



WUKO - World Union of Karate Do Organizations

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世界空手道連合

Bulletin 08/2007

DEAR FRIENDS IN KARATE

From 26th - 28th February the WUKO Executive Committee consisting of President Mr Osvaldo Messias, Honorary President Mr Carlo Henke, Vice-Presidents Henrique Silva, Liviu Crisan, Angel Duato and the WUKO Treasurer held a meeting in Torrent, Spain to discuss various WUKO policies and to finalise the World Championships Seniors to be held in June in this city. The WUKO Executive were received by the Torrent Mayor, Mr Jose Bresó Olaso during which meeting WUKO paid goodwill tribute to the city organisation and hospitality for the support extended to WUKO. The WUKO Executive visited the sites where the various events connected to the World Championships are to take place and approved all of them. On the agenda discussed over the 3 days was the possibility of holding a European Championships for children and cadets in October at a location yet to be decided. The reason this matter was discussed was in reply to the request of a number of countries as without the Children & Cadet Championships there would be a period of 2 years without any WUKO event covering these categories. It was decided that in odd years that WUKO would hold the World Senior & Junior Championships in the month of June and that the European Championships for children & cadet would be held in October. In even years the European Juniors & Seniors Championships will take place in June and in October the Children's & Cadets World Championships will be held. With regard to the other continents; Asia, Pan America, Africa & Oceania should organise their championships the first semester in even years so as not to conflict with other WUKO events. Events staged Asia, Pan-America, Africa & Oceania must cover all categories from children to seniors and veterans. After long discussions it was decided that WUKO shall adopt in the World Championships to be held in Spain this year, a category of "Kumite Mixed Team for Seniors". This category is defined by 2 male contestants and 1 female contestant with reserve contestants of 1 male and 1 female. The rules will be the same as the normal Team Kumite. Also at the World Championships this year in Spain will be a demonstration of Kumite Team Rotation which is a modern system of kumite where 3 contestants change among themselves during a 6 minute fight. We will send all our members the rules for this category. In the finals of the World Championships in Spain this year and before the medal ceremony, the teams from Brazil and Romania will give demonstrations of this new system for the benefit of all WUKO members, if it is approved this category will be included in future events. WUKO is planning the modernisation of competition and carefully studying the way to attract more public attention and more sponsors for Karate events.



Meeting with Alcalde of Torrent

Osvaldo Messias de Oliveira - WUKO President

ABOUT US

It is more and more difficult and challenging to write articles on the WUKO. The development of our organization is so fast, that the risk is to fall in the rhetoric of clichés. The goal of the hundred member organizations was met without difficulties and turned into a well more ambitious engagement: to reach the hundred member nations by the end of 2008. The new WUKO is going to outweigh, on a medium-long time, the figures of the organization from which has taken its name - the glorious old WUKO, which predominated throughout the world of karate in the past years. The honours of these results are to be fairly divided among the pioneers who bring our organization into life, starting from the initial European and Pan American group, to the friends of Oceania, Africa and Asia, who have found in our friend Hanumantha Rao a precious leader: the Continental Championship held in Visakhapatnam with over 1500 competitors, was an extraordinary world event. Recently Terry Wingrove, 7th Dan, for years a leader of the technical body of the old WUKO, has joined the European group. A great instructor, but above all a great man. It is a great honour for me to work again with a technician who has written pages of the history of karate both in Asia and in Europe: Read in this bulletin the recently letter written by our friend Terry. See you in Valencia then, to live an exceptional **II World Championship** of the new WUKO era !



Carlo Henke
Honorary President

WHAT'S KARATE

Karate is a Japanese word meaning empty hand. It is basically a system of fighting against armed or unarmed opponents, in which the karate man uses nothing more than his own body parts.

