

## **Announcing the “2015 KWF World Conference”**

### **New name emphasizes renewed commitment to KWF Core Principles**

To: All KWF Members

From: KWF HQ; KWF World Conference Committee

The Karatenomichi World Federation (KWF) is pleased to announce the “2015 KWF World Conference”, to be held in Chitose, Japan September 25-27, 2015. As KWF’s principal biennial event, the KWF World Conference from this year on will be known by this new name and as such aims to be an opportunity for all KWF Members to better understand both KWF’s Core Principles and unique approach to Traditional Japanese Karate.

Today, most “so-called Karate” has lost track of its origins, namely, “Bujutsu” (Martial Arts) and “Budo Seishin” (Martial Arts Spirit). Karate, sadly, has largely turned into a sports-like competition in which individuals purport to “fight to win points”. For further background, please see [www.kwfjapan.com](http://www.kwfjapan.com)

Indeed, perhaps even some KWF Members themselves have yet to fully appreciate the real differences between KWF “Bujutsu Karate” (Martial Arts Karate) and “so-called sports-type Karate”.

The idea behind changing the naming of the three day event from, simply, the “KWF World Cup” to, more broadly, the “KWF World Conference” is this: Karate does not simply end with a match. At its foundation, Karate is a place, a “Dojo” (Place of the Way), for individuals who share an interest in Traditional Japanese Karate to deepen both their understanding of “Karatedo” (The Way of Karate, or Karatenomichi) as well as their friendships with fellow practitioners. Sometimes seriously and sometimes casually, we at the 2015 KWF World Conference will come together to further our study of KWF’s Core Principles, including “Budo Seishin” (Martial Arts Spirit), and to strengthen our friendships.

As explained below, the first two days of the 2015 KWF World Conference will feature KWF Core Principle Technique Seminars where the focus will be on “KWF Bujutsu Karate Waza” (KWF Martial Art of Karate Techniques). On the third day, the 2015 KWF World Cup will take place, where the key factor determining success in all KWF Kata and KWF Kumite match-ups will be whether “KWF Bujutsu Karate Waza” have been properly utilized or not (on a non-contact basis). There is still time to prepare and to make further progress at the KWF Core Principle Technique Seminars.

## 2015 KWF World Conference Agenda

The 2015 KWF World Conference is comprised of three components:

- A) **KWF Core Principle Technique Seminars** will take place during the first two days of the 2015 KWF World Conference, and will cover KWF Marital Art Karate Techniques (“KWF Bujutsu Karate Waza”), KWF Judging Skills, and KWF Grading Evaluations
- B) On the third and final day, the **2015 KWF World Cup** for both “KWF Kata” (KWF Form) and “KWF Kumite” (KWF Sparring) will be held for both Individuals and for Teams.
- C) To take advantage of your visit to Japan, an optional 1-night/2-day **Japan Sightseeing Excursion** is planned following the 2015 KWF World Conference; additional fees will apply.

The 2015 KWF World Conference can be enjoyed by anyone, male or female, young or old, beginner or veteran, and friends and family members who might wish to come along to support KWF Members as well as to experience Japan and its vibrant culture. We very much look forward to welcoming a large number KWF Members, families, and friends to Japan.

## KWF Core Principles

### ***Rediscovering Traditional Japanese Karate via KWF Core Principles...***

*KWF represents a unique form of “Bujutsu Karate” (Martial Art of Karate). We do not slavishly adhere to old forms of Karate per se. Instead, KWF’s unique “Ichigeki, Hissatsu” (Single Overpowering Strike) “Bujutsu Karate” synthesizes Traditional Japanese Karate practices with modern concepts of physiology and psychology (on a non-contact basis).*

### ***Philosophy and Spirit***

Based on KWF’s Core Principles, Mikio Yahara, Akihito Isaka, and Malcolm Dorfman founded KWF in 2000. The quintessence of KWF Karate is profound, and as such is a lifelong undertaking -- never fully mastered, but instead always open to new discovery.

In “Bujutsu Karate”, via the concept of “Gishin Ichinyo” (Unity of Technique and Mind) we learn to train and discipline both our mental outlook and physical skills, knowing that if we fail to do so we would be left only with what we might call our instincts.

By perfecting our “Bujutsu Karate” skills, we come to understand how to

prevail and how to proceed on a calm and steady path. By making the Martial Art of Karate a lifelong undertaking, we come to realize that The Way of Karate can very positively enhance our journey through life.

### **“KWF Bujutsu Karate Waza” (KWF Martial Art of Karate Techniques)**

What are KWF Core Principles? First, to deliver a Single Overpowering Strike (“Ichigeki, Hissatsu”), the muscles and joints of the body must in a single instant become compressed to their very limits. Such stored power, or energy, is further optimized through the body's five-point kinetic chain of motion dynamics, next focused on a single target, and ultimately released at maximum intensity.

