

The President has the word

Dear Budoka, friends and supporters!

We wish you all a very warm welcome to enjoy the next publication of IMAF Europe's News Bulletin.

As where most publications are for commercial purposes, this one is not: this is a bulletin for You and by You.

We'll try our best to develop this bulletin into the most complete presentation of your Federation, IMAF Europe.

Therefore we also need your help.

All your input to make our bulletin of the most interest for everybody, is welcome.

And by this we mean technical leaflets, results of seminars and tournaments, history and daily news about your clubs, teachers and so on.

We'll do our best to become a bulletin of interest, something of value and to keep in your library.

There shall be included a so called "Open Forum" where our authors and others can go into discussion with each other.

We invite all of you to be part of your bulletin!

Sincerely Yours, Ossu,
ir Geoff M. Benoy m.o.s.
President of IMAF Europe

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Some considerations

Author Cees van der Wal

Teacher, a consideration

As a teacher you are, to my mind, busy with the conditioning of mind and body of your students.

You learn them strange postures and movements and also expect that they find it to be normal.

After all you've done it yourself, when you were a student.

Dealing with talent

Thesis: Talent should have the opportunity to grow, to develop.

In Shotokan Karate-Do it has long been the view that free fight was not allowed to be practiced if the pupil would be at least brown belt.

It was in the past even suggested that it took at

least a 3rd or even 4th Dan to have the knowledge and skills to go into battle and win.

Several trends in both Japan and abroad have added to the competitive element of Karate-Do.

Particularly from the Wado-Ryu (but not exclusively) is a true development to create the mutual match.

The JKA model also maintains the tradition of the "killing blow" (the first blow is half the battle) and in direct relationship to it the principle of Ippon Shobu Kumite (or the battle for that one point).

In Japan, the Americans as victors after the war had a significant impact, with their strong, almost overpowering urge to compete.

Sport Karate originated and grew as a sport and recreational use.

See Calendar important upcoming events on page 2

Children want to enter contests too quickly.

Should training be more focused on preparing for the competition?

*Is this not at the expense of the basics, base?
Is winning more important than development?*

The difference between standard and own style, another consideration

Much has been said about style, own style, I do it my style.....

Each style has its own standard or norm. The standard is the common thread throughout the training to black belt. For the Shotokan Karate-Do, the standard is more or less the JKA concept.

Over time, everyone develops their own style. what exactly is the difference between standard and own style?

The standard is your hold, your guide. Your own style is determined by your own abilities



First time Karate, strange moves, rare habits

Important upcoming events

Calendar

- IMAF-Sweden Fighting Training Camp
24-25 March, Köping, Sweden
- WOC 2012 IMAFE- CJJIF on 23 -24 March
in Kiev, Ukraine
Info: www.cjjif.org / www.combat-jujutsu.kiev.ua
- **IMAF-Europe HQ Switzerland**
Opening Seminar - Easter Seminar 6, 7, 8 April
in Piemont Casa Carina
info: www.imaf-switzerland.ch
- IMAF-Romania International Championships on
5 Mai 2012 in Alba Iulia, Romania.
- IMAF Polish Championship – 27th May 2012,
Krosno Odrzańskie, Poland
- **IMAF-Europe World Championships on 13 and
14 October 2012 in Antwerp, Belgium.**
- IMAF-Europe Annual Congress and International
Seminar on 3 and 4 November 2012 in
Papendal (near Arnhem), the Netherlands.

See also Page 4 and 8

If you cannot do your business as it should,
try to do it as it goes



IMAF Europe Tournament Advisory – Part III

By Geoff Benoy

Hereafter some further hints when planning to organize a Martial Arts Tournament.

Control Table

The control table is where the timer and reporter(s) are seated, the SHIAIJO Commissioner sits in front of this table without disturbing the view of the Control Table occupants- he also controls the times and the reporter(s). The Control Table has the following facilities and duties:

Facilities:

- Timer Clock and Alarm Bell. *This can be by computer as well.*
- Score Table. *This can be by computer as well.*
- List and diagram of the competitors and their rank in the tournament.
- Documents whereon to indicate the results of the match.

Duties:

- The Commissioner verifies the names of the fighters with those on the lists.
- The Chief Arbitrator verifies the uniform of the fighters prior to the match (groin cup, teeth protection, and so on).
- The match starts by the command of the Chief Arbitrator (SHOBU IPPON, SHOBU SANBON, ..)
- The match stops temporary by the command of the Chief Arbitrator when indicating the "T" Time sign to the Control Table.
- The match restarts by the command of the Chief Arbitrator (TZUZUKETE HAJIME).
- At 30 sec. of the end of the competition period, the Timer hits the bell or signal twice shortly and shouts "ATOSHI BARAKU".
- At the end of the competition period, the Timer hits the bell or signal once long and shouts "SOREMADE". The Chief Arbitrator then ends the match.
- The Commissioner verifies the results with the Reporter(s) and gives the results to the Chief Arbitrator.
- In case of disqualification (KIKEN-NI-YORI) the fighter shall be disqualified and banned from this Kumite part. In case of very hard



punishment, the fighter shall be banned from the Tournament.