Karate is the ultimate form of self-defense. The purpose of it however isn't aggression but to protect one self. It is a way of life; it is to aid its practitioners on their way through life, hence making him a better person. A superior personality, moral and physical improvement can be accomplished through the proper practice of karate. Due to the fact that this martial art has originated in China it was called "Chinese hand". Mr. Gichin Funakoshi founder of modern day karate changed the characters to meaning "Empty hand". However the meaning goes deeper than the dictionary sense of the word. Mr. Funakoshi chose the characters for it's meaning in Zen Buddhist philosophy, rendering oneself empty. In fact to its practitioners is a martial art. But more important than that it is a way of building character. **Karate basically can be broken down into 4 categories:**

1 Budo 2 - Self-defense, 3 - Physical education, 4 - Sport

Karate as Budo: To people who practice karate it is a form of martial art, but more importantly it is form of human development through which we can change our habits became more valuable to our community as well as to everyone we touch in our life. We will learn the meaning of the 5 important words with which finish every training session these are Character, Sincerity, Effort, Self-control, Courtesy. In order for us to be able to compete in these fast moving world of ours we must learn discipline we must learn patience and we must have the endurance which will help us go through and accomplish those heard chores that life puts front of us in our every day life.

Karate as Physical Education: Yoko-Tobi Geri - As a form of physical education karate is unparalleled. Almost any sport do to its nature will develop one part of the body or the other, this is not so in karate. Karate, because of the wide variety of techniques practiced involving all parts of the body, will develop a well-balanced and coordinated body.

Karate as Self-Defence: Almost every part of the body can be used in karate providing it is trained properly. For example the hand itself can be used ten different ways such as punching straightforward or in a circular manner, back fist strike using the back of the fist, hammer fist strike with the bottom part, knife hand block or strike using the knife-edge of the open hand. First three fingers drawn tightly together on the open hand can be used for spearing. Elbows and knees can be used very effectively for close in fighting. There are a number of kicking techniques in karate. Front kick and roundhouse kick, which are performed with the ball of the foot Side snapping or side thrust kick in which case the edge of the foot would be used. Unlike any other form of self-defense a karate man hardly ever comes in contact with his opponent until he is ready to deliver his punch, strike or kick. This of course gives him a definite advantage

Karate as Sport: Kumite - Karate, in addition to being a superb form of self-defense and exercise, is an exciting sport. Basically there are two types of events in a karate contest. Free-style fighting and kata. Free-style fighting resembles sparring in boxing, but unlike in boxing, attacks are stopped short of contact, this is to avoid obvious injury.

Kata - Kata is a formal exercise made up of karate techniques performed in set sequence. They consist of various type, hand foot and body shifting techniques. Katas based on imaginary opponents numbering from four to eight attacking from any direction. There are more than fifty katas. Some are relatively simple; others are quite complex and require high degree of skill. Katas by many is considered as the essence of karate.

By Leslie Safar - Hungary



Sensei Nakayama with Sensei

FEW SIMPLE PRINCIPLES TO BECOME A KUMITE CHAMPION



Drocsa Jozsef

KUMITE TRAINING PRINCIPLES - Every athlete would like to perform at the highest level and every coach would like to have several students with great results but many of them focus their training principles only on a few elements of a complete training and this is the reason why athletes reach a plateau very fast and most of them finish their career early with injuries.

It is very important to focus on every single element that should be a part of high level kumite training. These elements are:

sport specific warm-up - sport specific or functional flexibility - sport specific or functional conditioning - technical and tactical training - nutrition and recovery

Every element has several sub elements but I will try to present them briefly so you can have a good idea how to design a kumite training for competitions.

SPORT SPECIFIC WARM-UP - the role of warm-up is to prepare the body for a specific workout so it is important to focus on body parts and muscle groups involved in the workout: Never start

a warm-up with stretching exercises, here are the goals of warm-up, increase the core temperature of the body by a few degrees, increase blood flow in working muscles, improve muscular firing, increase oxygen flow through the muscular system

FUNCTIONAL FLEXIBILITY - first thing that many of you need to remember is that karate is not a stretching contest static and ballistic stretching are secondary in measuring flexibility goals, functional flexibility is the ability of a joint to move through a range of motion during a performance of a movement at normal or rapid speed how well you can perform your target movements and this should be the primary measure of flexibility goals, -every training program should include a once a week exclusive flexibility session.

SPORT SPECIFIC CONDITIONING - the focus of the sport specific conditioning is to develop the physical qualities of the athlete to excel in kumite, requirements of specific conditioning are muscular power, muscular strength, muscular balance, aerobic and anaerobic power, speed, agility and core conditioning, each and every element from the above list needs to be build in the kumite training to achieve a high performance.