How is maximum power achieved? The KWF 3-Fold Method of Generating Maximum Power (“Tsuyoi Kyoku-Waza No San-Tenryoku-Ho”) is the key: Power of Hip-Rotation Compression (“Koshi No Hineri Ni Yoru Asshuku-Ryoku”); Joint Bending-Extension Power (“Kansetsu No Kusshin-Ryoku”); and Whole-Body Centrifugal Force (“Zenshin Kaiten Ni Yoru Enshinryoku Giho”).

Indeed, it is critical that we align a number of factors: Correct form; contraction and expansion of the human body's kinetic chain of dynamic motion and power; utilization of the body's center of gravity; adjustment of timing and distance; explosive release of energy as a Single Overpowering Strike (non-contact basis); and, a focused clarity of mind (known in Flow Psychology as “Being in the Zone”).

The 2015 KWF World Cup Kata and Kumite competition on the final day will be a forum in which we will resist the temptation to obsess over winning or losing and instead seek to properly apply KWF's “Ichigeki, Hissatsu” (Single Overpowering Strike) technique (non-contact basis) and “Budo Seishin” (Martial Arts Spirit).

### **2015 KWF World Cup Kumite and Kata Categories**

It is worth repeating that “KWF Bujutsu Karate” is a clear departure from “so-called competitive sports Karate”, which we believe has lost touch with Traditional Japanese Karate.

*Accordingly, starting with 2015 KWF World Conference, determination of outcomes in the 2015 KWF World Cup Kumite and Kata matches will be squarely based on whether KWF Core Principles of “KWF Bujutsu Karate Waza” (KWF Martial Art of Karate Techniques) have been correctly applied.*

### **KWF Core Principle Technique Seminars**



The KWF Core Principle Technique Seminars will be fully focused on preparing participants for the 2015 KWF World Cup Kata and Kumite matches scheduled on the third and final day of the 2015 KWF World Conference.

**KEY POINT:** *Again, it will be impossible to succeed in either the 2015 KWF World Cup Kata or Kumite competition by trying to showoff seemingly “cool” or “flashy” moves that ignore KWF Core Principles and therefore lack maximum power.*

In other words, the 2015 KWF Cup in Kumite is not a sporting event in which to rack up points. Instead, KWF Members must consistently demonstrate KWF Core Principles that by definition deliver maximum power.

The idea is the same in the 2015 KWF World Cup in Kata: The meaning of each Kata’s applications must be fully understood in their “real-life sparring context” -- including offensive or defensive technique, distance, timing, and power -- and demonstrated in accordance with KWF Core Principle Techniques.

### **KWF Judging Skills Seminar**

The 2015 KWF World Conference will feature both Individual Competition and Team Competition. Despite the fact that the number of matches will therefore be greater than 2013 KWF World Cup (Denmark), all matches will necessarily be completed within one day.

As there will be a substantial number of matches, time limits will be strictly enforced. By necessity, the role of the Chief Referee in providing overall direction of each match will be critical. Assistant Referees will be required to make accurate assessments and provide appropriate refereeing.

When it comes to judging KWF Bujutsu Karate competitions, it is firstly important that the KWF Judges are highly knowledgeable about KWF Kumite and Kata competition parameters. All KWF Judges are encouraged to hone their understanding of and skills in KWF Bujutsu Karate during the first two days of the 2015 KWF World Conference. Only when KWF Judges and KWF World Conference Participants have a common understanding of KWF Core Principles can KWF matches be properly judged.

**KWF Judging Skills Seminar Content:** The content of KWF Judging Skills Seminars will contain detailed instruction on the following points:

1. *Benchmarks for KWF Judging:* KWF Bujutsu Karate Techniques must be thoroughly understood. KWF Kumite and KWF Core Principle Techniques will be clearly demonstrated. Prior KWF Core Principle Techniques Seminar attendance is

required.

2. *Guidance on Refereeing*: Efficient direction of each competitive event will save time. As a point of reference, please take note of matches refereed by Yahara Sensei, Sensei Izaka, Sensei Dorfman, et al.
3. *KWF Karate Techniques*: Once point #1 has been understood, the emphasis will be on the ability to visually assess “Karate No Waza” (Karate Techniques) and to make correct and convincing judgements.
  - *Kumite*: We will exam attempted Karate Waza that may or may not be judged “Kime-Waza” (Soild KWF Technique). Referees must be able to visually discern the difference between “Ippon Waza” (Fully-fledged KWF Technique) and “Waza Ari” (Halfway KWF Technique).
  - *Kata*: We will review the difference between “Bujutsu Kata” (KWF Martial Arts Kata) and non-Bujutsu Kata (Kata that ignores the “real-life sparring context” of each move).
4. *Responsibilities of the Chief Referee*: Manages overall Kumite match process. Requires that participants spar efficiently. Efficiently and correctly makes determinations and judgements. Also, oversees the responsibilities of the Assistant Referee.
5. *Responsibilities of Assistant Referees*: Focuses full attention on the line of sight from one’s corner. Determines whether KWF Core Principle Techniques have been demonstrated.

