

## The President has the word

Dear All,

For the first time as the new elected president of IMAF-Europe, I have the pleasure to introduce you the new issue of our newsletter. This edition is the last before the summer holidays take place and we would like to introduce several upcoming activities like the Taikai in Spain, the Osaka Cup in Germany and the int. IMAF Polish Championships to you.

Let us continue the progressive 30 year history of IMAF Europe in good standing and martial arts friendship.

The rules of the Samurai: Loyalty, Honor, Justice, Civility, Courage, Humanity and Sincerity are still the core standards in every Budoka's life, and IMAF-Europe was established more than 30 years ago to be the home for those, who live the way of Budo. Therefore I want to express my deep gratitude to all former daily board members and those who are responsible to see IMAF-Europe growing from day to day.

Regards,

Jens Fricke, President

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### DAILY BOARD – BOARD OF DIRECTORS

<b>President:</b>	<b>Jens Fricke</b>
<b>General Secretary:</b>	<b>Cees van der Wal</b>
<b>Treasurer:</b>	<b>Rolf Coolen</b>
<b>Vice-President:</b>	<b>Peter Rosendahl</b>
<b>Commissioner:</b>	<b>Frankie Lacroix</b>



## Important upcoming events

### Calendar

#### IMAF-GERMANY: OSAKA CUP 2013

2 June 2013; in Emden/ Germany

#### IMAF-SPAIN: TAIKAI 2013

14-16 June 2013; in Cala Montjoi/ Spain

#### IMAF-EUROPE EUROPEAN CHAMPIONSHIPS 2013

6-8 September 2013; in Karlstad/ Sweden

#### IMAF-EUROPE EUROPEAN CHAMPIONSHIPS 2013

19-20 October 2013; in Alba Iulia/ Romania

#### IMAF-BELGIUM INTERNATIONAL BUDO SEMINAR

17 November 2013; Hoboken/ Belgium

## THE BUILDING IMAF-EUROPE

*Friendship road 1983*

Looking at IMAF-Europe as a building, the foundation was laid down in 1978, but it took five years to finish the structure. For many years the building was left alone. It was good as it was, no changes were necessary. Fifteen years later, there were some cracks in the building, causing some of the first inhabitants to leave.

After the year 2000 the building needed expansion. New inhabitants had been knocking at the door. They brought many friends and their friends. The structure was still the same.

So many new inhabitants in the same old building, called for changes. But why change, when everything seemed to be alright?

Important decisions had to be made: shall we build an extension to the building? Or rebuild? Or do both. Some inhabitants decided to start reconstructions in small steps.

Since the last 2 years the building has been under construction and is now almost finished.

The building has now more and bigger windows. There is more light. A bright light shining in a new meeting room, where everybody can be heard.

The interior has been completely redecorated. Only the "old" outside remains, calling for another question. Shall we repaint the whole building, or just part of it?

Cees van der Wal  
Architect

## ANNUAL CONGRESS 2013:

After the Special Congress in Padova 3<sup>rd</sup> November 2011 the first changes were made visible. The works to make it all possible had been started by the Daily Board in 2003, and were subject of the meeting. At the next Annual Congress on 4<sup>th</sup> November 2012 the first important changes have been implemented. The Annual Congress of 27<sup>th</sup> April 2013 should have been the finish of the changes and also modifications. The question is: did we succeed? We, the Daily Board. We, the Congress.

### What have we done before the Congress?

IMAF-Europe is now a fully legal body with a solid Constitution, with Notary Act, well established Rules and Regulations, and a newly updated Official Handbook.

All our business, including the financial affairs (supported by a dedicated bank account on the name of IMAF-Europe) are now completely transparent. We now have a liability insurance for the members of the Daily Board. These matters were all not possible without having been registered as a full legal body.

### What have we done at the Congress?

The Congress of 2013 was the start of reevaluation of the democratic process. Reason why the Congress started with a Vote of Confidence, as a first step to move on to the path of democratic governing of the federation.

The Congress in full control of all businesses as it should be in any democratic organisation.

### Changes in the Daily Board:

Quite a few members of the Daily Board resigned for various reasons.

André Le Capitaine had already resigned as General Secretary in November 2011. He also announced his resignation as Treasurer after 2012. Before the following Congress Martin O'Malley had resigned as Commissioner, and at that Congress Mike Gingell resigned as Vice President. On January 1<sup>st</sup>, 2013 André Le Capitaine resigned as Treasurer.

