



IKA NEWSLETTER

“EACH SEEK PERFECTION OF CHARACTER”

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

EDITED BY SOKE KUBOTA AND KYOSHI KURATOMI

September/October 2016



Soke Celebrating His 77th Year of Meditation Practice. Shown Here Demonstrating “Shuchuryoku” (Visualization). Soke’s Message, “Number 1: Cherish The Human Mind”

KARATE IN THE OLYMPICS – 2020

It was recently announced that karate will be a sport in the Tokyo Olympics in the year 2020. This is a moment that many people have worked hard to make possible for the last several decades. This is a great opportunity to expose millions around the world to the art of karate that otherwise would never be exposed to it. Which organization will assist to run the event and what rules will be used has not yet been announced. We urge all Senseis to be informed of coming announcements to be able to prepare students for the Olympics. Modification of tournament rules for black belt event to be more in line with

WKF rules is one of the things IKA Headquarters is considering for future tournaments (but not this year).

SOKE IN NISEI WEEK PARADE

On Sunday, August 14th Soke was honored in the Nisei Week Parade in Los Angeles. Soke has been involved with Nisei week for over 50 years and he rode in style in Sensei Roy Simmons black Dodge 4x4 truck riding in the back with Sensei Patrick Reddy and Sensei Armando Gongora. We would like to thank Nisei Week for the honor and Sensei Simmons for providing his vehicle and chauffeur services.

KUBOTAN CLASS – FARMINGTON, NEW MEXICO

On October 15th, Kyoshi Rod Kuratomi and his wife Sensei Cheryl Kuratomi will be teaching a half day Kubotan self-defense / Law Enforcement class in New Mexico. The host is martial arts instructor and police officer, Verlin Rector. For more information, Verlin Rector can be reached at his email at:

verlin.rectoro@gmail.com

KUBOTAN CLASS – MONTERREY, MEXICO

Soke and Kyoshi Kuratomi will be teaching a Kubotan class in Monterrey, Mexico on Saturday, November 4th, 2016. The host will be Kubotan Sensei Tomas Miledi. For more information, contact Sensei Miledi at his email at:

info@tomasmiledi.com

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.

TEACHING IN MOLINELLA, ITALY

Soke Kubota will be travelling to Molinella, Italy the weekend of February 10-12, 2017 to teach martial arts seminars. For more information, contact Shihan Monia Atti at her email at:

attimonia@libero.it

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Soke and The 2015 Nisei Week Court at the Nikkei Games Banquet in August 2016 – It is Good to Be The Soke !

You win 100% of the fights you don't get into ...
- John Johnston

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 we present an article taken from “World of Martial Arts” By Robert Hill discussing writings by the father of Shotokan, Gichin Funakoshi:

In *Karate-Do Kyohan*, Funakoshi quoted from the [Heart Sutra](#), which is prominent in [Shingon](#) Buddhism: "Form is emptiness, emptiness is form itself" (*shiki zokuze kū kū zokuze shiki*). He interpreted the "kara" of Karate-dō to mean "to purge oneself of selfish and evil thoughts ... for only with a clear mind and conscience can the practitioner understand the knowledge which he receives." Funakoshi believed that one should be "inwardly humble and outwardly gentle." Only by behaving humbly can one be open to Karate's many lessons. This is done by listening and being receptive to criticism. He considered courtesy of prime importance. He said that "Karate is properly applied only

in those rare situations in which one really must either down another or be downed by him." Funakoshi did not consider it unusual for a devotee to use Karate in a real physical confrontation no more than perhaps once in a lifetime. He stated that Karate practitioners must "never be easily drawn into a fight." It is understood that one blow from a real expert could mean death. It is clear that those who misuse what they have learned bring dishonor upon themselves. He promoted the character trait of personal conviction. In "time of grave public crisis, one must have the courage ... to face a million and one opponents." He taught that indecisiveness is a weakness.

Here is another short article from famous firearms instructor Gabe Suarez on “The Value of Kata”

“There are guys that will roll their eyes and mumble about "dead patterns" when someone brings up Kata, as if they sprang from their mother's nether regions with a full and complete understanding of all things martial. Just as successful point shooting (real world close range handgun killing) comes from a thorough education in the use of the sights and accurate shooting, so does mindlessness, comes from mindfulness, and patternless movement - you guessed right - comes from patterns and paradigms of movement and Kata provide that. I suppose I could go into a long dissertation on that but I will not now. Maybe later. Definitely later. I will need to discuss this because modern people think everything that came before their own birth is irrelevant. In my early years I trained with guys that had killed more people than action heroes in the movies...and they studied Karate Katas.

My parent system is Kyokushin and that has its roots in Goju Ryu, so I tend to favor that type of movement pattern. I learned over fifty katas back in the day as I worked up to San Dan (3rd Level Black Belt) but abandoned the redundancies and kept the ones representative of the movement methods that suit me...about ten.

I use some that favor low stances and quick foot work, others that favor circular arm movements, and others that are quick and staccato in movement.

But I do them routinely, like I work dry-firing - the pistol kata - into my daily life. From mindfulness comes mindlessness...and from a study of patterns comes freedom from patterns. It is complicated to the Pokemon-chasing, instant gratification

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crowd, but quite clear to those who will pay attention.
I am sounding like a monk now.....”

Editors Note: Re-read the last paragraph. “From mindfulness comes mindlessness from a study of patterns comes freedom from patterns” - This is the key. Osu !



Zen Flower Arranging – Part of the Zen Training At The IKA Zen Workshop – Taught The Last Sunday of Every Month

ZEN CLASS AT IKA

With Soke’s endorsement, Sensei William Monterroso has been teaching a Zen workshop the last Sunday of the month. Students have been learning the fine points of Zen meditation, calligraphy, and flower arranging. Sensei Monterroso is teaching the Renzai Zen practice as taught by the Chozen-ji temple in Hawaii. This sect was founded and taught by martial arts instructors. It is the martial arts version of Zen practice perfectly suited for expanding martial artists training. True power of the martial arts comes not from the body but from the mind. The class is open to the public. No martial arts experience required. \$20 donation per class suggested.

IKA Calendar of Events

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

October 15, 2016 – Farmington, New Mexico - Kubotan with Kyoshi Kuratomi

November 5, 2016 - Monterrey, Mexico. Kubotan training with Soke Kubota

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

February 10-12, 2017 – Molinella, Italy – Seminars by Soke Kubota

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.

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

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 Paponian	5 th dan	Sensei
Sony Zivonovic	5 th dan	Sensei
Alfonso Espinosa	4 th dan	Shihan Dai
Judy Rao	3 rd dan	Sensei
Patrick Reddy	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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