



# IKA NEWSLETTER

"EACH SEEK PERFECTION OF CHARACTER"

EDITED BY SOKE KUBOTA AND SHIHAN KURATOMI

October / November 2008



**GETTING THE POINT** – Soke Demonstrates His Famous Ippon Nukite to Shihan Eric Adams at the Spokane, Washington Seminar With Soke Jeff Hall Observing.

## IKA NEWS, OCTOBER/ NOVEMBER 2008

### SOKE BIRTHDAY THANKS

Soke wants to thank everyone for the great birthday party that was held on September 20<sup>th</sup> at the Magic Wok Restaurant. He thanks everyone for attending and for all the very nice gifts. Special thanks for so many of you that traveled for this event. We even had Kubotan instructor Tomas Miledi come all the way from Monterrey, Mexico!

### IKA ALL STAR THANKS

Soke thanks all of you that assisted and participated in the annual All Star Tournament held this past Sunday, October 5<sup>th</sup> in Los Angeles. Volunteer support was critical to the success of this event and thanks to our volunteers, everything went very smoothly. Of course, without competitors, there would not be a tournament. Thank you to all the Senseis that brought your students to this event. We had a large team that flew all the way from Armenia for the tournament. We also had participants

from IKA Alaska, from two of our affiliate dojos in Washington State, and from our Carmel California dojo. We also had several new smaller dojos that came to participate. Soke gives his sincere thank you to everyone. Osu!

### KUBOTAN IN SPAIN UPDATE

The Kubotan class is officially a go in Spain on November 8<sup>th</sup> and 9<sup>th</sup>, 2008. The schedule is to teach a Kubotan class in the city of Orihuela (Near Alicante) on November 8<sup>th</sup> from 9:30 am to 2:30 pm. Soke will then move to Barcelona by high speed rail and teach Kubotan on Sunday November 9<sup>th</sup> from 9:30 am to 2:30 pm. These will be two intensive five hour classes geared toward law enforcement control and restraint techniques. He will be assisted by Shihan Kuratomi. For more information, contact our Spain instructor Jose Alcaide or Pedro Tamayo at:

[josetomasrock@gmail.com](mailto:josetomasrock@gmail.com)

Or our Mexico instructor, Tomas Miledi at:

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

### SOKE TO BE ON THE COVER OF MASTERS MAGAZINE

Be sure to get the first 2009 copy of Master's Magazine as Soke will be on the cover and be the feature article. For those of you that have not read Masters Magazine it is an excellent publication featuring insights from Masters of all different martial arts, not just karate. It therefore has widespread appeal and we can all learn from the different Masters.

Masters Magazine is very unique in that there is a full length video DVD with every issue. This is unprecedented and is a fantastic feature as you can see the Masters in action. The Magazine comes out quarterly. To make sure you get your issue with Soke, **SUBSCRIBE NOW!** It is a quality publication and with the video it is a bargain. Masters will also ship internationally. You can get your subscription online at:

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

### 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

PLEASE ADDRESS ALL EMAIL REGARDING AFFILIATION, MEMBERSHIP, TOURNAMENTS, SEMINARS, KARATE AND POLICE TRAINING TO: [SOKE@IKAKARATE.COM](mailto:SOKE@IKAKARATE.COM)



# IKA NEWSLETTER

"EACH SEEK PERFECTION OF CHARACTER"

EDITED BY SOKE KUBOTA AND SHIHAN KURATOMI

October / November 2008

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.

## 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 !



## **TAKAYUKI KUBOTA**

I.K.A. Founder & Grandmaster  
10th Dan Gosoku Ryu  
Beginning Karate 1939  
Police Instructor in 1948

TEL: (818) 541-1240  
FAX: (818) 246-0063



SOKE'S NEW BUSINESS CARD – Kubotactical and IPT

## SOKE TEACHES IN SPOKANE, WASHINGTON

On the weekend of September 1<sup>st</sup>, Soke taught baton, knife defense, and jujitsu techniques at the Spokane Police Academy. The event was a four day Hojutsu seminar hosted by instructor Soke Jeff Hall who is a member of IKA Alaska, an active firearms instructor and a retired Alaska State Trooper. Hojutsu is the martial art of the gun recognized by the US Martial Arts Hall of Fame and was developed by Soke Hall. The group also got to run through a live-fire shoot house and also use simunitions in man on man simulations. It was well attended by IKA Glendale, Colorado, and Alaska. The class concluded with extensive testing in which Shihan Rod Kuratomi passed his Sandan test. Unlike other martial arts testing which is subjective, with Hojutsu, Mushin (no mind) can actually be measured. The proof is on the target. There is no time to think and be able to get accurate shots within the time limits of the test. The draw of the pistol has very similar parallels to the draw of the katana. "A minute to learn, a lifetime to master". More information about Hojutsu is available at:

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

or

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

## 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 will likely be moved to March 28<sup>th</sup> to better coincide with the Cherry

PLEASE ADDRESS ALL EMAIL REGARDING AFFILIATION, MEMBERSHIP, TOURNAMENTS, SEMINARS, KARATE AND POLICE TRAINING TO: [SOKE@IKAKARATE.COM](mailto:SOKE@IKAKARATE.COM)



# IKA NEWSLETTER

"EACH SEEK PERFECTION OF CHARACTER"

EDITED BY SOKE KUBOTA AND SHIHAN KURATOMI

October / November 2008

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 \$3650 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.