We are grateful for the work they have done for IMAF-Europe.

Following the results of the Vote of Confidence new elections were ordered by the Congress.

The results of the elections are that Jens Fricke is the new President; Cees van der Wal remains in function as General Secretary; Peter Rosendahl is the new Vice President; Rolf Coolen is the new Treasurer and finally Frankie Lacroix is the new Commissioner.

The new Daily Board shall continue to follow the chosen path of complete transparency, good communication and equal changes and opportunities for all.

A logical step shall be the new approach to the organisation of the Congress: Technical Directors (TD) Meeting – Congress – Higher Dan Examinations, which are all belonging to the core business of IMAF-Europe.

On the Saturday of the weekend the Technical Directors meeting shall be held prior to the actual Congress, because the TD meeting as part of the Congress is responsible for all Budo & Martial Arts matters, and should only discuss and decide on those matters. They must also establish the necessary Examination Committees for the Higher Dan examinations (HDE), and so on.

During the TD meeting the Chairman should be the (Executive) Managing Director of the Technical Advice Committee.

The best time of the day would be around 16:00 hrs. The Congress could start shortly after the TD meeting around 18:00 hrs or earlier.

At the Congress only the representatives of the member-countries (President, General Secretary, or their replacements, and interpreters) are necessary.

Reason: to make a start with the separation of Budo/Martial Arts matters and administrative matters.

The Higher Dan examinations should be held on the next day, Sunday during the International Seminar. This must be real examinations, following a protocol in the spirit of Budo.

Reason: to revalue the HDE and therefore the value of the IMAF-Europe Dan diplomas and other official IMAF-Europe certificates.

Member Countries and candidates:

Of the utmost importance and very interesting at the same time is the intension of the French Regions to start co-operating more and more, which could eventually lead to a federation under one flag for France. André Le Capitaine will help them in this process.

New candidate member countries are interested in membership of IMAF-Europe:

Parties from Denmark, Croatia, and Montenegro have already showed their interest. Other possible parties may be from Kosovo, and Slovenia.

In the interest of transparency and democracy we shall carefully follow the steps of the protocol in our efforts the guide them in the process of becoming member of IMAF-Europe.

Our activities:

After the Congress all our efforts are now directed to other core activities of and for IMAF-Europe:

- The support of national activities, such as tournaments, training camps.
- The EOC 2013 to be held on 19<sup>th</sup>/20<sup>th</sup> October 2013 in Alba Iulia/ Romania.

And finally:

For the EOC 2014 there are two possible candidates: IMAF-Poland and IMAF-Bosnia & Herzegovina.

The Annual Congress 2014 shall be hosted by IMAF-the Netherlands, during this event we shall also celebrate the 30<sup>th</sup> Anniversary of IMAF-Europe.