TECHNICAL AND TACTICAL TRAINING - this element can be part of functional flexibility and conditioning but can be taken also as a separate detail and it should focus on drills that makes the athlete techniques perfect, tactical training prepares the athlete for any type of situation that can occur in kumite competition also makes the athlete ready to fight with all types aggressive, dynamic, static, countering, pressuring, waiting etc. of opponents, specific agility drills help to develop specific proper nutrition, recovery and supplementation are also important parts of a high level performance in martial arts, moves and foot work how to use the fighting surface, corners, side lines etc.

NUTRITION AND RECOVERY - every athlete should allow their body to gear up with the three important energy sources carbohydrates, proteins and fats, a balance of 40% carbohydrates 30% proteins 30% fats in every meal is needed for a optimum body function and fast post workout recovery, rest and sleep are also active parts of recovery and constant high level performance. This is a brief presentation of the principles around every training plan should be build so now just start reviewing your plan and reorganize it if you need it.

By Drocsa Jozsef - Coach of Romanian Team

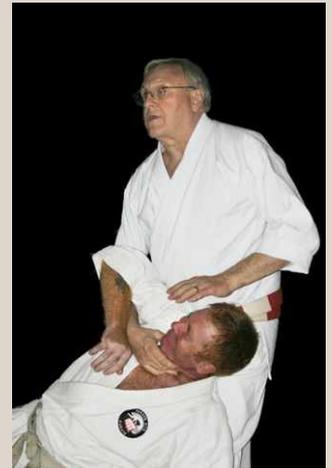
KARATE DO INTERNATIONAL JOINS



We are happy to have been accepted by WUKO and it gives me great pleasure to work for the development and growth of Karate-do . I have been involved in karate for 50 years and captained the first English karate team to the first European Championships in 1963. I subsequently spent 21 years in Japan and worked for FAJKO and WUKO to set-up the first World Championships in 1970 in Tokyo. I traveled to many countries with Eriguchi sensei and Tsuchiya sensei trying to settle the karate problems of the time with diplomacy and understanding.

I realize how much the Karate world has changed in 37 years and after a lot of consideration we applied to WUKO for membership for my group because it seems to us that WUKO is tolerant and understanding and has an open mind regarding innovation and objectivity to face the main problems of international karate. We particularly agree with the adoption of various systems of competition rules which encourages the widest acceptance of teams from all styles of karate.

We sincerely hope our group can bring a positive and pro-active attitude with our membership of WUKO and with this in mind if any members of WUKO are in England we invite them to contact us on sensei@cyberbudo.com if we can be of any help. For and on behalf of KARATE DO INTERNATIONAL.



Terry Wingrove

By Terry Wingrove - England

THE COACH AND THE CHILD

It is thought that children release their emotional tension through playing games. There is no doubt that playing games is a very useful activity for children, no matter the theoretical opinion of its purpose. Playing games has a rather important part in connection with child's physical growth, developing his intelligence and acquiring experiences and skills. It influences child's emotional life in his development into a socially accepted human being. I am a coach with many years experience acquired by training karate from the year 1972 and being a coach from the year 1986 on. I give great importance to playing games when working with children. I carefully choose exercises for emphasizing children's coordination, skillfulness and strengthening of muscular power. The children do not perceive that consciously, but through games they practise all of the above. Through these they are improving their skills which are going to be useful later on in their private life and in the field of competitive sports. When a child is playing, he is strengthening his muscles and his nervous system, acquiring various skills and realizing his abilities. Games are also useful for the children to get to know their physical environment and the rules which are applied there. On the basis of already acquired experiences, the child forms his own ideas, learns how to think and tries to solve the problems which he comes across. Games enable children to meet their coevals, learn how to confront other people, learn how to be patient and to develop a sense of comradeship, toleration and cooperation. Selected exercise teaches the child to learn the meaning of fairness, courage and truth among people. Child has an opportunity to play different roles through various games and can express positive or negative feelings. The child's growth influences the change of the games content which is carefully chosen by the coach. When the child grows older, he is capable of performing more difficult tasks which result in further development.

Young people undoubtedly join karate clubs with a wish to learn self-defense and how to protect themselves if needed. Younger children express a wish to become like their heroes from movies or cartoons that always beat the evil. They are not capable of connecting the karate virtuosity with demanding trainings or understanding the consequences of dangerous actions connected with the well needed self-control. My goal is to assure that every one can find something useful for himself. The trainings for our youngest are always focused on certain techniques which come to life through interlaced games. Motivation always presents a key factor which must not be forgotten when thinking about further development of young athletes.

