

Newsletter, October 2014

REAL KARATE

The ancient fighting art of Karate-do has been transformed into many variations in its long history. Today distinct lines can be drawn between Sport Karate, Jujitsu Karate and Karate-do (Real Karate).

Sport Karate can be defined at schools where the winning of medals seem priority. Many events will be entered and success based purely on the winning of medals.

Jujitsu Karate are schools where self-protection or self-defense receives priority in training. Kata will be trained with meticulous interest in the application of movements. Basics will focus on the effective application of such techniques.

JSKA South Africa is proud of the fact that non-negotiable **REAL KARATE** is trained with maximum focus of Perfecting the Character of the Students. We do train extremely effective techniques and do win medals when competing in selective events, but overriding these objectives is aimed to improve character.

Our training produces well mannered individuals, disciplined but skilled to execute the perfect technique. We pride ourselves in the adapted name of REAL KARATE.

All schools under the banner of JSKA South Africa will in future distantly define ourselves as practitioners of REAL KARATE!

JSKA South Africa in Swakopmund

It had been one of the most successful tours to neighboring Namibia with a large delegation of 101 competitors and even more supporters. The preparation program started Friday, 1 August 2014 with 100 excited individuals and ended on Monday, 6 October 2014 with a motivated team of best friends loaded with medals won at the 19th International Shotokan Development Karate Championships!

The preparation program was extended and the teaching from Simone, Jaap, Leon sensei's assisted by a number of assistant instructors had been thorough. The Colours Presentation and Bootcamp were well presented and supported.

The brand-new designed kit received many complements and worn with pride by the South Africa Team. It had been very motivating to watch our team sing the national anthem holding the colourful SA flag high!

Thanks to all the parents for their support, the competitors for their trust and the instructors for their relentless investment into the lives of our team members.

7th JSKA World Championships – Terni, Italy

A strong delegation from South Africa returned from an extremely successful championship hosted in Terni, Italy in July 2014. Our team returned home with 46 medals in a fiercely contested event with a number of newly crowned world champions!

An intensive preparation program which lasted many months guaranteed success notwithstanding strong opposition from across the world. We have laid a strong foundation for 2016 tournament in Namibia with an unfair of competed in Swakopmund many times.

8th JSKA World Championships – Swakopmund, Namibia

We are extremely fortunate to be able to participate in the **8th JSKA World Championships** hosted on our doorstep in 2016. We have the opportunity to participate in a world event at the fraction of the price. We have competed in Swakopmund many times and understand their weather and temperatures.

The **2014 JSKA National Development Team** will form the foundation of the team to represent SA in 2015 in South Africa at the **20th International Shotokan Development Championships**. A final selection will be based on these results as well as consistency in performances.

In 2015 JSKA South Africa plan 6 national events spread across the year and would include the annual development and national events. Our team will be well prepared for 2016!

JSKA SA National Qualifications

JSKA SA National Qualifications have been planned for some time based on the JSKA World Federation model. In short, JSKA South Africa Instructors, Examiners and Judges will in future be licensed to teach, examine and judge at JSKA events.

The initial examination does have the advantage of applicants having free-outcome meaning that all future qualifications will be based on previous qualifications but examinees could be awarded a license of any level for this year only.

Examinations in 2014 coincide with the JSKA SA Dan Examinations in Pretoria and in PE.

JSKA SA National Qualification

Please allow me to clarify the awarding of National Qualifications:

- It is the intent of JSKA South Africa to align with the JSKA World Federation lead by Keigo Abe sensei. JSKA South Africa will in future award licenses to teach, examine or judge under the JSKA South Africa banner. Such qualifications will be awarded annually at the Dan examinations held in Pretoria and PE.

- In only 2014, all examinees to be awarded any of the grades based on performance at the grading. All future qualifications will only be awarded based on previous awards.