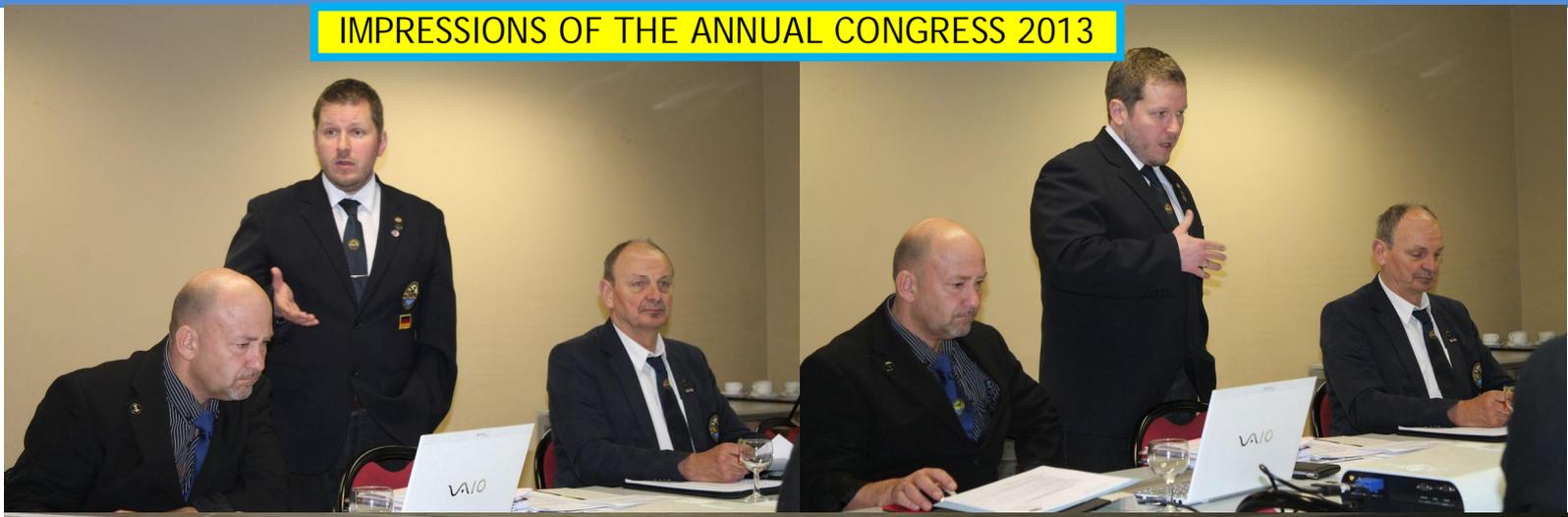
With great respect,

The Daily Board of IMAF-Europe



Introducing the new President of IMAF-Europe: Jens Fricke

IMPRESSIONS OF THE ANNUAL CONGRESS 2013



and Technical Directors Meeting

## Nihon Taiho-Jutsu Seminar in Germany

Martial arts club BSG Dörpen hosted a seminar in Nihon Taiho-Jutsu with specialist Jens Fricke. It was a one-day-workshop to introduce the self defense system created to support the Japanese Police.

Nihon Taiho-Jutsu originally was created around 1947 to fit the needs of police and correction officers in Japan after first introduction by a commission of Karate and Jujutsu experts as single techniques in 1924. Nihon Taiho-Jutsu fast developed into a structured system in the late forties and was included into the education process of Japanese police.

Even after World War II and the prohibition to carry weapons, Taiho-Jutsu was allowed as a way of "using force" for the government authorities to arrest and control a criminal subject.

The system is divided into the following subdivisions :

- |                    |                 |
|--------------------|-----------------|
| - Tachi Waza       | - Shime Waza    |
| - Tai Sabaki Waza  | - Osae Waza     |
| - Uchi Waza        | - Taiho Waza    |
| - Tsuki Waza Bogyo | - Senjutsu Waza |
| - Keri Waza        | - Nage Waza     |
| - Uke Waza         | - Fusegi Waza   |
| - Atemi Waza       | - Kaeshi Waza   |
| - Kansetsu Waza    | - Furimi Waza   |
| - Gyaku Waza       | - Keibo Waza    |



## Seminar with Master Toshihiro Oshiro, 9<sup>th</sup> Dan in Germany

The seminar, organized by Karate club Ascania of Ralf Smolin, attracted nearly 150 participants from five countries. President Jens and Vicky Fricke also joined this special seminar.

Master Toshihiro Oshiro from Japan gave a two-day training with sessions in the old techniques of Okinawa Karate and Kobudo.

Shihan Toshihiro Oshiro, started his training in Karate at the age of 6 years. After more than forty years he has now high degrees in Kobudo, Judo and Kendo, and is holder of the 9<sup>th</sup> Dan in Karate.

He moved to the USA in 1979, after he had resigned from active duty from the police in Okinawa/Japan. Since then he teaches Karate and Kobudo in his Dojo in San Mateo.

As Chief Instructor of the Ryukyu Bujutsu Kenkyu Doyukai (RBKD) in the USA he is the leading expert in weapons of Okinawa martial arts in the USA. The RBKD is an organisation dedicated to the research and development for Okinawa martial arts.



### IMAF-SWEDEN MEETS BOSNIA & HERZEGOVINA

Team IMAF-Sweden with the Mayor of Brcko in Bosnia, 7<sup>th</sup> March



### II Spring Martial Arts Spring Seminar

On 1st - 3rd May 2013 in Wiktorowo (PL) the II Martial Arts Spring Seminar was held, organized by IMAF Poland. This event brought together almost 130 martial artists from Poland, Germany and Ukraine, who spent their time on Karate, Ju Jitsu, BJJ, Sport Kenjutsu and kickboxing trainings, sport Kenjutsu mini-tournament and other forms of active recreation. Trainings were led by well-known polish martial arts masters and our special guest: IMAFE President Shihan Jens Fricke, who was also IMAFE Supervisor during our annual Karate and Ju Jitsu Dan exams.