Before parents enroll their children into karate clubs, they have to make sure that their child comprehends what that means; otherwise his enthusiasm will die away. Training karate demands great bodily precision, reliability and flexibility. The child must be able to comprehend changing fighting situations and must show emotional stability, steadiness, aggressiveness, persistence and goal orientation. All of the above must be taken into consideration to assure the child gradual growth through properly chosen exercises.

The already mentioned qualities demand a much disciplined and long lasting cycle which can be carried out by young people who are already enrolled in high school. Younger children can join such trainings, but their persistence is linked together with many other factors like coach's popularity, location, parents' authority... Planned and accumulative introduction of primary school pupils into karate training presents a unique process which is adjusted to the children of certain age. The main goal is that children like going to trainings which is possible if trainings:

- are not a burden (training should not take place more than twice a week),
- are appropriate for children's age,
- are interesting and diverting (should be carried out in the form of various games and new challenges...),
- give children's a feeling progress...

But there is a preliminary condition that I always insist on which is learning karate and being safe at the same time. There should be minimum risks of injuries present at trainings and competitions. This especially applies to young children. It is known that not all karate skills include risks of injuries and children should always be given an opportunity to choose between kumite (fighting) and kata. But it is important to parents as well as coaches that the children are not only having fun, but are also showing a progress in their motor nerve and personal development.

By Jurij Orac - Sloveni



**Jurij Orač, The Coach
The President of JKA Sloveni**



THE MOTTO OF KARATE

1) "STRIVING FOR THE FORMATION OF CHARACTER"

The character of a person, is that which distinguishes them from the others : It is something uniquely yours. Our character, is developed by what we learn from our parents, teachers, popular culture and through the behavior patterns set by the communication channels which have proven to have been of a great impact in the development of mankind. Nevertheless, our character, this is, our property. Which defines us before others, can be developed not only as a reflex from external knowledge, but also from a cognizant participation. Karate, is a process of self-awareness and investment in our personal growth. As such, resulting in fruits that can be of a great value for the person.

2) "FIDELITY AS A TRUE PATH TO REASON"

Fidelity has two meanings: In the first place, it tells us that we believe in a determined principle. Secondly, it means that we are true to those principles. In reality, the sense of fidelity is found only in those that are truly faithful, not in those that claim to believe in it.

In regards to reason, asserts a well acclaimed Philosopher, It is the greatest asset ever bestowed on mankind. With it, it is possible to differentiate issues and achieve wisdom. However, to be gifted with the knowledge of reason, it does not mean that we live in accordance with reason: "It is not enough to have a good spirit, it is also necessary to guide it correctly". The spirit of men is rich with possibilities, but if misguided, it will eventually renounce its own richness. The practice of Karate will provide us with the greatest fruit of our spirit. "Equilibrium"

3) "DEVELOPING THE SPIRIT TO STRIVE"

When we see a person that shows resolve in their facial expression or in a particular motion of their bodies, we can go further and verify that striving, in reality, it is not within our bodies, but within us, in our spirit and thoughts. a person that develops persistent optimistic ideas is someone that also develops the intrinsic element of the spirit of striving. This spirit can be seen, on faces and bodies that do not appear to move at all, because if your spirit is at peace it will generate positive energies. While an agitated and exalted spirit, will consume them.

In Karate, we learn to deal with life calmly, but firmly, here consists the spirit of striving, not in the debility of strength. But, within the more developed stage of our conscience, in our conversation and in the generation of serenity and tranquility. Where there is strive there is no violence. This theory can be found in a quotation from, Funakoshi: "We do not learn to fight -we fight-this is we strive to learn". The spirit of striving is the strength of the spirit.

