

# JSKA News

## 20th Shotokan International Development Championships



### 20th Shotokan International Development Championships

(21 - 23 August 2015, Magaliesburg, North West Province)

The annual JSKA South Africa International Development Karate Championships has been enormously successful for the past 19 years and has continued to grow in stature every year.

The 20th Shotokan International Development Championships promises to be an unforgettable experience as we travel to the beautiful Magaliesburg situated in our neighboring North West Province for the actual competition weekend.

We include an information evening at the stately Pretoria Country Club - Premier Lounge followed by Team Training session at the conveniently situated Lions Community Centre,

Umgazi Road, Menlo Park, Pretoria.

The notorious BOOTCAMP will be hosted close to Pretoria and include long hours of training our team to international standards.

The Colours Presentation will be an elegant evening where our team will be honoured with purpose designed colours for the event.

The Tournament weekend will include a visit to Valley of the Waves at Sun City plus staying at Konka, a luxury adventure resort at which the championships will also be hosted.

The Championships will conclude with a formal dinner with the visiting teams and special awards being presented.

### Exciting Season

By Sensei Soon Pretorius



We are privileged to enter an extremely exciting last semester with many activities and projects! High on the list is the 20th Shotokan International Development Championships hosted in South Africa this year.

The foundation of our JSKA National Karate Team to compete against the world in 2016, has been selected and will start with a thorough preparation program towards the end of 2015. A support structure will include team managers and tournament officials.

The JSKA South Africa Judges Panel will receive extensive practical training leading to the WC (World Championships) to ensure at least one highly training South Africa judge on each floor at all times.

The selection process for the team to represent South Africa at the 8th JSKA World Championships will be as follows:

1. Medal winners at the 31st JSKA South Africa National Championships
2. Individuals nominated by their instructors for potential to represent SA internationally
3. Parents / adult student volunteers as officials
4. Senior graded individuals selected as judges

September will focus on the selection of teams for kata and kumite for the WC and WC Team trainings. The first WC BOOTCAMP and Dan Seminar / Grading will be in October month. November will include a Kyu Seminar / Grading.



## Team preparation programme

### JSKA SA TEAM TRAINING

This extremely tough Team Training program is presented by selected senior JSKA South Africa instructors. Junior instructors will assist to ensure individual development in a team environment

Please ensure that team members attend the following team training sessions:

● Saturday, 25 July 2015 (08:00 - 10:00)

TT # 1 Lions Community Centre, Umgazi Road, Menlo Park, Pretoria

● Saturday, 2 August 2015 (08:00 - 10:00)

TT # 2 Lions Community Centre, Umgazi Road, Menlo Park, Pretoria (Measurements for clothing will be taken)

● Weekend, 7/8/ August 2015

BOOTCAMP training will include 2 extended training sessions

● Saturday, 8 August 2015 (08:00 - 10:00)

TT # 5 Lions Community Centre, Umgazi Road, Menlo Park, Pretoria

### BOOTCAMP

(7/8/9 August 2015)



A weekend of tough training at an Adventure Camp will include motivation to ensure our team understand the importance of international representation.

We will depart from the University of Pretoria Sports Centre, South Street, Hatfield on Friday, 7 August 2015 at 15:00 and will be back at the same venue on Sunday, 8 August 2015 at 10:00.

A detailed list of requirements for the camp will be provided at the Saturday, 2 August 2015 TT # 2 session.

### COLOURS PRESENTATION

(Friday 14th August)

A grand occasion at which each team member will receive official JSKA South Africa National Development Colours.

The Lions Community Centre, Umgazi Road, Menlo Park, Pretoria will be the venue for the presentation where everyone must be dressed in Academic dress (Blazer, tie or formal school clothes) starting at 18:00.

Light refreshments will be served.

Kit specially designed for the 2015 team will consist of the following:

- Team High Quality embroidered jacket
- Team t-shirt
- Team BOOTCAMP t-shirt
- Team Beanie/Cap
- Team sports bag
- Team draw-string bag
- Team back carry bag
- Team label / name tag



# The Journey to success

## Accommodation (Konka)

Konka is a luxury adventure resort in Magaliesburg designed and equipped to receive and accommodate large sports groups with supporters.

We have booked a variety of options for parents and large dormitories for students. All meals will be enjoyed in-house as well as the actual championships and final dinner on Friday and Saturday.

This is an ideal option with little traveling and much fun!

Please indicate any special requests on the Letter of Intent.



## 20th International Shotokan Development Championships

A traditional contest between individuals from Namibia, South Africa, Zimbabwe and Mozambique will compete in divisions according to age and grade. Non-contact rules will ensure the safety of competitors in a friendly environment.