- In case of very bad behaviour the fighter shall be banned from the Tournament. The Commissioner shall make a notice against that participant that could lead to expulsion of that participant for several months.

Ensho/ Match Extensions

The following information must help to calculate the total time a Kumite tournament would take:

- In case of a draw/ HIKI WAKE:

The first time a prolongation of 2 min. shall be announced by the call "ENSHO" and holding up two fingers by the Chef Arbitrator.

- In case of a second draw/ HIKI WAKE:

A final prolongation of 1 min. shall be granted by the Chief Arbitrator by announcing "SAKIDORI SHIAI" ('decisive fight) and holding up one finger. The first score wins the battle,

- In case of a draw/ HIKI WAKE again:

The Chief Arbitrator calls and shall ask the Referees to take a decision on the spot (no draw shall be accepted) and announce the decision.

Calculation of the Worst Case Design

How much time is needed to complete the Kumite tournament the organizing committee should take into account that:

- A match takes 2 min. The average time loss for line up, salute, interruptions (time break) is another 2 minutes.
- Average every 5 matches there is a full draw: 2 min. + 1 min. prolongations.
- Suppose Brazilian System were athletes are taken back to fight for 3rd and 4th place.

Continues on page 4

- In case of 100 participants, there would be 105 initial fights to get 1st and 2d place and there would be 20 participants that get back to fight for 3d and 4th place giving an extra 21 fights; totally 126 fights to be done.
- Taking in account 5 matches, this would take 4 matches at 2+2 min. and 1 match at 2+2+2+1 bringing the total to 25 min.
- 126 matches would then be about 625 min. or a total of 10,5 hours.
- In case of 100 participants, there would be 105 initial fights to get 1st and 2d place and there would be 20 participants that get back to fight for 3d and 4th place giving an extra 21 fights; totally 126 fights to be done.
- Taking in account 5 matches, this would take 4 matches at 2+2 min. and 1 match at 2+2+2+1 bringing the total to 25 min.
- 126 matches would then be about 625 min. or a total of 10,5 hours.
- It is obvious that this cannot be done on one SHIAJO.
- In case of 3 SHIAJO this series can be finished in 3,5 hours when 100 participants of one class.
- The amount of classes depend upon juniors and seniors females/ males, weight classes.

Next time Karate Team Kumite

**DEDICATE YOUR WEBSITE TO
IMAF-EUROPE!**

You can also help us by
dedicating your website
to IMAF-Europe

Improve your Public Relations

Advertise your activities on your website

Set links to the website of IMAF-Europe and of
other IMAF-Europe countries

Connect!

International Ryukyu Karate Research Society – Ireland
presents

Hanshi Patrick McCarthy 9th Dan, Master Class Kata Seminars



The themes of his 2012 seminar will be the functional application practices of Matsumura's Bassai, and its 2-person drills, which will be directly and immediately transferable to any style. Additionally, Hanshi McCarthy will also focus on stand-up, clinch-work and ground 'n pound... all from a "traditional basis" as it pertains to traditional karate.

**9th and 10th of June, 10-5 both days, Kingfisher Sports Centre, NUI, Galway.
Book and pay before 1st of May €50, before 1st of June €60, €70 after that, no on the day bookings.**

**All enquiries to info@irkrs-ireland.com
087-6616330, 086-6011763, 086-8764249**

TRAINING FOR ENDURANCE

In the comparison between Budo and boxing, the average Budoka has a substantial disadvantage compared to the conditional boxer. A firm Tai-so raises no real difference.

For a good condition a Budoka also will have to go running, jumping rope, etc. several times a week.

Because learning Budo skills and techniques is much more complex than boxing techniques, excessive physical exertion during exercise or lesson makes motoric learning difficult.

In other words, if you are too tired, your concentration drops, and you don't pay enough attention?

Makes sense?

GALA SOLIDARIA Artes Marciales Japonesas

On February 25th, the solidarity event "Gala Solidaria" was held in Almeria, Spain in favour of **ASPRODISA** (Association for Handicapped and Down's syndrome people).

The demonstration was conducted by Pedro Miranda Mateo Sensei, 4th Dan Nihon Jujutsu and Head of the Asociación Nihon Kobudo Bujutsu Región de Murcia.

In the morning was offered a seminar of Jujutsu and Women Self Defence and in the afternoon a large Budo demonstration with more than 100 participants.

We are very happy to say that the event was a complete success.



GALA SOLIDARIA

Artes Marciales Japonesas

日本柔術

Sensei
Pedro Miranda Mateo

C.NEGRO
4º DAN
NIHON
JUJUTSU

A favor de

ASPRODISA

Asociación Prodiscapitados Abderitanos

Mañana de actividades participativas:
11:00-12:00 Taller de iniciación Nihon Jujutsu
12:30-13:30 Taller de iniciación Defensa Personal Femenina
Tarde:
18:00-19:00 Exhibición de Artes Marciales Japonesas
Asociación Nihon Kobudo Bu Jutsu Región de Murcia

25 de febrero
Adra, Pabellón Municipal de Deportes




Yoseikan Ha Aikijujutsu International Seminar, Lisbon By Victor Herrero

Yoseikan Ha Aikijujutsu International Seminar held in Lisbon during the weekend of 25-26 February, organized by *Federação Portuguesa de Jujutsu e Disciplinas Associadas* and with the support of *Uniao Portuguesa de Budo - Academia de Budo - Instituto Jujutsu de Portugal*.

