

*"The ultimate aim of Karate lies not in victory or defeat,
but in the perfection of character of its participants."*

Master Gichin Funakoshi
Founder of Shotokan Karate



11th SKIF WORLD CHAMPIONSHIPS SYDNEY 2012



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We proudly acknowledge and thank our sponsors for their generous support of this event.





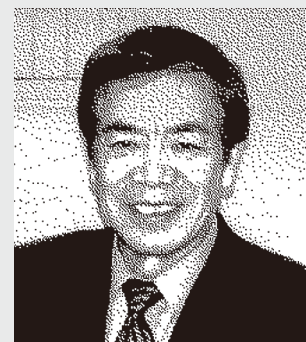
*"The ultimate goal of my karate instruction is world peace.
The only way to achieve true world peace is by producing as many people as possible
with merciful hearts, courage and a sense of justice."*



Federation founder and Chief Instructor
Master Hirokazu Kanazawa, 10th dan

Kancho Hirokazu Kanazawa

Founder and Chief Instructor Shotokan Karate-do International Federation



It is a great pleasure to see all of you again who have gathered here today from around the world following the previous tournament that was held three years ago in Athens, Greece.

Also, since SKIF's first world championship in Tokyo, within Asia, tournaments have been held on the Continent of Europe, the Continent of the Americas, and the Continent of Africa. And, with the holding of this year's tournament in Australia, on the Continent of Australia and Oceania, SKIF world championships have now been held on all of the world's five major continents. Accordingly, I believe this year's competition represents a watershed event.

Since the previous world championship, the global economic downturn triggered by the collapse of Lehman Brothers is still being felt the world over and, as for the natural disasters occurring all over the globe, Japan is still struggling in the aftermath of the unprecedented Great East Japan Earthquake, a disaster on a scale never before experienced, and the nuclear power plant accident that followed.

I would like to extend my sincerest gratitude for the monetary donations and warm support that was offered by all of you in response to the disaster.

Over the course of this period, three things came to mind.

The first is the awe of the universe. Through the earth's never-ending activity and energy, our existence is made possible. While we may think in terms of the five continents, the form that these take will change over time.

The second is how moved I was by the prompt action and kindness that you all displayed following last year's disaster in Japan. Prior to developing as civilized human beings, primitive man consisted of groups who shared their belongings, and groups who did not share their belongings. I have heard that those who did not share became extinct while those that survived went on to become Homo sapiens, our ancestors. Therefore, I believe that it is safe to say that humans are social beings. We are not alone. Realizing this is all the more reason to delight in meeting with friends from around the world here in Sydney.

The third is the succession of life. Amid dramatic changes in climate, living beings evolved while passing on the baton of life to their offspring. On the occasion of this tournament, I will allow the young generation to take over and, for the remainder of my life; I intend to watch over the further growth and development of SKIF as Founder Kancho Emeritus.

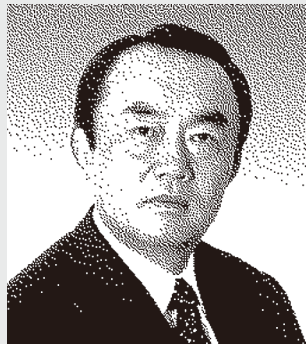
And to the members of the next generation who will take the helm following the generational transition, I request your guidance and cooperation.

In closing, I would like to express my gratitude to all of the officers, athletes, staff and supporters who, despite the current harsh economic climate, have gathered here in Australia from all over the world in support of this tournament. I would also like to convey my deepest appreciation to the members of the executive committee and others here in Australia presiding over the event.

Translation by Richard Berger

Takeo Hiranuma

*Chairman Shotokan Karate-do International Federation
Member of the House of Representative (Japan)
President - Sunrise Party of Japan*



On the occasion of the 11th SKIF World Championship in Sydney, Australia, I would like to extend my appreciation to all of the participating athletes and to everyone who provided their support in preparing for this tournament.

Last year, the largest earthquake in Japan's recorded history and the tsunami that it triggered struck a wide area along the Pacific coast of Japan's Tohoku region, Master Kanazawa's hometown. It was a catastrophe that left some 19,000 people dead or missing. The tsunami also caused major damage to a nuclear power plant, causing radiation contamination that forced more than 340,000 residents to evacuate the area. These wounds have yet to heal and a long road to recovery still lies before us. Following the disaster, among the first monetary donations to arrive were those sent by people affiliated with the Shotokan Karate-Do International Federation around the world. And, as has already been reported, Master Kanazawa promptly delivered these donations to the disaster areas. In response to this warm support, I would like to once again express my appreciation to all of you who seek to come together as one through karate.