4) "RESPECT ABOVE ALL"

In spite of the fact that the Penal Codes imposes sentences that show a lack of respect towards our peers. They do not have the ability to reach within or to influence people. This is the task of the educators. Karate as an educational activity has as its axiom, to bring an individual to an awareness of themselves and others. Not only this, but it also brings into mind a value of respect, not only towards others but also towards ourselves. Respect towards one another does not signify an annulment of ones ego or our self respect. It does not also mean the annulment of others. You can disrespect yourself, by adopting aggressive behaviours towards our own bodies or spirit: It is always adequate to ask what is the purpose of the decisions made in relation to our wellbeing and enjoyment of a healthful life style. We can avoid bad foods, conversations, environments, literature and habits. This way, we will preserve our self respect. On the other hand, a person can also respect ones peers: Not because the Penal Codes will punish them, but because every human being has its value as a person and because "good will" is a virtue of our spirit that can be developed and perfected. Karate, is a way to reach this, as well as, respect. From this point of view, Karate has a great role in human development, social and political peace, not only between citizens of the same country, but also amongst all men from every country.

5) " TO CONTAIN THE SPIRIT OF AGGRESSION"

If from one side, a tranquil spirit generates energies and serenity, an exalted and agitated spirit will generate aggressiveness against one self and others. The Karate fighter, is ponderous and prudent. He learns that the "Katas" start with self defense and that in Karate there are no strikes of aggression. The primary objective of the art of Karate is not to use others as a target, but ourselves. This will provoke a journey into ones conscience and to overcome the negative aspects of our behavior and minds. In reality, Karate is a process of re-edifying the mind and standards of behavior. When you say: "Control" It affirms that a man is capable of changing standards of aggressive thoughts, respect and equilibrium. The practice of Karate will gradually modify our standards of thought and substitute thoughts of aggression into harmony

.(DOJOKUN) - According to the interpretation of Professor Osvaldo Messias de Oliveira



Foundation of CNKI - Argentina

Last November (2006) Shihan **Gustavo Gondra**, President of the **CNKI - Argentinean Inter Styles Karate Confederation** invited Shihan **Osvaldo Messias** - President of **WUKO - World Union of Karate Do Organizations** to visit Argentina and watch the First National WUKO Championships. At this meeting WUKO recognized Mr. Marcelo Castelli 7* Degree Black Belt Shoriji Kempo, Mr. Ramon Carabajal 6* Degree Black Belt Shito Ryu, Mr. Ruben Montenegro 6* Degree Black Belt Goju Ryu Shobukai, Mr. Horacio Machado 6* Degree Black Belt Shito Ryu and Mr. Hugo Brendolise 5* Degree Black Belt Shotokan Ryu, the Ceremony was conducted by Mr. Messias who gave them the Certificates, Passports, Ties, Patches and Pins from WUKO. **Congratulations to them for their effort..!**



Osvaldo Messias - Ramon Carabajal - Marcelo Castelli - Horacio Machado - Ruben Montenegro - Hugo Brendolise - Gustavo Gondra

REFEREES

To ensure the establishment of a top quality panel of referees, WUKO will organize in Valencia-Spain an important Referee Seminar to obtain the WUKO International License . The seminar will be in the LIDO HOTEL for two days :

WEDNESDAY, 20TH JUNE 2007 9:00 AM 4:00 PM - SEMINAR FOR ALL NEW REFEREES & COACHES (Mandatory)

THURSDAY, 21ST JUNE 2007 - 9:00 AM 5:30 PM - SEMINAR FOR ALL REFEREES NEW AND OLDS

3:30PM - 5:30 PM **TECHNICAL SEMINAR SHITO RYU - SENSEI SEI IWAZA - 7º DAN** ROOM 01
 3:30 PM - 5:30 PM **TECHNICAL SEMINAR WADO RYU - SENSEI KANDO SHIBAMORI - 8º DAN** ROOM 02
 3:30 PM - 5:30 PM **TECHNICAL SEMINAR SHOTOKAN - SENSEI SEAN HENKE - 6º DAN** ROOM 03
 3:30 PM - 5:30 PM **TECHNICAL SEMINAR GOJU RYU - SENSEI ANDREA GUARELLI - 7º DAN** ROOM 04



The **KATA SEMINAR** will be in **SEPARATE STYLE** form and the teachers will show all the Referees, the main points for judging the **KATA COMPETITION**. The KATA SEMINAR will be free for the Referees, they will pay only for the Referees Seminar, all the Referees must to bring their KARATE-GI

"LET'S DO OUR BEST TO CORRECTLY JUDGE THE KATA AND KUMITE"