The seminar was conducted by José Miranda, Kyoshi 7th Dan Aikijujutsu/Hanshi 8th Dan Jujutsu.

Luis Fernando, Hanshi 8th Dan Jujutsu, was an excellent host of the event that had two parts. One on Saturday for the Aikijujutsu basis, and the technical program of Nihon Jujutsu on Sunday.

There was a magnificent atmosphere with plenty of attendants including many black belts and Sensei from other martial arts. To emphasize the human quality and the very special treatment one can feel when sharing knowledge with our Portuguese friends.

"A person who is truly humble will always have an inner calm"

Matsumura Sokon (1885)

The Kids Cup & Challenge Sweden / Germany

By Peter Rosendahl

During the weekend of 11-12 February the 10th IMAF Kids Cup, the Kumite Seminar of Peter Rosendahl and the first country challenge IMAF Germany vs. IMAF Sweden for Kids in Kata/Kumite/Ju-Jutsu was a great success for IMAF. The Kids Cup went on 12 February. More than 14 clubs joined the tournament with around 85 participants between 5-12 years from white to orange belts.

The whole event was organized and planned by Jens Fricke, and IMAF-Germany, with support from Peter Rosendahl. Shihan Rosendahl & Shihan Fricke got the idea let's make a nation challenge between the countries and make it little bit more special for the kids.

The competition was in Karate Kumite - Karate Kata - Sport Ju Jutsu for kids (Ju Jutsu mix)

everything went great the challenge went 1-1 in the karate Kumite (Sweden) & Kata (Germany), and in the Sport Ju Jutsu it was a tie, so everybody was a winner.

The parents from Sweden was very happy with everything. This was the first time we made a Bi-national challenge and the idea worked out great and we hope that we can make this with more countries in the future, because our kids are the future for IMAF-Europe.



IPPON SHOBU – SANBON SHOBU

What's in a name

Sometimes there is some confusion about the proper name of Shobu in traditional Karate-Do. The command at the beginning of a Karate match is "*Shobu Ippon.....Hajime*". However, the correct name of the system is Ippon Shobu (Sanbon Shobu) in competition for the 'traditional' Karateka.

The rules applied can be found in the books of JKA, ITKF, ISKI, and other organisations, that promote Traditional Karate-Do is true Karate. To emphasize the true character of Traditional Karate-Do, some even refer to this type of Karate as Karate-Do and call 'Sport' Karate just Karate).

The rules for Ippon Shobu (Sanbon Shobu) Competition are fixed.

The philosophy behind comes directly from the concept Ikken Hissatsu: "One blow, certain death".

Point Kumite is Kyogi (competition). You could speak of "Sport" Karate. WKF rules are applied. The WKF rules are constantly evolving⁽¹⁾, and most common used around the world.

Both types of competition are practised by 'traditional' Karate. As a matter of facts you can see from the way the 'traditional' Karateka moves in Shobu Ippon (Shobu Sanbon) Competition, that he or she is influenced by 'Sport' Karate.

However, to be successful in both 'Traditional' Ippon/Sanbon Shobu AND in Point Kumite, you must train for both types of competition. Training methods can differ in some respects.

⁽¹⁾Note:

The latest development is the "new" names given to the points:

YUKO= 1 point, WAZA-ARI= 2 points, IPPON= 3 points.

Also the ruling of the Shushin, who can no longer rule and overrule the observations of the Fukushin. Now the points are determined by the number of flags raised after a scoring technique has been observed. Two or more flags, same colour? Certain point!

"If you still don't know and understand what is meant by this saying...."

Watch the kids! (2012)

Conectando con la Tradición



All forms of IAI JUTSU, KOBUJUTSU, NIHON JU JUTSU, AIKI JUJUTSU than should be organized under this umbrella and other similar to this as well.

To look for an association with Japan (under Dai Nippon Butokukai) and other schools could be another step in this exciting development inside IMAF-Europe.

An important step would also be the creation of a global technical direction and look for a more uniform program between the several disciplines.

Mr. José Miranda believes this is the best formula for all these members of IMAF who don't participate to championships and give them the opportunity to come together for practice.

For promotion demonstrations of the traditional arts could become a fixed part of International Budo seminars of IMAF-Europe.

The IMAF-Europe Board of Directors fully agreed, as did the Congress on 4th November 2011 in Padova, Italy, where the proposal was accepted.

Does your country (IMAFE Branch) support traditional disciplines?

Let us know, get organized.