*Photos by J. Roskosch / Osaka Sport Center Emden*





PREPARING FOR THE UPCOMING  
EOC 2013:

Referee Course by IMAF-Romania,  
March 2013.



## MAIN ARTICLE

### Excerpt from *Clearing Away Clouds*

By **Stephen Fabian**

*Clearing Away Clouds: Nine Lessons for Life from the Martial Arts* (Weatherhill), ISBN 0-8348-0468-9, \$14.95, soft cover, 159 pages, by Stephen Fabian

**W**arriors learn military science accurately and go on to practice the techniques of martial arts diligently. The way that is practiced by warriors is not obscure in the least. Without any confusion in mind, without slacking off at any time, polishing the mind and attention, sharpening the eye that observes and the eye that sees, one should know real emptiness as the state where there is no obscurity and the clouds of confusion have cleared away.

### Miyamoto Musashi: *The Book of Five Rings*

To be able to live and function without confusion--how appealing in this fast-paced modern world, with its plethora of ethical dilemmas, overwhelming flow of new information, and emphasis on individual choice and satisfaction. In such a world, dare we hope to possess the clarity of vision and purpose that would allow us to tread confidently and securely? Is such a life really possible? How can it be achieved?

Miyamoto Musashi (1584-1645), author of the above quote and Japan's most famous master swordsman, knew such clarity of mind, and applied it successfully during a life of combative self-exploration, artistic expression, and training in his chosen vocation, which he called "the way of strategy." Musashi lived through the end of a turbulent feudal epoch marked by incessant warfare and into the early and restless years of a relatively peaceful period established by the Tokugawa *shogun*, or chief military leaders, that was to last over two centuries. For the *bushi*, or *samurai* warriors, like Musashi, it was a time of challenges, requiring a shift from the combat duties of obligatory feudal service to the administration of peace.

Although verifiable historical details on Musashi are fragmentary, he is known as *Kensei*, or Sword Saint, in Japan, having survived by his own account over sixty *shinken shobu*, duels to the death, and creating his famous two-sword fighting style, Niten Ichi Ryu. Martial artist extraordinaire, Musashi also trained himself in such creative and peaceful arts as painting, sculpture, and calligraphy, producing masterpieces of international renown. As warrior, artist, and author,

Musashi led a life of rarely equalled intensity and talent, a life in which mastery-- of the arts as well as the self--was actualized through a profound clarity of mind, one from which all obscuring clouds had been cleared away.

If deftly manipulating the tea-server's whisk, the calligrapher's brush, or the warrior's sword can all lead to and exemplify mastery, then, with due regard to the considerable differences in tool and techniques, there must be some essential characteristics shared by these arts. By looking beyond or beneath specific styles, we should be able to discern some shared, underlying principles, and the essence of what has come to be translated as the "Way." This is a concept that harkens from the ancient Chinese philosophy of Taoism and its early and most famous expression in Lao Tzu's *Tao Te Ching*. The term *tao* (in Chinese pronounced as the "Dow" of Dow-Jones) and *do* (in Japanese pronounced like "dough") are written with the Chinese ideogram for "road." Appending this term to refer to specific arts, such as *sado*, the "way of tea," or *budo*, "martial way," indicates that they are as well paths for the development of the self toward a state of pure, unfeigned, and naturally harmonious existence. They are means to attain mastery, a Way.

True mastery either of ourselves or any artistic pursuit comparable to the level attained by Musashi may not be within the grasp of us all. But how can we know until we try, and wouldn't we all be better for the effort? Knowing the principles on which the ways of mastery are based could help us see the Way more clearly. From my own experience of over twenty years following the martial path, and with the help of teachers, those senior to me, *senpai*, and students whom I have known personally or whose work I have read, comes this presentation of principles of the Way, a logical progression that can guide one along the road to martial and self-mastery. I consider them, as the subtitle of this book suggests, *Nine Lessons for Life from the Martial Arts*. Briefly, they are:

1. Embrace your way
2. Accept responsibility for your actions
3. Control the breath
4. Focus
5. Develop self-discipline
6. Train hard, seeking aesthetic refinement
7. Be patient and flow
8. Persevere
9. Cultivate the mind of no-mind

I am convinced that all seekers of mastery eventually discover these same principles, learn these same lessons. The order in which I list and describe them is as much an organizational device as it is a record of personal experience. Once you have embraced your Way, all of these lessons will be active and interactive throughout your quest for mastery;

how and when you become aware of their relevance to your progress may differ in order and intensity. It is also quite feasible to achieve mastery with no conscious awareness of these principles at all, just as we can breathe fresh air without knowing its chemical properties or understanding the mechanics of breathing.