Today, amid a string of major earthquakes, tornados, severe storms and heavy flooding, the harm caused by natural disasters is cause for concern, not only in Japan, but the world over. As a politician with a seat in Japan's Diet, although I have continued to work to contribute to the building of a society in which people can live in peace and the realization of a peaceful world free of conflicts between nations as my lifelong wishes, natural disasters continue to strike throughout the world and we have seen a challenging international situation recently with regard to political and financial matters, which is why I have solidified my resolve all the more. I believe that what is most needed in politics is consideration for those who are vulnerable, those who require help.

The Shotokan Karate-Do International Federation is a wonderful organization that appreciates the common value of karate and brings people together beyond the boundaries of nationality, race, religion, culture and language. I hope that you all feel a sense of pride in this as you work to cultivate your karate.

In closing, I offer my sincerest wishes for a successful tournament and to the health and happiness of you all.

Translation by Richard Berger

Shigekazu Sato

Ambassador of Japan to Australia



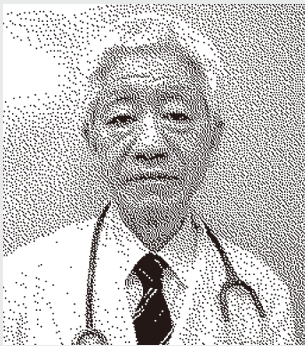
I would like to take this opportunity to extend my congratulations to all on the occasion of the opening of the 11th Shotokan Karate Federation (SKIF) World Championships in Sydney, Australia.

Ever since the inaugural SKIF World Championships in 1983 in Tokyo, these events have grown in scale to encompass an ever-expanding field of participants, such is the global appeal of Shotokan Karate-do. Indeed, there are now Shotokan Karate International affiliated dojos in 130 countries across the world, which itself is proof of just how universal the sport has become, and how it contributes to fostering relations between people that transcend linguistic and ethnic backgrounds. Such is the level of global participation within the sport that this year's theme is focused on expressing gratitude to the global community for all of the support and assistance given to both the Tohoku region and Japan as a whole following last year's Great East Japan Earthquake. It is in this spirit that Shotokan Karate International Australia (SKIA) invited four Karate-Do students and two teachers from a Karate-Do school in the Tohoku region to this year's Championship. I hope the Championships will give them hope and help them realize they are not alone, but are part of a global Karate-Do family.

I therefore wish to thank all the participants, organisers and everyone involved in these Championships for their tremendous efforts in bringing the Championships to fruition, and wish everyone every success and hope that the event continues to go from strength to strength. And finally, to all of the competitors themselves, I say..."ganbatte kudasai."

Dr Hideo Kanazawa

Senior Advisor - Shotokan Karate-do International Federation
Chief of SKIF Iwate Prefecture So-Honbu



Congratulations on the holding of the 11th SKIF World Championships!

I would like to convey my deepest respect to the president and members of Shotokan Karate International Australia, overseeing the sponsorship of this tournament, as well as the many participants in attendance from across the world. I would also like to express my sincerest appreciation for the many kind wishes from SKIF members in Japan and overseas in response to the Great East Japan Earthquake that struck on March 11, 2011.

Four young people from Iwate prefecture are participating in this tournament thanks to the assistance provided through your donations and the SKIF Youth International Exchange Foundation. I join them expressing my gratitude to you all, and am overjoyed that I am able to observe the competition. I am extremely grateful for the encouragement and support that we received from all of you the world over.

Following the disaster, while I was kept quite busy, I have been able to carry on with medical examinations and, during 2011, was able to conduct training sessions throughout the prefecture with Kaga Sensei (7th dan) once every two months for a total of six sessions for the year.

Furthermore, through the cooperation of the members in the region, a memorial enbu demonstration was held on March 18, 2012, to honor the late Shiro Ito Sensei, the previous chief of the Iwate prefecture branch dojo, an event that surely provided solace to the residents of Yamadacho and family members. Although we were not able to hold the SKIF Iwate prefecture tournament in 2011 due to the earthquake, the region was able to welcome Master Hirokazu Kanazawa for a tournament held on May 13 this year in his hometown of Iwaizumicho.

When asked about his impressions of the tournament, Master Kanazawa praised the bearing and poise of the participants during their matches and felt invigorated by the members and families in attendance.

It has long been a dream of mine to watch an overseas SKIF tournament. I am delighted that I will be able to see everyone from various countries at the 11th SKIF World Championships in Australia and watch the matches. And upon my return to Japan, I look forward to reporting to the members here about what a wonderful tournament it was, sharing my delight to inspire them and provide each and every SKIF member in my hometown with the motivation to carry on with reconstruction efforts.

In closing I would like to wish all the best to the athletes and officials participating from each country.

Oss!