Proposal from IMAF-Spain, by José Miranda Hanshi:

Creation of a department within IMAFE named NIHON KOBUDO BU JUTSU. To connect with tradition. This should include all disciplines who don't hold championships and are of Japanese origin and only practice Koryu (Bu Jutsu) or from a recognised branch, called Gendai Budo.



Events:

- Kata, Weapon Kata, Synchron Kata,
- Ju Jitsu Team Kata,
- Ippon Kumite, Sanbon Kumite,
- Semi Contact Kickboxing,
- Fighting Ju Jitsu

The aim of the championships is to familiarize local community with martial arts, to popularize sports competition countrywide with the help of foreign guests, to select best Polish competitors at IMAF Poland in following events: Kata, Weapon Kata, Synchron Kata, Ju Jitsu Team Kata, Fighting Ju Jitsu, Ippon Kumite, Sanbon Kumite and Semi Contact, as well as to select

OTWARTE
MISTRZOSTWA POLSKI IMAF
W SZTUKACH WALKI





SATORI

KROSNO ODRZAŃSKIE
HALA SPORTOWO-WIDOWISKOWA
UL. PUŁASKIEGO 3

27 MAJA 2012
godz. 10.00

JU JITSU
KARATE
KOBUDO
KICKBOXING

ORGANIZATOR
 KS JJ SATORI
 KROSNO ODRZAŃSKIE

MISTRZ JU JITSU
MIROŚLAW GLĄZ
6 DAN

SPONSORZY

 LGD Zielone Światło

 B&F TRANS

HONOROWY PATRONAT

 BURMISTRZ
 KROSNA
 ODRZAŃSKIEGO

 STAROSTA
 KROŚNIENSKI

LETTER FROM MOSCOW

A very interesting letter was addressed to and received by our President Geoff Benoy, who was willing to share it with the IMAF-Europe community.

We believe that the contents of this letter are very appealing to all of us.

For reasons of privacy the names and name of the club have been changed

Sorry for my lethargic response. Since our seminar in Moscow I have been thinking about current situation in Moscow Budo Club and IMAF Russia. Now I am ready to share my thoughts with you. It's a pity I did not do it while you were in Moscow, but when I called Sensei X (four times) you either were asleep or had another plan.

Well, first of all I want to make it clear I will talk about Moscow Budo Club and my personal standpoint rather than about IMAF Russia as I am not involved into its activity enough to make any judgements.

In your newsletter you described martial artists as customers. I agree with you. Let's use business terminology and discuss external and internal focus of Moscow Budo Club, but it could have been any club anywhere.....

External:

To my knowledge there are *three major motivations* to be involved into martial arts.

1^o type: is solid desire to be a tough guy and a street fighter. Definitely such people have an intrinsic physiological phenotype. I call them Pit Bulls. They either never come into Martial Arts or chose something simple and brutal like boxing, Mixed Martial Arts, KUDO, etc. Their only goal is to fight, to kill or damage. They do not care about technical perfection nor any philosophy. Obviously, Moscow Budo is not able to fill their requirements. And that's all right.

2^o type: are absolutely crazy people seeking for esoteric knowledge, KI phenomena, trans, and religious ecstasy. Luckily Moscow Budo Club is not about that.

3^o type: is very important. They represent a majority of customers.

What are they looking for? They are looking for MARTIAL ART. MARTIAL means it is about fighting/self defence and should be related to real situations you can face in the street or in the pub. ART means it provides adherents with SKILLS allowing them overcome unskilled person even if he has advantage in size, weight, age, etc.

These customers seek for something which is middle of the road. They need a perfect combination of techniques, workout, oriental philosophy and fitness. Being treated properly they can be our disciples and thus be long term investment.

What should be taken into consideration is that fact Moscow is packed with Martial Arts schools. You can find whatever you want.

The problem is quality. Still there are a lot of fake masters. On the other hand nowadays everyone can access to information via Internet. And unlike in early 90's nowadays it is very important to be credible. Geoff, you are one of the most renowned, honoured and famous MA masters and teachers. We just can bow, and say "domo arigato gozaimas, Sensei", and believe me, we will be sincere. But when one of yours disciple claims he is 7th DAN Aiki Ju Jutsu and has been practising the art since 1971 as well as Wally Jay is one of his teachers...Come on! Tell it to Sweeney! All branches of Daito Ryu Ju Jutsu are well known now and accessible via Internet. Who is his teacher? Who gave him 1-2-3-4-5-6-7 Dan and when? What about Wally Jay? There is a listing of black belts on his website. Very easy to check...I participated in several seminars you conducted in Moscow, but it does not mean I am your student...I am a Sensei Y's student just because I have DAN from him, Budo pass from his organisation, pay annual fee, and personally recognized by him as his student. Believe me or not, these things really matter in Russia today...

The question is: can Moscow Budo Club and we meet customers' expectations? My answer is: unfortunately no, not today.

Internal:

We are looking for the same - for Martial Art. Martial Art in its full meaning. From ancient Japanese culture through modern applications and healing techniques. We are looking for something we can rely upon. We are looking for hobby, for knowledge, for skills, for protection, for fun, for experience, for new friends, for adventures, for journeys, for friendship, for interesting people, for sparring, for fights, for toughs, for wisdom, for.....