Mastery Of and Through the Martial Arts  
Surviving a battle depends upon maintaining a state of mind unaffected by external factors or internal weakness; thus the connection between self-mastery and martial prowess is an old, strong and logical one.

A sincere study of a traditional East Asian martial system under enlightened guidance has much to offer. Just as Musashi emphasized in his own life and in his treatise on the Way of martial strategy, there are few undertakings that can compare favourably with what a properly conducted martial system has to offer you for personal development.

Although it may seem contradictory that arts or skills designed for killing can be used for self-improvement, the seeming paradox is resolved via the Eastern experience of recognizing and using the weapons and ways of destruction--the life-taking sword--to be the fundamental tools and means of perfecting valued human qualities--the life-giving sword. This has been possible particularly in the East, where the doctrines of Confucianism, Taoism, and Buddhism (and in Japan, Shinto) all place emphasis on positive personal development only within broader contexts of human society and the natural order of the cosmos.

Exactly when martial disciplines began to incorporate these more developmental, philosophical aspects is beyond the scope of this book. Certainly the contributions of Zen Buddhism, particularly to the Way of the Warrior in Japan, are especially noteworthy in this regard; both Zen and feudal militarism gained prominence in Japan at about the same time (ca. AD 1200). As D.T. Suzuki details in his essay on "Zen and the Samurai" in *Zen and Japanese Culture*, there are sound, natural reasons for this affiliation. Zen appealed morally and philosophically to the samurai because it "teaches us not to look backward once the course is decided upon, [and] because it treats life and death indifferently." The fact that Zen relies upon and develops intuition over intellection would also be attractive to warriors for whom active thought during the heat of combat actually may be life-threatening. In addition, Suzuki contends that "Zen discipline is simple, direct, self-reliant, self-denying," ascetic traits that go well with the "fighting spirit." Such emphases from Zen, when added to the normal regimen of warrior training, produced fighters of superior quality.

This blend of warrior training with Zen guidance makes for a particularly effective path for achieving the personal growth and self-control that can lead one to mastery. The combination of intensive physical training, self-discipline, and overall mind-body control garnered via proper martial training is difficult to equal in any other single Way. The martial arts, when learned and practiced effectively and with the correct frame of mind, offer uniquely rich possibilities for mastery of technique, form, and self.

But beware the Warrior's Way. For many, the image conjured up by reference to "martial artists" is that of domineering ruffians, little more than disciplined bullies. It is the image of the Cobra Kai instructor from the *Karate Kid* films; the evil overlord against whom Bruce Lee is pitted in his famous *Enter the Dragon*; the vile villains against whom Chuck Norris so frequently battles. Even in Japan, where the combination of Zen and martial training have blossomed magnificently from their fecund cross-fertilization, the excesses of the Japanese military during its years of Asian-Pacific expansion have strongly tainted perceptions of the positive personal development possible through martial pursuits.

Admittedly, the same path that offers so much promise in the Way of self-mastery and enlightenment also offers the possibility of progress along the paths of self-aggrandizement, conceit, and egotism. On these paths, new and refined fighting abilities are used to promote personal agenda without regard for the impact this will have on others; power is cultivated for power's sake and "might makes right" is justified, if even considered, by a kind of Social Darwinism. Power itself can have a corrupting influence, so we should not be surprised to see the all-too-human failings of greed, lust, and selfishness in a martial artist, although it is always disappointing.

Unfortunately, a self-serving attitude can be implicitly encouraged by otherwise talented and well-meaning instructors. A friend of mine who attended a major martial arts competition with hundreds in attendance tells that during the proceedings the master of ceremonies was calling for a certain Master So-And-So to come forth. The announcement was repeated without response. Finally, a black-belted student disengaged himself from the rest of the crowd and spoke briefly with the emcee. The next announcement was slightly altered: "Will Grandmaster So-And-So please come forward." Sure enough, this corrected paging did get a response. I am not suggesting we should ignore the appropriate use of titles, but the example set by this instructor is one that likely will encourage student vanity. The instructor could have come forward and humbly corrected the misspoken title, which would have sent a clear message without appearing so insufferably egotistical.

