



IKA NEWSLETTER

“EACH SEEK PERFECTION OF CHARACTER”

GOSOKU RYU – FOUNDED BY SOKE KUBOTA - 1953, TOKYO, JAPAN

EDITED BY SOKE KUBOTA AND KYOSHI KURATOMI

June / July 2016



European IKA Gosoku Ryu Championship – Warsaw, Poland

We are sorry for the long delay in getting the news out as we have been very busy at IKA HQ! New software, new training programs, and soon a new website....

IKA POLAND HOSTS IKA CHAMPIONSHIP

In March, the Chalupka Shihans (twin brothers) hosted the first of what will likely be many IKA Gosoku Ryu Championships in Warsaw. It was attended by the countries of Italy, India, Belarus, Serbia, USA and of course several dojos from Poland. It was an action packed weekend with Dan testing, and several exciting seminars including Kubotan, Kubojitsu, Kata, and Kumite seminars taught by Soke Kubota and assisted by Kyoshi Bratakos and Kyoshi Kuratomi. The competition and organization was top notch and we commend the hosts for an excellent job organizing the event. This tournament was like a family reunion with many of our long time karate brothers and sisters getting together for a long weekend of training and camaraderie. We would like to give our great thanks and appreciation to the Chalupka Shihans for all their work and preparation that made the tournament a great success. We look forward to the next event in Warsaw. It is our hope to make this an annual event.

IKA 52nd ANNUAL ALL STAR TOURNAMENT

Mark your calendar for the next IKA All Star Tournament to be held in Los Angeles at Occidental College on Sunday, October 2nd, 2016. This tournament has been steadily growing over the past several years with many international competitors. Hope to see you in LA! Email Soke for more information if you are interested in attending.

NIKKEI GAMES TOURNAMENT

Mark your calendar for Sunday August 7th, 2016, when the annual Nikkei games tournament will be held at the Pyramid at Cal State University Long Beach. The tournament is unique in that it is a karate, kendo, and judo tournament, all in the same room at the same time. Spectators are able to see all three events taking place simultaneously. The IKA is one of the organizers of this event.

THE MOST INTERESTING MAN

See Soke in his latest Dos Equis commercial featuring the most interesting man. It can be viewed on You Tube at:
<https://www.youtube.com/watch?v=PwyA367LfaY>

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Soke, Shihans Chalupka, Kyoshi Bratakos, and Kyoshi Kuratomi At The New IKA Poland Dojo in Warsaw.

“Spirit first, technique second.”

– Gichin Funakoshi

MASTERS FORUM

The Masters 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 Kyoshi Kuratomi shares an excerpt of his book, “Karate: The Mental Edge”

Self-Defense and the Defensive Mindset

“If a ten-pound cat does not want to be held, there is nothing you can do to hold him. Make up for deficiency in skills with determination and ferociousness. Be aware of your surroundings at all times. Be the cat.” – *Kyoshi Rod Kuratomi*

As martial artists we become acutely aware of ourselves and this in turn allows us to be more aware of our surroundings and the people and situations that surround us. This is part of the development of the Warrior or Defensive Mindset that we as martial artists develop. The true martial artist should be in a constant state of awareness. I like to compare it to driving a car. When you drive a car, you are always aware of what is not only in front of you, but next to you and behind you as well. You constantly scan your surroundings, forever on the defensive for potentially dangerous situations which can become tragic accidents.

The mindset follows what I call the three “A’s”. The first “A” is “awareness”. You are constantly looking around you and are always aware of your surroundings looking for potentially dangerous situations. The next “A” is “Anticipation”. Once you spot a potentially dangerous situation, you anticipate what the other person’s action will be. You are ready for the third “A” which is “Action”. If it is a self-defense situation, you were aware enough to see the potential problem, saw it materialize into a potentially dangerous situation, and finally took action to escape, evade, or confront the situation.

The defensive mindset means that you are always mentally and physically ready for combat. The preparation and training has given you additional confidence in your abilities, which in turn alleviates fear. The mind is focused and has a resolve and intense determination that will not allow the fighter to give up and allow defeat. Self-defense reactions should be quick, fierce, and unforgiving. The criminal predator will show you no mercy and should be treated accordingly.

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Kubotan Class IKA Headquarters, May 2016

The defensive mindset manifests itself in the physical way the martial artist carries himself. The would be predator on the street can feel the aura that surrounds a person with the defensive mindset and immediately can tell that this person is not going to be easy prey and instead the predator will go elsewhere and seek easier quarry. Not unlike wild animals, street predators will seek the weak, the inattentive, the old and feeble to make their targets. They are lazy and cowards and they are looking for the easiest way to get what they want whether it be money, or the feeling of domination and power.

By living in a state of awareness you will rarely if ever be caught off guard. Live the martial way. This is karate-do.

If you enjoyed this article, you can read more on Kyoshi Kuratomi's book, "Karate: The Mental Edge" available on Amazon for the iPhone, iPad and Kindle.



Soke in Poland

(Left to Right: Shihan Krzysiek Chalupka, Kyoshi Rod Kuratomi, Soke Kubota, Shihan Jacek Chalupka)

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IKA Calendar of Events

August 7th, 2016 – Long Beach, USA. Nikkei Games Budo Tournament

October 2, 2016 – Los Angeles, USA. 53rd IKA All Star Tournament

November 5, 2016 - Monterrey, Mexico. Kubotan training.

IKA Holiday Party – Glendale Dojo, November 19th, 2016

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

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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CURRENT IKA HEADQUARTERS INSTRUCTORS

The average training time for the Hanshi/Kyoshi/Shihan (Master) level instructor is 30-40+ years of training and teaching and have a minimum required rank. Each instructor not only teaches but trains as well in order to maintain his/her 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. Titles are reserved only for instructors that are ACTIVELY teaching at IKA Headquarters. Dan ranks are retained but titles can be changed as Soke sees fit.