Look at Moscow Budo Club. What do we have? The great problem is the gap between children and old boys like Sensei X and me. We do not have youngsters - the most powerful and important breed. The result is lack of growth and development.

I must admit Sensei X is very good in doing business on children. But let's be honest with ourselves. Their parents force them to play karate assuming it is good for kids' health, they will be prevented from drugs and violent behaviour, and they might be able to build up self defence skills...sometimes parents look for tournaments...Do they think about Martial Arts as a lifelong attraction? No. Do they realize what it is really about? No. It is fashion and necessary attribute of well-being and prosperity. That's it. So can Moscow Budo Club fit the bill? My answer is: No, not today.

Couple of words about Sensei X. First of all, I would like to let you know he is a friend of mine, I respect him despite from time to time he becomes a troublemaker. He has managed to register Moscow Budo Club as an official non-governmental organisation and built up strong relations with schools in Moscow. It is a great milestone which cannot be underestimated.

Continues on page 9

Only his strong contribution makes this business on children possible. On the other hand, this focus on children affects other aspects. I am afraid, I doubt Sensei X can manage adult training process himself. The main obstacle is....his tender heart and some lack of self-discipline. It results in too relaxed atmosphere in the class and lose of control...On the other hand, I have never seen Sensei X teaching reality-based techniques many adults are starving for...

Geoff, I do not want to be disrespectful and destructive, but frankly speaking when we say "Shotokan Karate" in Russia, many people hear: useless dances on tatami performing by screaming teenagers. No need to discuss why. It is a fact. There is many things in background. I do think it is nothing wrong with Karate, but the modern interpretation is totally wrong. The question is: can Moscow Budo Club take up a challenge?

In my humble opinion, we need close supervision, clear goals and objectives, structured programme (both techniques and physical conditioning), more down-to-the-earth no-nonsense approach, more drift towards situational-based and reality-based training as well as self defence. We need to make kata the really powerful training instruments instead of useless dances. Russia remains to be quite unsafe and violent. Boxing is common, no one use Oi-Zuki in the street.

IMAF-Deutschland -Seminar 2012 in Bunde/ Germany on 11th March

*By Jens Fricke 6.Dan, Kyoshi
President IMAF Europe HQ - Branch Germany*

With over 100 participants, divided over three Tatami, where everybody had the opportunity to work on their techniques and tactics. This all in several systems and Ryu. They could choose between their own Martial Art, or go and taste something from another Martial Art.



From the personal perspective I am looking for new contacts with European Ju Jutsu masters. You know I have a Shodan degree from Sensei Y, Soke of Hakko Denshin Ryu, and I am also interested in modern Ju Jutsu, Judo, Iaido, Jodo and Filipino Martial Arts.

Hope my humble opinion will help.

Osu

We would like to open a discussion about this letter:

- *Do you recognize the type of customers?*
- *How is your club organized, instructors, their way of teaching?*
- *How is your club divided in age groups?*
- *Other aspects from this letter?*

The results of this discussion shall be published in the following issues of our Newsletter.

*How can you reach us: simply write your comments/opinion to: secretaris@imaf.nl
Also on facebook imafeuropepro.com*

There was much to choose from: Karate, Kobudo, Jiu-Jitsu, Brazilian Ju-Jutsu, Iai-Jutsu, Kickboxing, Taiho-Jutsu, Tai Chi Chuan, Qui Gong, Self-defence and Combat Stick Fight and as many as 16 instructors.

Special guest instructors were Renshi Mario and Silvia Röhl, from Berlin, who gave the participants an insight in the art of Okinawa Karate and Okinawa Kobudo .

The event was supported by the TV Bunde e.V.





Tameshi Wari, Fiction and Reality

Author: Geoff Benoy

Tameshi Wari, the art of breaking wood and stone with the hand, fist, elbow or the bare foot, is not a purpose of karate, but rather serves as a barometer of acquired strength and technique. It is useful for this purpose because in Kumite (sparring) you must never actually touch the opponent for fear of causing extreme physical injury.



Otoshi Empi Uchi performed by the author in 1982

Tameshi Wari allows the Karateka to expend total effort and energy on an inanimate object, and successful results are indicative of one who had mastered his art. Tameshi Wari requires exceptional balance, form, concentration of spirit, and calmness. It is a challenge to the ability of the Karateka and will test the limits of his strength; He must use all the power he possesses in order to succeed at each attempt. If there is any "secret" to breaking, it lies in the conditioning process. Conditioning is what allows you to strike powerfully

Source Lego breakfast on top of this page:
<http://www.taringa.net/posts/imagenes/5988191/Publicidad-ingeniosa.html>

without incurring injury. The goal is to break a target without breaking yourself upon it in the process. If you injure your hand every time you attempt a break, you are not going to be able to progress very far. Proper Tameshi Wari does not involve blocking out pain. If your hands are strong and your technique is good, there will be no pain because there is no injury. The conditioning required to break a concrete patio block can be accomplished in as little as three months with dedicated training. The complete process of conditioning can last a lifetime. The most obvious training device to prepare yourself is the daily use of the Makiwara. Myself I used to punch Gyaku Tsuki 100 times left and 100 times right at least three times a week!