Because martial training improves our physical abilities and therefore supplies the impetus for feeling good about ourselves, self-confidence will normally develop as well, especially enhanced by a feeling, whether warranted or not, of being able to "take care of" ourselves. Hence the appeal of the martial arts as programs for children, to inculcate such valuable traits as positive self image and belief in themselves, as well as self-defence skills. But if not properly balanced by the enhancement of their humility, respect, etiquette, and feelings of obligation to others, this confidence and positive self-image can easily turn into conceit and domineering machismo. Such development is antithetical to true mastery of self and the finer qualities associated with those sincerely treading the Way.

#### Alternatives to Martial Training

Although training in martial disciplines offers invaluable opportunities for progress toward self-mastery and is the main subject of this book, personal growth and mastery is also achievable through many other endeavours. Noted in this regard are Japanese cultural arts such as *shodo*, or calligraphy, *chado (sado)*, or the tea ceremony, and *ikebana* or *kado*, the artful arrangement of flowers. Powerful examples of such mastery in a broad array of traditional Japanese arts are presented in a documentary made by the National Geographic Society in 1980, *Living Treasures of Japan*, which profiles a number of Japanese men and women who have been officially designated by the government as "Living National Treasures." These masters demonstrate that virtually any traditional artistic or craft activity, from paper-making to theatre, can provide a context for pursuing mastery. The master *bunraku* puppeteer Yoshida Tomao seems to speak for them all when he describes his work as the "artistry of revealing *hara* [physically located in the lower abdomen just below the navel], the inner centre of emotion and spirit." Having been a puppeteer for about fifty years at the time the film was made, his formula for mastery was clear and simple: "From the day I started until today, every day has been training, discipline, and learning. And it will be study and practice until the day I die."

Through intensive training, self-discipline, and the other steps presented in the nine lessons here, these artists have mastered their Ways and themselves. By so deeply involving their own inner beings in their art, they are able to poignantly touch the souls of others viewing or using their work. Hands, hearts, and minds have melded with the materials and actions with which they work daily to create true beauty, a beauty that also pervades their own being

Developing the self via artistic expression with Zen precepts is a fundamental and well-known path to self-mastery.

But the Way to self-mastery does not require that a person be steeped in Oriental wisdom or Zen training. Other cultures around the world, Western and Eastern, have their own recognized and recognizable masters, men and women whose skill in specific activities is obvious and undeniable, as is their unflappable calm. Such individuals seem invariably to manifest an uncommon depth and strength of character: their power and talent is not only physical, but comes as a result of the coordination and effort of their total being in their chosen endeavour.

At times the specific activity, the Way leading to mastery, seems unlikely. Although some would see the competitive sport known as "bodybuilding" as an activity dominated by muscle-bound and narcissistic jocks, it is also an art form in which the human body becomes a medium for sculpting, an undertaking that requires tremendous discipline, perseverance, and motivation. Arnold Schwarzenegger, perhaps the world's most famous bodybuilder, has this to say in his autobiography *Arnold: The Education of a Bodybuilder*: "I think the most important things I developed through bodybuilding were my personality, confidence, and character." His road to fame (and fortune) was paved from the materials he used in his daily training regimen: "I taught myself discipline, the strictest kind of discipline. . . I could apply that discipline to everyday life." A seven-time winner of professional bodybuilding's most prestigious award, Mr. Olympia, Schwarzenegger also has been the number one international box office attraction, has served as the Chairman of the President's Council on Physical Fitness, and promotes the healthy development of inner city youth and the handicapped through various athletic programs he organizes and supports. For these successes he credits more his brain than his brawn: "You must consider that in the beginning you are training the mind as well as the body . . . The mind is incredible. Once you've gained mastery over it, channelling its powers positively for your purposes, you can do anything." Clearly, in mastering control over matter--whether clay, the implements of tea, flowers, or physical movements such as kicks and punches--mastery also can come over mind, heart and spirit. Ultimately, this is the Way of Mastery: the enduring process of discovery and knowledge, applied in the forging of stronger and better technique, form and self.

### The Sword and Pen are One

While the martial arts offer a particularly effective option for mastery, and while mastery is also achievable in other serious, artistic endeavours, fullest personal development is perhaps best achieved by some combination of the two. In Japan there is an expression: *Bunbu ryodo* (sometimes *Bunbu ryoho* or *Bunbu ichi*), which essentially means, "Cultural and martial [development] are both one Way," or more figuratively, "The sword and pen are one."