PROGRAM



| WEDNESDAY, 20 TH JUNE 2007 | |
|---------------------------------------|--|
| 09:00 AM - 04:00 PM | SEMINAR FOR ALL NEW REFEREES & COACHES (Mandatory) |
| 09 AM - 04 PM | REGISTRATION REFEREES, COACHES, OFFICIALS AND COMPETITORS & WEIGH-IN |
| 4:30 PM | WUKO MEETING - all Presidents |
| THURSDAY, 21 ST JUNE 2007 | |
| 09 AM - 5:30 PM | SEMINAR FOR ALL NEW REFEREES & COACHES AND REFEREE & COACHES WITH A CURRENT LICENCE AND KATA TECHNICAL SEMINAR - MANDATORY FOR ALL REFEREES |
| 09 AM - 04 PM | REGISTRATION REFEREES, COACHES, OFFICIALS AND COMPETITORS & WEIGH-IN |
| 3:30 PM - 5:30 PM | TECHNICAL SEMINAR SHITO RYU - SENSEI SEI IWAZA - 7º DAN |
| 3:30 PM - 5:30 PM | TECHNICAL SEMINAR WADO RYU - SENSEI KANDO SHIBAMORI - 8º DAN |
| 3:30 PM - 5:30 PM | TECHNICAL SEMINAR SHOTOKAN - SENSEI SEAN HENKE - 6º DAN |
| 3:30 PM - 5:30 PM | TECHNICAL SEMINAR GOJU RYU - SENSEI ANDREA GUARELLI - 7º DAN |
| 7:30 PM | RECEPTION FEUAM |
| FRIDAY, 22 ND JUNE 2007 | |
| 9:00 AM | ELIMINATORIES KATA TEAM - ALL STYLES - MALE and FEMALE |
| | ELIMINATORIES KATA INDIVIDUAL - ALL STYLES - MALE and FEMALE |
| | ELIMINATORIES KUMITE INDIVIDUAL "OVER 35", "OVER 40" & "OVER 45" - MALE and FEMALE |
| | OPEN CEREMONY AND SHOW - ALL THE COMPETITORS AND AUTHORITIES. |
| | FINAL KATA INDIVIDUAL "OVER 35" & "OVER 45" - MALE and FEMALE |
| | FINALS KUMITE INDIVIDUAL "OVER 35", "OVER 40" & "OVER 45" - MALE and FEMALE |
| | MEDAL CEREMONY |
| SATURDAY, 23 RD JUNE 2007 | |
| 9:00 AM | ELIMINATORIES KUMITE TEAM IPPON - MALE and FEMALE |
| | ELIMINATORIES KUMITE TEAM SANBON - MALE and FEMALE |
| 3:00 PM | FINAL KATA TEAM - ALL STYLES - MALE and FEMALE |
| | FINAL KUMITE TEAM IPPON - MALE and FEMALE |
| | FINAL KUMITE TEAM SANBON - MALE and FEMALE |
| | MEDAL CEREMONY |
| SUNDAY, 24 TH JUNE 2007 | |
| 9:00 AM | ELIMINATORIES KUMITE INDIVIDUAL IPPON - MALE and FEMALE |
| | ELIMINATORIES KUMITE INDIVIDUAL SANBON - MALE and FEMALE |
| 3:00 PM | FINAL KATA INDIVIDUAL ALL STYLES - MALE and FEMALE |
| | FINAL KUMITE INDIVIDUAL IPPON - MALE and FEMALE |
| | FINAL KUMITE INDIVIDUAL SANBON - MALE and FEMALE |
| | KUMITE TEAM MIXED - UNTIL FINAL |
| | DEMONSTRATION NEW KUMITE TEAM SYSTEM (BRAZIL x ROMANIA) |
| | MEDAL CEREMONY |
| 8:00 PM | FAREWELL PARTY |

OFFICIALS HOTEL

HOTEL LIDO*** OFFICIAL HOTEL

Torrent c/ Juan Ramon Jiménez, 5
 46910 Vedat de Torret - TORRENT - VALENCIA
 TEL.- 0034 96 155 15 00 - FAX. 0034 96 155 12 02
 Site - www.hotel-lido.net
información@hotel-lido.net - reservas@hotel-lido.net

EXPRESS BY HOLIDAY INN

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 46960 ALDAIA - VALENCIA
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HOTEL HUSA ALAQUAS ***