Mathematical Explanation

Due to the fact that the force needed to break the target always shall be applied by a short heavy impact (shock), the target starts in principle to vibrate at a frequency depending of the mass and kind of material. If we reach the critical frequency, the target shall continue to vibrate with a minimum of added energy.

An example of this is why soldiers crossing a bridge on foot are never allowed to march in the same cadence; otherwise that bridge starts to wave harder and harder and at a certain moment even could collapse!

All it means is that energy needed to break the target shall be less by an applied sudden impact than when the target shall be pushed till break by pressure.

In other words it shall take only 1.6 Joule to break stone but 5.3 Joule to break wood.

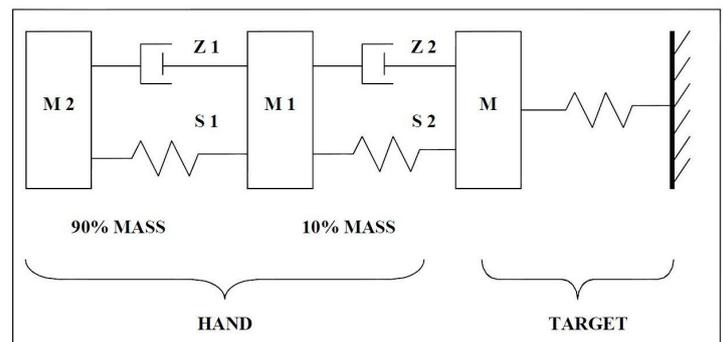
The acoustic model of a fist hitting a wooden board shows us more about the critical energy to break the target.

DIAGRAM 1

The continuation of the impact can be calculated by looking at the dynamic model of the hitting fist and the target to break.

The fist and forearm can be simply presented as one mass M_2 , whereas the bones and sinews are showed by a shock absorber Z_1 and a spring S_1 . Z_1 symbolises the absorbing of the impact by the skin and the cartilage, S_1 the compressing suppress of the whole.

The mass of the skin of the contact part we call M_1 , again with a combination of Z_2 and S_2 . The latter is very important to transfer the energy of the impact to the target.



This explains the importance of regular Makiwara training to harden the fists and hands (to lessen the shock absorbing Z_1)

Continues on page 11

and strengthen the wrist (to lessen the shock absorbing Z2); not that this really hardens the natural weapons but to learn to contract and compact them in order to cope with the heavy contact and to learn to hit fast and strong.

The absorbing and energy transfer also depends of the mass and density of the impacting surfaces.

Take, for example, two billiard balls: one shoots away with a certain speed and fully hits the other- the first shall stop at contact and the other shoots away with similar speed. Both have the same mass and texture.

Take now a glass marble and a much bigger steel ball, the glass marble shall bounce back.

Take a rubber ball of the same size shot to a similar but steel ball- the rubber ball shall bounce back, the steel one shall move little.

Conclusion: energy = deviation.

Because wood bends about 16 times more than stone before breaking, it's critical energy shall be much higher than stone.

It takes much more force to bend stone, but we found it takes 5 times the force to break stone compared to wood, but it takes only 1/3 of the energy to break wood.

Then why is wood much more easier to break? It sits in the example with the rubber ball.

Hit a brick with a trowel and it breaks without problem, hit the brick with a rubber mallet and nothing happens. The reason is that almost all energy is used to compress the elastic rubber of the mallet head (shock absorber Z2), the left over energy is not sufficient to reach the critical energy.

The same happens with our fist and hand. The critical energy of the impact equals the sum of the by the compressed fist or hand absorbed energy plus the critical energy to break the target.

With a wooden target the most of the energy shall go to the target, with a stone target to the deformation of the fist or hand.

In reality wood requires 5.4 Joule (practical even 12.3 Joule) and for stone 8.9 Joule (practical even 37.1 Joule). The critical power is 670 Newton (67 kg) for wood and 3.100 Newton (310 kg) for stone.

The following spread sheet shows the speed limits of various techniques, where energy peaks of 50- 100 Joule were reached, much more than the minimum requires for Tameshi Wari.

Stroboscopic Measurements of Peak Speeds

Technique	Peak Speed in km/h
Gyaku Tsuki	20- 35
Tettsui Uchi	36- 50
Shuto Uchi	36- 50
Mawashi Geri	34- 40
Ushiro Mawashi Geri	26- 36
Mae Geri	36- 52
Yoko Geri	36- 52

The above results were measured at the Brussels University and achieved by members of the Belgian National Team in 1980 of which the author was Captain.



With a hammer fist blow (Tettsui Uchi) speeds were achieved of 36 to 50 km/hour and the target was hit with the same force as 3.000 Newton (330 kg) by a fist that has an acceleration at that moment of 4 km/ s².