Musashi echoes this expression early in his *Book of Five Rings*: "First of all, the way of warriors means familiarity with both cultural and martial arts." And Nitobe Inazo, in his work *Bushido*, tells us that part of the standard curriculum of the bushi, besides such martial disciplines as horsemanship, fencing, archery, *jujutsu*, and spearmanship, was the study of calligraphy, ethics, and literature. As Musashi himself discovered, to develop as a total human being, martial valour and ferocity needs tempering with the sensitivity and softness more frequently associated with non-martial, creative arts. Conversely, the strength of spirit cultivated in the fighting arts can supply the boldness and dynamism that can bring vivid life to any art. This is the manifestation of the essential unity of the timeless dualities of *yin* and *yang*, neither of which is complete without the other.

My wish is that through reading this book, seekers of mastery should be able to apply its nine lessons to virtually any endeavour to which they seriously dedicate themselves. Once developed, the new knowledge, skills, awareness, and control that accompany sincere efforts at mastery can be applied to other dimensions of life. This effort to help seekers clear away clouds of confusion is my main purpose in writing this book. I also hope it will motivate and inspire, as other autobiographical works written by travellers of the martial Way have motivated and inspired me, works like Funakoshi Gichin's *Karate-Do: My Way of Life*, C.W. Nicol's *Moving Zen*, and Dave Lowry's *Autumn Lightning*. Such works are too few, and so I humbly offer this book as a similar contribution, however unworthy, to the field.

I am also moved to share these lessons as part of the obligation and indebtedness I feel to the teachers, beginning with my parents, I have had along the Way. Knowing that there is no way to adequately repay what I have been given, I hope that writing this can serve at least in part as an expression of my gratitude to them for their teachings and other kindnesses, and a sharing of their wisdom with more people than they can personally reach. For as I hope to make clear by the end of the work, helping each other, acknowledging and acting on our social responsibilities, is really at the core of why we should bother at all about mastery. All of the effort we put into our own personal development is worth nothing if it isn't somehow put to use to benefit others.

*Clearing Away Clouds: Nine Lessons for Life from the Martial Arts* (Weatherhill), ISBN 0-8348-0468-9, \$14.95, soft cover, 159 pages, by Stephen Fabian

IMAF-SPAIN TAIKAI 2013  
Cala Montjoi

日本古  
武道武  
術



.....  
*Cala Montjoi (Roses)*  
*Dias: 14, 15, 16 de Junio*



NIHON JUJUTSU - AIKI JUJUTSU - KARATE - IAI JUTSU - TOYAMA RYU -  
AIKIDO - GSA - KOBUDO - GEKKEN - TAI CHI - ...

Info en: [dama@ctv.es](mailto:dama@ctv.es) / telef. 669557113





# Alba Iulia Romania

Sport Hall:  
1 December 1918 University  
Date: **19.10.2013** and  
**20.10.2013**

# IMAF-Europe European Open Championship 2013



Information and subscription:

**Sensei Danciu Dumitru, 7th Dan - President IMAF-FKNB RO**

e-mail: [midaba\\_gem@yahoo.com](mailto:midaba_gem@yahoo.com)

mobile: + 040 722 756 281, fax: + 40258/813358

**Sensei Simion Baluta, 6th Dan - Prime Vice President IMAF-FKNB RO**

e-mail: [balu\\_simi@yahoo.com](mailto:balu_simi@yahoo.com)

mobil: + 040 730 432 255, fax: + 40253/234491





**OTHER IMAF-SWEDEN ACTIVITIES**

At the Fighting Camp and the Team Challenge Competition between four clubs in central Sweden (all clubs are now official clubs in IMAF-Sweden).

Other successes were accomplished at the Swedish Sport Jujutsu National Tournament!

1 gold - 2 silver - 4 Bronze for the IMAF-Sweden team!



**KHARKIV 7<sup>th</sup> WORLD CHAMPIONSHIP KARATE – 12-14 APRIL 2013.**

At the 7<sup>th</sup> World Championship Karate of the military and Sports All-round Competition (MSAC, Kharkov/ Ukraine) Renshi Peter Kluß from IMAF-Germany was successful in a veteran’s category +50 to win the bronze medal.

At this WC 12 nations and more than 450 participants were present.