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 Av Pablo Iglesias, 32
 46 970 ALAQUAS VALENCIA
 Olga Domínguez Martínez - Jefa de Recepción
 E-mail: alaquas@husa.es - alaquas@husa.es
 Site - www.husa.es
 Tel: 00 34 96 151 64 03 Fax: 00 34 96 151 65 45

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IBIS VALENCIA PALACIO DE CONGRESOS
 Zona Palacio De Congresos - C/ Valle De Ayora, 5
 46015 - VALENCIA
 TEL 0034 963 17 33 37 FAX 0034 963 49 58 00
 Site - www.ibishotel.com

Hosting: Mr. Angel Martinez Duato - FEUAM
 E-mail: a.m.duato@wuko-karate.org

2nd WORLD KARATE CHAMPIONSHIPS - WUKO
 Torrent - Spain - 20th to 24 June, 2.007

THE WOMAN DOING KARATE



The reason why I began Karate is not a spectacular one, like other people, but a very simple: one day in 1985 I decided that it was time for sport in my life and this happened to be Karate. I began with Shotokan, at that time in my town Cluj Napoca (Romania) there were only Shotokan clubs. After a few years I studied other styles like Wado Ryu but I understood that the style is not important, from every style or Martial Art you can learn something and you can practice what suits yourself. The practice of Karate



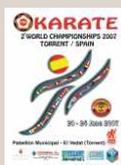
was not easy for me, especially between 1985 and 1989 when Karate was only “tolerated” in Romania. What does “tolerated” mean? There were no official clubs, no federations, the practice of Karate or other Martial Arts was considered by the communist regime of that time as an illegal activity and could be punished, so we had to hide in small rooms or halls and practice using books or the experience of some instructors that were lucky to travel and train abroad. A lot of my colleagues from that time abandoned Karate, some of them very quickly others later. I asked myself why I continued to train and I think that I was lucky to understand that for me Karate was a tool to demonstrate to myself that “I can” achieve my goals. I have no other job, I live a 100% Karate life and I am very happy that I am able to live like this. Of course I am also an instructor. I teach a group of children at my club and I am national trainer in Romania for Wado ryu Kata. I am 33 years old and a lot of people say I should retire. They do not understand that I can not retire from my life, I shall be in the dojo and I shall be competing all of my life because it was my decision to follow a life of Karate.



Eva Kerekes Romania

Wado Ryu European and World Kata Champion

NEXT OFFICIAL WUKO EVENTS



2nd WUKO World Karate Championships (Seniors and Veterans)
Torrent - Valencia - SPAIN
20th to 24th June 2007
Hosting: Mr. Angel Martinez Duato - FEUAM
E-mail: a.m.duato@wuko-karate.org



2nd WUKO World Children, Cadets and Juniors Karate Championships - 2008
17th to 19th October - 2008
Jesolo Lido - 20 km from Venice - ITALY
Hosting: Carlo Henke
FESIK - Federazione Sportiva Italiana de Karate
E-mail - c.henke@wuko-karate.org



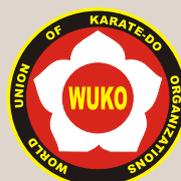
2nd WUKO Senior European Karate Championships
Liege - BELGIUM
22nd to 25th May 2008
Hosting: Michel Lelievre
LFK - Ligue Francophone de Karate
E-mail - european-championship2008@hotmail.com



2nd ASIA INTERCONTINENTAL OPEN WUKO Karate Championships 2008
28th November to 2nd December 2008
Hyderabad – INDIA
Hosting: C.Hanumantha Rao
E-mail: chraokarate@gmail.com



2nd Pan-American Open International WUKO
2nd to 6th July, 2008
São Paulo - BRAZIL
E-mail - cbki@cbki.com.br
Hosting: Osvaldo Messias de Oliveira
CBKI - Conf. Brasileira de Karatê Interestilos



More informations about these Events, please visit our site:
www.wuko-karate.org

This WUKO Bulletin is an official publication of the World Union of Karate Do Organizations. It will be issued free of charge, three times annually, to all of its affiliated members.

If you have any doubts or suggestions concerning our Bulletin that may help in the growth and the dissemination of Karate, please contact the Editor at the WUKO Headquarters. This newsletter includes information about Official Events and publishes Technical and Scientific Articles. All of our affiliated members are welcome to submit articles for publication.

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