The fist or hand shall be compressed by the impact until we have an almost solid object, but the acceleration slows down till 3.5 km/s² during the 5 milliseconds taking impact, but enough for the target to break. The peak force is the mass of the fist or hand multiplied by her acceleration.

For a fist of 0,7 kg/ 15.5lbs the power shall be between 2.400 and 2.800 Newton, this is 400 times more than our gravity force.

The fist or hand shall need to reach a speed of 22 km/h to break wood and 30 km/h for stone. A speed of 22 km/h is within reach of a beginner but 30 km/h needs training.

Why are we not damaging our fist or hand when breaking stone?

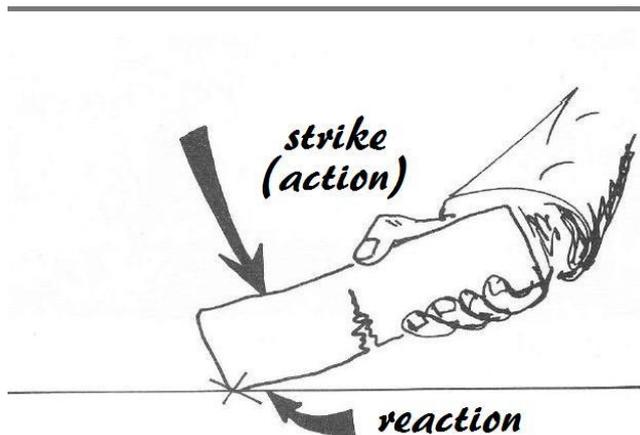
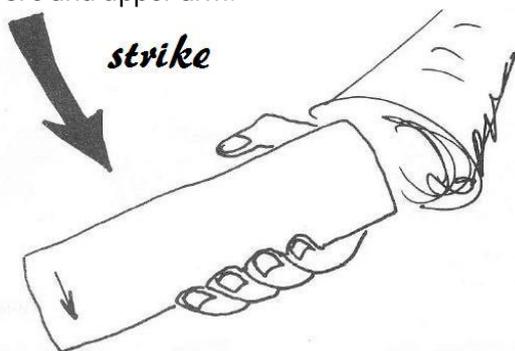
Part of the answer is that bone is far more strong and elastic than stone.

Indeed, the critical breaking factor of bone is 40 times higher than a regular brick for example. Would we have a bone brick, then we would need more than 25.000 Newton to break it. That is 8 times more than needed for stone. And a fist or hand can withstand reaction forces above 25.000 Newton because it doesn't consist of just one bone, but a complicated construction of elastically material and bones.

Another thing is that the fist or hand is not blocked at the extremities like a wooden board, neither hit in its centre. During the impact the hand bones shall displace themselves and transfer part of the stress to the muscles, other bones and the skin.

Part of the power shall be absorbed by the skin and the muscles between the bones and the impact surface. Another part of the impact shall be absorbed by other parts of the body (wrist, elbow, shoulder).

When applying a hammer fist punch (Tettsui Uchi), the 5th "metacarpal" (the bone at the bottom of the fist and one of the strongest in your hand) shall hit the target. That bone is protected by a muscle called "abductor digite minimi". During the firmly closing of the hand, this muscle shall contract and stiffen. The first protection against the impact is the skin, then this muscle. Both absorbed part of the shock. Also the tension of the fist, that causes the backward bending of the fist, absorbs part of the shock into the wrist. The rest of the energy due to the reaction of the impact shall go to the arm and be absorbed by muscles and tissue from the fore and upper arm.



In Tameshi Wari the position of foot, hand or whatever shall be of the highest importance, including the contracting to a compact mass of that used part of the body.

By this the power to cause a fracture in the natural weapon shall be much higher than the one required to break the target. For example, a well executed Yoko Geri shall withstand 2.000 times more power than a brick.

Tricks and Show

Many times in someone's career, we are looking at Tameshi ware demonstrations by people who do not keep in mind that all this is only a personal test without any realistic application.

Typical example is the breaking of multiple wooden boards, bricks, roof tiles, rocks, ice lumps and so on; very spectacular but what is the use.

If the target is composed of part very close in contact, then it is very difficult to obtain a successful breakage.

Therefore artificially small distances are created to facilitate the breakage.

One of the tricks is placing wooden spacers such as pencils between the layers. When the first block breaks, it takes away part of the impact power. Both halves of the block then bend down and cause a rotary moment. The resting linear moment of the punch and the rotary moment of the down moving halves of the first block hit the next block, usual with enough force to break this one as well and maybe the next one.

Would the blocks be in contact with each other, then the outcome would be completely different.

The peak power to break 4 separated blocks would be far less than 4 touching blocks since the result would almost be the same as a solid block of 4 times the thickness of one of the previous blocks!

