something from the dojo. To borrow from the late President John F. Kennedy, the attitude should be "ask not what the dojo can do for me but rather, what can I do for the dojo and IKA". If this attitude is taken, the dojo gets stronger and better and we all benefit by pulling together for a common purpose and goal.

There are always exceptions that are beyond the control of the student. A good example of this is a class that starts at the end of the work day. Sometimes we have to work late and this is not under our control. This should be the exception, not the rule though. If you have to work late on a regular basis, maybe you should select a different class time. The other exception is for children that are driven by their parents. They have no choice but to come when the parents are able to take them. This does not apply if the parent is late because they are waiting for the child to get ready to go.

In martial arts, we often talk about how the art improves self-discipline but we don't always say how. Being at the dojo on time is the first step in developing this self-discipline. For most people, the hardest first step and exercise in discipline is getting to the dojo to train.

We are all in the practice of perfecting our character. Being on time takes practice and constant effort to do. Consider it an exercise of the first dojo rule "each seek perfection of character".

The other thing is that the survival of karate depends on the students some day being the teacher and passing the art to the next generation. What happens if there is a class and the teacher is always 20 minutes late? That is unacceptable. Being a good teacher starts by learning how to be a good student. It is not something that happens overnight. It takes time, training, and practice.

So start your practice by being on time to your next class!

Osu!

#### QUOTE OF THE MONTH

"To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill."

- Sun-Tzu



**Soke in Alicante, Spain with Hosts (left to right) Officer Jose Alcaide, Sensei Tomas Miledi, and Officer Pedro Tamayo**

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## CURRENT IKA HEADQUARTERS MASTER INSTRUCTORS (SHIHAN AND SHIHAN DAI)

The average training time for the Shihan (Master) level instructor is 30 to 40 years of training and teaching. Each Shihan not only teaches but trains as well in order to maintain their status. Title is not automatically bestowed with rank. Soke also has several other master level instructors in Kubojitsu, Kobudo and IPT (International Police Training). Shihan Dai is a Deputy Master level instructor with an average of 20-30 years of training and teaching.

### SHIHAN (in Alphabetical Order):

Antonio Antonetti  
Michael Berger  
Ted Bratakos  
Mark Grigorian  
Hank Hamilton  
Tatsuo Hirano  
Leonard Kramer  
Rod Kuratomi  
Paul McCaul  
Val Mijailovic  
Adam Pearson  
Boban Petkovic  
Gordon Pfeiffer  
George Sinani

### SHIHAN DAI (in Alphabetical Order):

Sami Asmar  
Norvelle Carrere  
Mark Gujda  
Danny Kahan  
Judy Marx  
Marcial Soto  
Kirk Stites

## DOJO RULES

### **Each seek perfection of character.**

Develop morals, ethics and distinguishable attributes.

### **Each be faithful.**

Be loyal and devoted to a person, cause, or idea.

### **Each endeavor**

Have conscientious or concerted effort toward an end with an earnest attempt.

### **Each respect others**

To feel or show deferential value, honor, appreciation and regard for another.

### **Each refrain from violent behavior.**

To hold oneself back from responding with inappropriate anger and physical force.



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## USE OF IKA NAME AND TRADEMARKS

It has come to Soke Kubota's attention that some organizations around the world may be using IKA's name and trademarks without permission. The name "International Karate Association, Inc." (IKA) and its registered trademarks may be used by affiliated organizations **only** after first receiving Soke's written permission. In addition, Soke's hand written signature or the red Japanese signature stamp must not be used without his expressed permission. The red stamp is like a legal signature in Japan and is a symbol of authenticity. It should not be used by anybody except for Soke or for purposes that he authorizes. The "International Karate Association" name must not be used by itself to represent your organization. There is only one International Karate Association, Inc. and it is at Headquarters in Glendale, California, USA. After receiving approval from Soke, you may use the IKA name, but it must be attached with another description to differentiate it from the IKA Headquarters. For example, if you are from the state of Nebraska, you could use the name, "International Karate Association of Nebraska" or something similar.

## COMMUNICATIONS PROTOCOL

Please note that proper protocol (Reigi) requires that information matters directly relating to IKA Headquarters, IKA tournaments, karate training and seminars must be communicated to Soke Kubota **first** before contacting other members within the organization. It is improper for Soke to be the last person to be informed of matters that directly involve him and IKA Headquarters such as, for example, your intention to attend his tournament or invitations to tournaments that are addressed directly to a Headquarters student without Soke's knowledge. It is proper respect in both of these cases to inform Soke first or at the same time that the student is contacted. Thank you for your consideration in these matters.

## INSURANCE ISSUES

Due to increased liability risks, it is necessary that all IKA schools carry some form of liability insurance to protect the school from legal issues that may arise from accidents. The amount of liability insurance will depend on your location. USA schools are suggested to carry one-million dollars of liability insurance.

Please contact Soke at Headquarters if you have any questions.

## List of IKA Headquarters Staff and Instructors

President and Founder	Soke Takayuki Kubota
Soke Dai	James Caan
Vice-President	Thea Kubota
Chief Advisor	Leonard Kramer
Manager	Carmen Kim
Technical Director	Rod Kuratomi
National Coach	Ted Bratakos
Secretary	Kristi Grannis
Hospitality	Linda Kuratomi
Webmaster	Christian Lopez

### Soke Takayuki Kubota – 10<sup>th</sup> dan

Hank Hamilton	7 <sup>th</sup> dan H
Paul McCaul	7 <sup>th</sup> dan H
Val Mijailovic	7 <sup>th</sup> dan H
Boban Petkovic	7 <sup>th</sup> dan H
Ted Bratakos	6 <sup>th</sup> dan H
Leonard Kramer	6 <sup>th</sup> dan
Adam Pearson	6 <sup>th</sup> dan
Antonio Antonetti	5 <sup>th</sup> dan
Mike Berger	5 <sup>th</sup> dan
Norvell Carrere	5 <sup>th</sup> dan
Mark Grigorian	5 <sup>th</sup> dan
Mark Gujda	5 <sup>th</sup> dan H
Tatsuo Hirano	5 <sup>th</sup> dan
Rod Kuratomi	5 <sup>th</sup> dan
Gordon Pfeiffer	5 <sup>th</sup> dan
George Sinani	5 <sup>th</sup> dan
Marcial Soto	5 <sup>th</sup> dan
Sami Asmar	4 <sup>th</sup> dan
Victor Chico	4 <sup>th</sup> dan
Julian Forbes	4 <sup>th</sup> dan
Danny Kahan	4 <sup>th</sup> dan
Judy Marx	4 <sup>th</sup> dan
Demetrio Munoz	4 <sup>th</sup> dan
Stuart Richman	4 <sup>th</sup> dan
Kirk Stites	4 <sup>th</sup> dan
David White	4 <sup>th</sup> dan
Victor Chico	3 <sup>rd</sup> dan
Alfanzo Espinosa	3 <sup>rd</sup> dan
Aman Ikram	3 <sup>rd</sup> dan

We welcome any contributions you may have that you wish to have published subject to approval by Soke. Submit the articles to Soke in writing or e-mail them to him at:

[Soke@IKAKarate.com](mailto:Soke@IKAKarate.com)

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