NO KACHI: Soke Drills the Target at the Spokane Hojutsu Seminar as IKA Alaska Shihan Scott Watches.

## 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.

## BLACK BELT TESTING

Congratulations to Demetrio Munoz and Stuart Richman that were just promoted to 4<sup>th</sup> dan. Alfonso Espinosa and Aman Ikram were promoted to 3<sup>rd</sup> dan. Congratulations also to Keith Kinsman, Jennifer Allen, and John Steward that were promoted to Shodan.

## 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 month's article was inspired by the teachings of Shihan Val Mijailovic. It is called, "Surprise Yourself!"

I have talked many times before about "Mushin" or "No Mind" when referring to karate. This is when you block out all conscious thought from your mind when engaged in karate. Soke corrected me for this article that it is the removal of thought but with intense mental focus remaining. It can be a state of mind when doing kata or kumite. The mind of the average person is a very busy place. Thoughts are constantly racing through the mind and these thoughts cause "interference" in the mental processes of the fighter causing delays in action or reaction. When one first starts karate, a typical thought when fighting is, "here comes the kick, I will block it with my right hand and counter with the left". A fighter in the state of mushin automatically blocks the kick and delivers an immediate counter attack without even thinking about what is being done. This comes from thousands of repetitions which ingrain an automatic reflex in the fighter. I have used this state of mind several times when awaiting an attack to deliver a counter attack.

PLEASE ADDRESS ALL EMAIL REGARDING AFFILIATION, MEMBERSHIP, TOURNAMENTS, SEMINARS, KARATE AND POLICE TRAINING TO: [SOKE@IKAKARATE.COM](mailto:SOKE@IKAKARATE.COM)



# IKA NEWSLETTER

"EACH SEEK PERFECTION OF CHARACTER"

EDITED BY SOKE KUBOTA AND SHIHAN KURATOMI

October / November 2008

The other day when teaching class, Shihan Val said when you deliver your attack, "Surprise yourself when attacking". "If you yourself do not know exactly when you are going to attack, your opponent for sure will not know when you are going to attack." It dawned on me that this was the application of mushin in an offensive situation. Up until that time, I had done offensive movements in kata in the mental state of mushin but I had not really thought (or not thought) about actively using this principle while engaging in an offensive attack against an opponent.



"LITTLE OUCHY OK": Soke Demonstrates a Choke Hold at the Spokane Hojutsu Seminar on an "unidentified suspect"

By putting yourself in a no mind state when engaged in kumite, you eliminate some of the subtle movements that give away when you are going to attack. Typically, if you think, "I am going to attack.....NOW", this manifests itself in a gradually increasing state of mental thought and muscle tension. It would be the equivalent of using a light dimmer to slowly turn on a light bulb. As you turn the knob, the light gradually gets brighter. The same is with karate. If you think about attacking before you attack, right before the attack, your body turns on the light dimmer and this telegraphs your movement to your opponent. The result: your opponent sees you coming before you even start to attack.

Instead, "surprise yourself". Don't be the light dimmer. Instead be the light switch that immediately turns on the light to full brightness. This allows you to explode with your attack. The spontaneous attack does not telegraph your movement and the result is a split second advantage over your opponent resulting in a successful attack. Even if you do not gradually move your body, a perceptive fighter can feel your thoughts and your intention right before the attack. A lot of times these thoughts manifest themselves in something as subtle as a blink of an eye.

So how do you attack without thinking about it? Training, training, and more training. Repetition builds the pathways in your brain which allow you to move and react without the interference of conscious thought. It is the same as when someone throws a ball at you for you to catch. You usually don't think about catching it. You just do it. Apply the same practice to your offensive kumite and you may be the one that is surprised with the results. Another training technique that can be used to practice this state of mind is meditation. The meditative state is similar to mushin. The more your practice meditation, the easier and faster it is for you to go into this state of "no mind" on demand.

Thanks Shihan Val for this insight. Osu!

#### QUOTE OF THE MONTH

"Those who are skilled in combat do not become angered. Those who are skilled at winning do not become afraid. Thus, the wise win before they fight while the ignorant fight to win."  
-Zhuge

PLEASE ADDRESS ALL EMAIL REGARDING AFFILIATION, MEMBERSHIP, TOURNAMENTS, SEMINARS, KARATE AND POLICE TRAINING TO: [SOKE@IKAKARATE.COM](mailto:SOKE@IKAKARATE.COM)



# IKA NEWSLETTER

"EACH SEEK PERFECTION OF CHARACTER"

EDITED BY SOKE KUBOTA AND SHIHAN KURATOMI

October / November 2008

## 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.



# IKA NEWSLETTER

"EACH SEEK PERFECTION OF CHARACTER"

EDITED BY SOKE KUBOTA AND SHIHAN KURATOMI

October / November 2008

## 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.

## **CONTRIBUTE !**

We welcome any articles 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)

## **IKA Headquarters Staff**

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

## **IKA Headquarters Instructors (Alphabetical by Rank)**

| <b>Soke Takayuki Kubota</b> | <b>10<sup>th</sup> dan</b> |
|-----------------------------|----------------------------|
| 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        |
| 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        |
| Mike Miller                 | 3 <sup>rd</sup> dan        |

PLEASE ADDRESS ALL EMAIL REGARDING AFFILIATION, MEMBERSHIP, TOURNAMENTS, SEMINARS, KARATE AND POLICE TRAINING TO: [SOKE@IKAKARATE.COM](mailto:SOKE@IKAKARATE.COM)