### **KWF Core Principle Technique Seminars**

Day 1: Friday, September 25, 2015

#### **1st Session: KWF Kumite Seminar, 10:00-11:30am**

1. Differentiating between “Ippon Waza” (Fully-fledged KWF Technique) and “Waza-Ari” (Halfway KWF Technique) via actual KWF Kumite demonstration
2. Reviewing a range of “Ippon Waza” (Fully-fledged KWF Techniques) for offense and defense
3. Remediying KWF Member Kumite skills via “Kaeshite Kumite” (Alternating Sparring) with the goal of preparing for the KWF Kumite World Cup on third day

#### **2nd Session: KWF Kata Seminar, 11:45am-13:15pm**

All Kata must be performed as “Bujutsu Toshite No Jissen-Teki Kōbō” (Real-Life Martial Arts Offensive and Defensive Combat (or real-life sparring context)). If the items below,

which will be reviewed at the KWF Core Principle Techniques Seminar, are not evident in any Kata performed, points will be deducted from the performance.

- 1 *Correct Understanding of “Kata No Bunkai” (Application (Deconstruction) of Kata)*
- 2 *Basic Kata:* Explanation and demonstration of the key points (e.g., “real-life sparring context”) of fundamental KWF Kata Heian 1~ 5 Dan and Tekki Shodan
- 3 *KWF Core Principles:* Based on a correct understanding of the “real-life sparring context” of each KWF Kata, we will review KWF Core Principles in terms of how to optimize the body's five-point kinetic chain of motion dynamics, next focus on a single target, and finally release strike or block at maximum intensity.
- 4 *KWF Designated Kata:* Deconstruction (e.g., “real-life sparring context”) and demonstration of techniques in designated KWF Kata, namely, Bassaidai, Jion, Empi, and Kankudai

### **3rd Session: KWF Judging Skills Seminar, 14:00-15:40pm**

Here, we will focus on KWF Bujutsu Karate based on KWF Core Principle Technique Seminars, 1<sup>st</sup> and 2<sup>nd</sup> Sessions, and more fully understand how to differentiate among “Ippon Waza”, “Waza Ari”, and lack of “Karate No Waza”.

### **4<sup>th</sup> Session: KWF Judging Skill Seminar, 16:00-18:00pm**

Practice the skills required of Chief Referee and Assistant Referee; reconfirm skills necessary to manage matches; review obligations of Chief Referee and Assistant Referee.

### **# Special Session on Kata Applications: 16:00-17:30pm; Optional, extra fees apply**

*Limited to First 20 Participants Who Apply:* Based on the questions of participants, Chief Instructor Yahara will provide detailed guidance and demonstrations regarding key aspects Kata NOT demonstrated in the KWF Kata Seminar 2<sup>nd</sup> Session, e.g., Unsu, Gojushiho, Hangetsu, et al

Day 2: Saturday, September 26, 2015

### **5th Session: KWF Kata Seminar, 9:30-11:00am**

Additional guidance on KWF Kata demonstrated in KWF Kata Seminar, 2<sup>nd</sup> Session

### **KWF Leadership Lunch Meeting, 11:45am-12:50pm**



Members of the Supreme Master Committee, International Master Committee, Headquarters Instructors, Board Chairman, and other KWF leaders are cordially invited to exchange views over lunch. Other interested persons are welcome to attend on the sidelines and to bring their own refreshments.

**6<sup>th</sup> Session, KWF Kumite Seminar, 13:00-14:30pm**

Additional guidance on KWF Core Principle Techniques

**7<sup>th</sup> Session: KWF Judging Skill Seminar, 13:00-14:30pm**

Practical application and further refinement of knowledge gained in 3<sup>rd</sup> and 4<sup>th</sup> KWF Judging Skill Seminar Sessions.

**KWF Dan & Qualifications Committee, 15:00-18:00pm**

KWF Dan & Qualifications Committee

**KWF Welcoming Dinner, 18:30pm-20:30pm**

KWF Welcoming Dinner

Day 3: Sunday, September 27, 2015

**2015 KWF World Cup, 9:00am-18:00pm**

Individual Competition and Team Competition in KWF Kata and KWF Kumite

**KWF Waiver & Release**

While all forms of activity in KWF are conducted on a non-contact basis, in consideration of your application to participate in KWF related activities, the KWF Waiver stipulates the Terms and Conditions of your participation, including the fact that you voluntarily release, waive, and discharge KWF from any and all claims related to your participation in any KWF related activities organized by the Karatenomichi World Federation (KWF):<http://www.kwfjapan.com/pdf/Waiver-Kwfjapan-English.pdf>

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