## Tournament in Calvia (Mallorca, Balearic Islands)

In April 13<sup>th</sup> it was held the 6<sup>th</sup> Shin Kai Bugei Jujutsu tournament in the Sports Center of Calvia (Mallorca) in benefit of APNAB and organized by Nihon Kobudo Bujutsu Baleares/Asociación Bushido Calvia (association of parents of autistic children in Balearic Islands)

In total 42 children and 25 adults participated In more than 50 Jujutsu combats and demonstrations of Japanese Martial Arts.

It was a wonderful day to have the opportunity to see different schools that can practice within Nihon Kobudo Bujutsu-IMAF Spain.

Sensei Daniel Torres, 4<sup>o</sup> Dan Iaido, started with Koryu Iaijutsu, with the assistance of Stefano Bianchi and José López. At the end all of them showed a demonstration of Iaijutsu. Next was the demonstration of Aikido by Sensei Esteban Bergara, 5<sup>th</sup> Dan and later followed the Jujutsu with Sensei Bernardo Suarez, 4<sup>th</sup> Dan Jujutsu with the assistance of Ricardo Suarez, 3<sup>rd</sup> Dan Jujutsu, Yolandade la Luz and Joan Canals 2<sup>nd</sup> Dan.



We had the honor and pleasure to count with the presence of Hanshi José Miranda giving an example of martial and humanity coming with his group from Figueres to help and cooperate with the event. Sensei Miranda, top exponent of Yoseikan-ha Aiki Jujutsu and 8<sup>th</sup> Dan Hanshi of Nihon Jujutsu left us all very impressed with his Aiki Jujutsu and we felt his full support in our activities in the Island. Great atmosphere in Nihon Kobudo Bujutsu-IMAF Spain!



## First Seminar of Toyama Ryu Battōjutsu in Balearic Islands

Great seminar in which de Study Group of Balearic Islands could learn and enjoy from Sensei Sergio Hernández who showed the great quality and effectiveness of Toyama Ryu.

The seminar started with an intense work of Taicho, Kamae, Kihon and the eight basic cuts from the school (Jodan, Chudan, Gedan, Hidari Kesa, Migi Kesa, Gyaku Kesa, Hidari Kesa-Gyaku Kesa and Suihei, with expert explanations of their adequate and correct realization, proceeding with learning through repetition of the eight kata in which Sensei exposed to the smallest detail of each kata.

The last two hour of the Seminar were devoted to Tameshigiri, where Sensei Sergio Hernández made a demonstration cutting with a high level of technique and perfection, with special emphasis in the importance of the 45° when cutting a target.





We all could practice Tameshigiri being an extraordinary and unforgettable experience for the group.

I want to thank Sergio Hernández Sensei the great effort and dedication in the manner he managed the seminar as well as the invaluable collaboration of the Nihon Kobudo Bujutsu-Balearic Islands making this seminar a big success.



IMAF-GERMANY: OSAKA CUP AND SAKURA CUP

The statistics: Emden/ Germany; Sunday 2<sup>nd</sup> June 2013; Two events, one location, more than 200 participants, from 4 different countries.

The secret of the success: the Jens Fricke paper system; secret time schedule; great atmosphere!

For some the German participants it was their last chance to qualify for the IMAF-Europe Championships in Romania.

Jens managed to install 4 Tatami on ground level for the Osaka Cup for Karate-Do and Sport Jujutsu.

The 1<sup>st</sup> floor was for the Jujutsu competition.

A small impression:



11:08

2/6/2013 13:31



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Martin Ingholt	6 Dan	JJIF Newaza
Nico Christoforidis	6 Dan	JJIF Fighting
Peter Rosendahl	6 Dan	Kyoshi Ju Jutsu/Karate
Henrik Hansson	6 Dan	Kyoshi Ju Jutsu/Karate
Jens Fricke	6 Dan	Kyoshi Karate Shotokan Karate
Rob Haans	5 Dan	JJIF Fighting
Emil Gustafsson	4 Dan	JJIF Newaza
Johan Ingholt	3 Dan	JJIF Fighting
Sadik Sadik	3 Dan	Shotokan Karate
Isabelle Sarfati	3 Dan	JJIF Duo
Sonny Sörqvist	2 Dan	Selfdefence
Mike Bengtsson	2 Dan	JJIF Fighting
Jonas Lund	1 Dan	JJIF Fighting

Changes can be in the Instructors lineup

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19-20 Oct.2013



We sincerely hope that for the next issue of your Newsletter more articles shall be brought to your editor.

Regards, Cees van der Wal

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 Willem Alexanderstraat 24  
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