Judge DD Tournament Official -16 years Junior Brown+

Judge D Tournament Official – 3rd Kyu+

Judge C Judge – 1st Dan+

Judge B Centre Judge – 2nd Dan+

Judge A Kansa – 3rd Dan+

Examiner DD Assistant Examiner -16 years Junior Brown+

Examiner D Assistant Examiner – 3rd Kyu

Examiner C Examiner – 1st Dan – 2nd Dan

Examiner B Supervisor (panel) 3rd Dan – 4th Dan

Examiner A Signatory (Grading) 5th Dan+

Instructor DD Assistant Instructor -16 years Junior Brown+

Instructor D Assistant Instructor- 3rd Kyu

Instructor C Instructor 1st Dan – 2nd Dan

Instructor B DojoOwner 3rd Dan – 4th Dan

Instructor A Area Head 5th Dan+

Preparation for examination will include:

Judge JSKA Tournament Rules A questionnaire on JSKA Rules (true / false) plus knowledge of signals

Examiner JSKA Examination Dan / Kyu Evaluation Document

Instructor JSKA Syllabus plus ability to teach basic technique

Calendar for 2014

1) Saturday, 18 October 2014:

JSKA Kyu Grading Seminar (Centurion Dojo 09:00 to 11:00 – R100 training fee)

All levels of Kyu grades will be coached plus personal Kata taught and examined

2) 24 / 25 October 2014:

Dan Grading / National Qualifications Examinations / Standardizations Gashuku (Centurion Dojo Friday – 16:00 Saturday – 09:00)

Dan Grading (Japan accreditation included)

- Shodan R1050
- Nidan R1250
- Sandan R1550
- Yondan R2150
- Godan R2850

(We had be fortunate to negotiate a subsidized price with Abe sensei which is 50% less than the rest of the world)

National Qualification (Certification included)

- Judge R300
- Examiner R300
- Instructor R300

Standardizations Gashuku

Training fee R300 per person

3) Saturday, 1 November 2014:

Dan Grading / National Qualifications Examinations / Standardizations Gashuku (Port Elizabeth Saturday – 09:00)

Dan Grading (Japan accreditation included)

- Shodan R1050
- Nidan R1250
- Sandan R1550
- Yondan R2150
- Godan R2850

(We had be fortunate to negotiate a subsidized price with Abe sensei which is 50% less than the rest of the world)

National Qualification (Certification included)

- Judge R300
 - Examiner R300
 - Instructor R300
- Standardizations Gashuku

Training fee R300 per person

4) 10 – 14 November 2014

Kyu (Coloured Belts) Grading

Grading Schedule will be available closer to the time!

5) 17 – 20 November 2014

Kyu Grade Certificate Presentation

WHY REAL KARATE?

1. Learn Discipline
2. Become Active
3. Build Teamwork Abilities
4. Learn Respect
5. A Boost In Self Esteem
6. Non-Violent Conflict Resolution
7. The Ability To Listen
8. Self-Defense
9. Become In Touch With The Mind/Body Connection
10. Improved Memory
11. Have Fun
12. Learn To Set Goals
13. Conquer ADD/ADHD
14. Improve Posture
15. Build Patience
16. Learn To Take A Hit And Get Back Up
17. Learn To Socialize
18. Proper Breathing
19. Learn To Mentor
20. Improve Coordination

21. Improved Mood
22. Learn How To Learn
23. Improved Balance
24. An Early Exposure To Proper Diet
25. Learn To Care For Belongings

Final Thought

We are extremely privileged to belong to a world organization with solid international credibility and status. This influences the Dan awards granted by JSKA South Africa accredited by JSKA World Federation, a world event every second year as well as a popular JSKA European tournament every alternative year.

Much energy will be deposited into the preparation of a national team to represent South Africa in Namibia in 2016. We will also arrange at least six tournaments in 2015 to get our students competition fit.

JSKA South Africa is growing fast and established a reputable reputation in a short time. The next two years will be busy and demand additional involvement of parents and students before the 8th JSKA World Championships.

Regards,
Soon Pretorius
JSKA South Africa

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KARATE | FOR FUN | FOR FITNESS | FOR LIFE