The format of competition is dictated by the grade and grading syllabus of such individual. Divisions accommodate from the youngest to adults in Kata and basic kumite competition.

Judging will be evenly divided amongst the officials of various countries



## 5th Shoto Cup

On Friday, 21 August 2015 the 5th Shoto Cup team event starts at 18:00 with a senior team competition in Kata and Kumite. The Shoto Cup had been designed to provide international experience for our seniors / instructors as well as motivation for our young aspiring champions.

Teams are randomly selected based on equal strength before the start of the competition and individuals may decide their format of competition. This event sets the table for the 20th Development Championships which is usually competed with national pride!



**We had the privilege to talk to Sensei Soon** and ask him some personal questions. Sensei Soon is not only one of the most successful Sensei's and businessman in the world, he is also most qualified judge and 1998 JKA World Champion.

Sensei, how much training does it take to become a world champion? 'Many factors are involved when training to receive the highest award in a karate competition. One could start with the level of instruction and trust in an instructor, natural talent will play a huge role, logistical ability to train is important but I personally believe that sheer persistence would be the overriding factor!'

What do you enjoy most about Karate? 'To break the barrier of pain and return the following day for more! I have met so many great people in my journey and seen so many amazing places. The mere thought

of equipping others for a better life is a joy!'  
Which is your favourite Kata? 'I enjoy the strength and power in Sochin, the touch of arrogance in Sochin-dachi and the technical perfection expected in especially the side kicks! This Kata expects nothing less than 200% committed offense and defense! The character of Sochin scares me but challenge my spirit!'  
Have you any other interest than Karate? 'Squash had been an option for cardio training in preparation of the 1993 JKA World Karate Championships and still enjoyed today. I love adventure motorbike rides and even dared to cross Africa some years ago. Traveling has also become a passion although management, teaching and training Karate-do does seem a full time occupation.'  
What do you enjoy about judging? 'My Judge/Referee licenses has taken me to many places to experience and share my passion for Karate-do. I enjoy the responsibility of fairness and do accept by role very seriously.'  
What is the best age to start Karate?

'It does differ from person to person as many of the leaders on the world stage started at a rather late age. I was fortunate to have started at a young age and stopping never seemed an option. JSKA South Africa does offer training from as young as four years but then more as a confident booster.'  
Are you scared of anything? 'Yes, spiders and snakes scare me and I do prefer to avoid them as much as possible!'  
What is your testimony? 'My journey in the art of unarmed combat had been long and tedious at stages, also filled with unexpected gifts which makes the road pleasant and easy! An invitation the teach in 2013 in Germany changed my life when I met a friend with whom I could share my passion and dreams. The future to invest our knowledge and passion into our continent seems a dream becoming reality!'  
I do thank my Creator for opportunities in life.

## We had a chance to interview Sensei Paul Botha.

**He** is the current JSKA SA Chief Judge and a very experience tournament official.  
Sensei Paul, why did you start karate. 'I started karate because I first saw my father doing it when I was about 8. It seemed so special a thing to learn, and I wanted to learn how to defend myself.'  
'My favourite part of karate is kata. So many more things to discover, kata is the dictionary of our fighting techniques. Plus, it is a thing of beauty.'  
When did you become interested in judging? 'I guess my interest in judging came from my sensei, who is a superb judge.  
I love to judge beautiful kata, and a good clean kumite match is a close second.'  
Is there any advice you can give to our future judges? 'Advice for trainee judges is this: its a game, so have fun and be fair - there's no fun if the judges are not fair. As head judge, I enjoy being part of a fun side of karate, and being part of ensuring fair outcomes.'  
Do you support healthy eating? What would you recommend? 'Pre-match nutrition: An energy bar with fruit bits is all you will need, eat it early. Drink plenty of water, start drinking enough the previous day.'  
Sensei Paul, have you got interest besides karate? 'I enjoy fishing and hunting, I also shoot defensive pistol (IDPA). My family is involved in all these activities. We also love pets: my house is like a small zoo; four goldfish, two chinchillas, a bull terrier and a lovebird!'  
What is your testimony? 'If by testimony you mean my outlook on my faith, as a Christian, I believe in the one God, the Creator. I also believe the hard practice of karatedo that humbles me makes me a better budoka. The better budoka you are, the smaller your ego. The smaller your ego, the easier you can hear God speak to you.'

## Final Prize-Giving Dinner

On Saturday evening activities conclude with a formal dinner / disco! A lovely three-course meal is served and new friendships celebrated before competitors start their journeys back to their homes on Sunday morning!



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## Photo of the month

This impromptu photo was taking at our nationals. Two aspiring judges at work.