List of IKA Headquarters Staff and Instructors

President and Founder	Soke Takayuki Kubota
Vice-President	Thea Kubota
Legal Advisor	Paul McCaul, JD
Directors	Val Mijailovic Rod Kuratomi
Technical Director	Ted Bratakos
Chief Advisor	Barron Yanaga, JD, CPA
Hospitality Manager	Judy Rao, RN Cheryl Kuratomi
General Secretary	Ali Farzadaghi
Liason, Special Projects	Sara Kubota
Medical Advisors	Dr. Ashok Rao, M.D. Dr. Tatsuo Hirano, DOM Dr. Alex Tavitian, DDS Judy Rao, RN
Webmaster	Brian McEvoy
IT Staff	Ali Farzadaghi Fumiko Hamada
Official Photographer	Lee Fisher
Art and Advertising	Marcial Soto, Duk Kim

Soke Takayuki Kubota – 10th dan

Hank Hamilton	8 th dan	Hanshi
Paul McCaul	8 th dan	Hanshi
Val Mijailovic	8 th dan	Hanshi
Boban Petkovic	8 th dan	Hanshi
Ted Bratakos	7 th dan	Kyoshi
Rod Kuratomi	7 th dan	Kyoshi
Tatsuo Hirano	7 th dan	Kyoshi
George Sinani	7 th dan	Kyoshi
Antonio Antonetti	7 th dan	Kyoshi
Danny Kahan	5 th dan	Shihan
Sami Asmar	5 th dan	Shihan
Victor Chico	5 th dan	Shihan
Demetrio Munoz	5 th dan	Shihan
Marcial Soto	5 th dan	Shihan
Stuart Richman	5 th dan	Sensei
Pierre Pionian	5 th dan	Sensei
Sony Zivonovic	5 th dan	Sensei
Alfanzo Espinosa	4 th dan	Shihan Dai
Judy Rao	3 rd dan	Sensei
Patrick Reddy	3 rd dan	Sensei
Fumiko Hamada	3 rd dan	Sensei
Roy Simmons	3 rd dan	Sensei
Anthony Boosalis	2 nd dan	Sensei
Cheryl Kuratomi	2 nd dan	Sensei
Lee Fisher	2 nd dan	Sensei
Martyn Romero	1 st dan	Sensei
Randy Blue	1 st dan	Sensei
Simeon Waldron	1 st dan	Sensei
William Monterroso	1 st dan	Sensei
Barron Yanaga	1 st dan	Sensei

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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. The use of the trademark is contingent on maintaining membership in good standing which includes payment of annual membership fees.

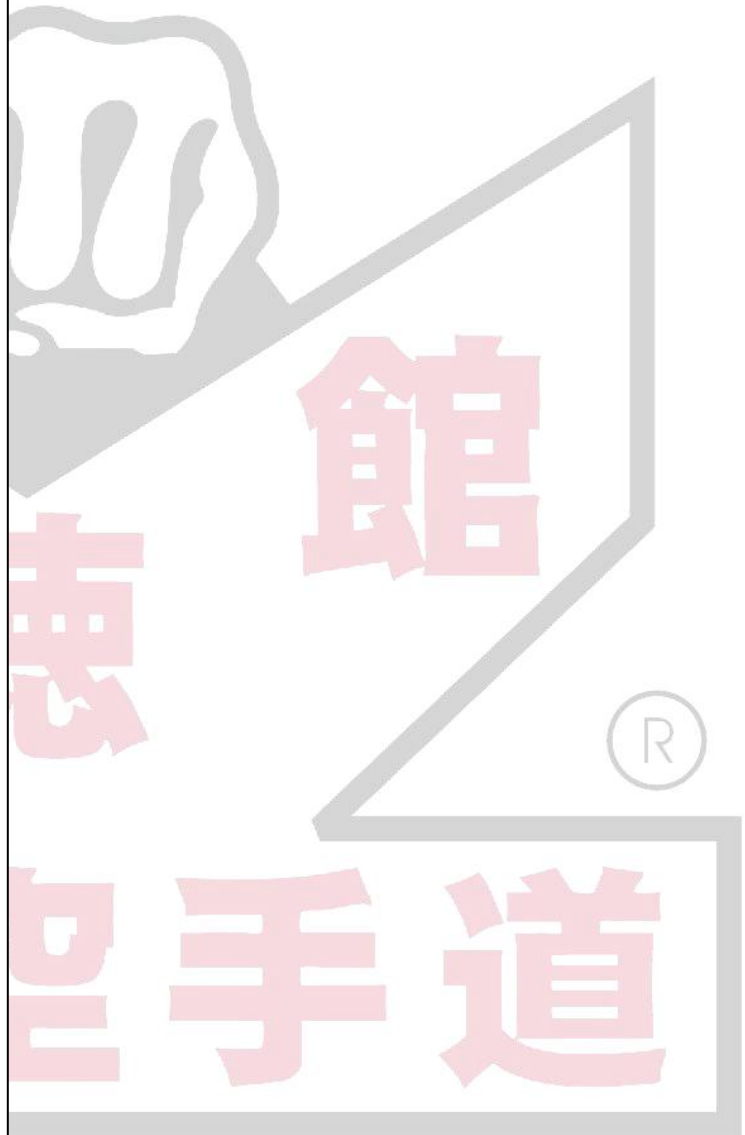
COMMUNICATIONS PROTOCOL

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.



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