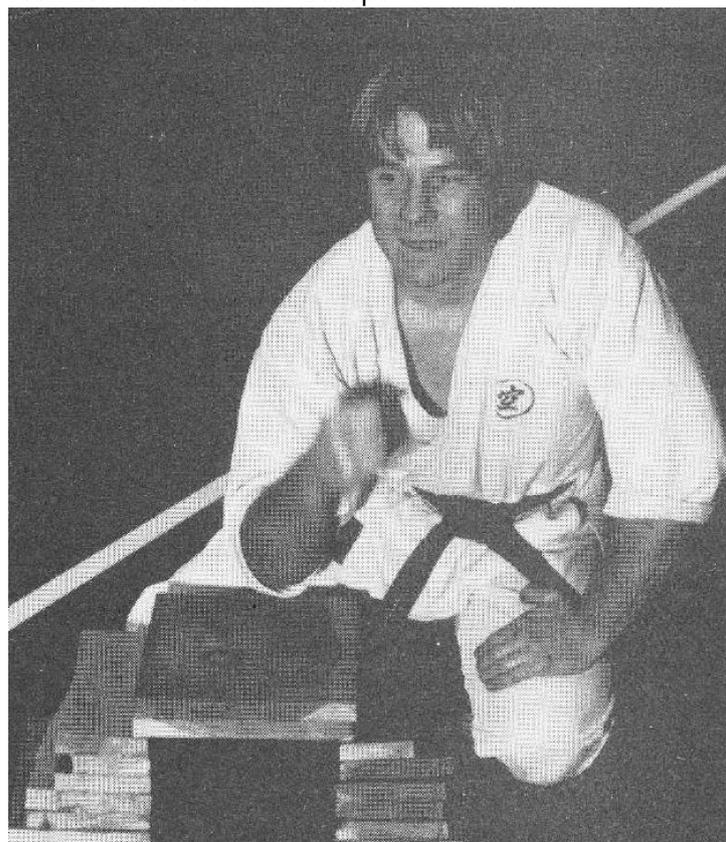
The application of rotary moment is also practised when holding the end of a brick in one hand and the other end above a solid surface but not touching it. During the impact that free end moves down, hits the solid surface and breaks by itself, the extra shock caused by the landing on the solid surface.

About wooden boards, these should follow the grain of the wood, if the grain follows the length of a board, it is almost impossible to break the board!

To terminate, I hope this article explains you something about Tameshi Wari and keep in mind Tameshi Wari is only a test without direct qualification of the value of a Karateka. As I can tell you, real battle is with moving targets of flesh and blood and with intelligence as yourself.

To best honest, in all my life I've never been attacked by a dangerous wooden board or a mad brick!

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Seminar of Aikijujutsu Yoseikan Ha and Nihon Jujutsu



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&
nihon jujutsu

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Plazas limitadas

The Aijujutsu and Nihon Jujutsu seminar was held in Jerez de la Frontera on March 3rd and 4th, conducted by José Miranda Mateo 8th Dan Hanshi Nihon Jujutsu and Aikijujutsu 7th Dan, assisted by Juan Antonio Salas, 6th Dan Renshi Nihon Jujutsu and 5th Dan Aikijujutsu. This is not the first seminar of this kind since in October 2008 was held a multidisciplinary course in Arcos de la Frontera.

The chosen place was the Musha Shugyo Dojo, where Juan Antonio Salas Sensei is presently teaching Aikijujutsu and Nihon Jujutsu. He is President of the Asociación Cultural Gaditana Nihon Budo and host of the event.

Attending practitioners included, Salas Sensei's students in Jerez de la Frontera and Arcos de la Frontera (where he is teaching too), Sensei and students from Las Palmas de Gran Canaria, Utrera, Cartagena and other villages from Cadiz province, consolidating an extraordinary martial group that could enjoy for two intensive days the high level course given by Miranda Sensei. Practitioners tried to assimilate all the knowledge that Miranda Sensei was spreading, as well as facing in first line the elegance, quality and tremendous effectiveness of every single technique shown.

Although there were all level practitioners, the course was mainly addressed to a group of Juan Antonio Salas 1st Kyu students, that were going to test their Shodan rank in Aikijujutsu, therefore the level of the seminar was high.

Miranda Sensei was mainly dedicated to the testing students, demanding them an additional effort that remain the whole training day. The group's effort and training level was simply excellent.

Regarding the 1st Kyu students going to test for Shodan, it's interesting to note Miranda Sensei's words "We have now six new great budoka that, from now on, they will start really knowing the secrets of this discipline. The students worked hardly over the six hours that last the continued evaluation, and at the end of the journey showed a technical demonstration of the program with the same intensity since the beginning of the seminar. It was a fantastic job, congratulations to all of them!"

Additionally to the technical issue, the group could enjoy over all the week end of an extraordinary atmosphere, living Budo at any time, and specially enjoying a fantastic gastronomy of the province and the very particular and unique sense of humor of Miranda Sensei.

On Sunday, although bodies felt very tired, everybody attended the seminar and Miranda Sensei, once again, provided a Nihon Jujutsu Master Class for more than three hours, realizing once again his program's effectiveness and forcefulness.

At the end of the course, although the very hard training sessions, happiness was evident in all students faces, satisfied for attending this course conducted by such a couple of great Sensei as José Miranda and Juan Antonio Salas. Thanks to both Sensei!

By: Asociación Cultural Gaditana Nihon Budo Cadiz



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