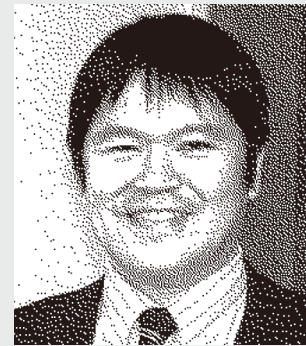
Translation by Richard Berger

Manabu Murakami

Syuseki Shihan (World Chief Instructor) designate - Shotokan Karate-Do International Federation

Nobuaki Kanazawa

Kancho designate - Shotokan Karate-Do International Federation



We are delighted to offer our heartfelt congratulations on the holding of the 11th SKIF World Championship.

We believe that all of the members of the SKI family who have gathered here in Australia from across the world continue to follow the path of karate through rigorous training and discipline in accordance with Kancho Hirokazu Kanazawa's "spirit of harmony." We look forward to an excellent tournament that respects the spirit of budo.

Over the more than 30 years since it was established in 1978, through the untiring efforts of the preceding masters who have taught long years in foreign countries, members, instructors, staff and supporters the world over, the Shotokan Karate-do International Federation, with Kancho Hirokazu Kanazawa as its unifying force, has grown into an organization that is recognized and respected worldwide.

With the holding of this tournament, Kancho Hirokazu Kanazawa will pass the responsibility of managing the organization to the next generation, and the two of us have been entrusted to play a central role within the new operating structure.

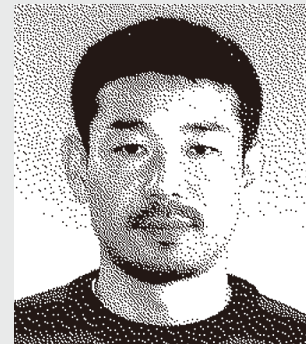
As you know, we are both still young and lacking in experience, but backed by the support of Kancho Hirokazu Kanazawa, we will do all that we can to carry SKIF and "Kanazawa Karate" into the future, respecting past traditions while striving to realize a long-lasting organization.

Additionally, we will work to gain further experience and know-how to become true leaders in the eyes of all federation members.

Toward this goal, we would like to request your cooperation and support and look forward to working together with you.

Oss!

Manabu Murakami
Nobuaki Kanazawa



George Souris MP

New South Wales Minister for Tourism and Major Events



It is a pleasure to welcome participants and visitors to Sydney for the 11th Shotokan Karate-do International Federation (SKIF) World Championships, the first time this prestigious event has been held in Australia.

The event will take place in Sydney Olympic Park, a sporting, community and environmental legacy of the Sydney 2000 Olympic and Paralympic Games set in one of the world's largest urban parklands.

I am told that the 11th SKIF World Championships in Sydney has added significance, as it marks the official retirement from international duties of its founder and Chief Instructor, Hirokazu Kanazawa, one of the most renowned and respected traditional karate masters of all time.

The New South Wales Government is proud to support the 11th Shotokan Karate-do International Federation World Championships and to welcome guests to Sydney, Australia's global events city.

I encourage all visitors to take the opportunity to not only explore our wonderful city, but also experience the beauty and diversity of regional areas of the state of New South Wales.

Michael O'Keefe

President of Shotokan Karate International Australia



Welcome!

Since the World Championships in Greece in 2009 we have seen prominent reminders of just how fragile our world is. We have seen Mother Nature at her worst with the earthquake and tsunami that hit Japan, and we have seen radical actions taken by intolerant extremists destroy the lives of many innocent peoples, a rapid changing political environment in many countries, and we have seen the impact of the ongoing Global Financial Crisis.

Yet, in spite of all this and our human frailty we have seen just how resilient individuals and whole peoples can be, and what can be achieved with sincerity and dedication aimed towards a better way, a better life.

It is in this environment that the Shotokan Karate International Federation Family gathers in true harmony to participate in the 11th World Championships here at Sydney Olympic Park in New South Wales, Australia. We are able to fiercely compete against each other in the Championships, yet we are able to maintain courtesy and respect to each other and to move in harmony with the way shown to us by the teachings of Kancho Kanazawa and other senior people within SKIF. We are very fortunate to have this path to follow, and fortunate to have the leadership to guide us along that path.

Therefore, I trust you will as competitors enter into competition with the above in mind. For those who are visitors to Australia, I trust you will enjoy and respect our country and share in its rich and increasingly multicultural way of living. Australia is a very beautiful country and there is much to see and do during your visit. Our country should be better for your having visited and I hope you will be better for having been here and been part of the SKIF 11th World Championships.

Again and on behalf of all the members of Shotokan Karate International Australia, WELCOME.

JOURNEYS

"The more I know the more I climb, yet the mountain just gets higher. The more I try, the more I focus, the depth is limitless. There is no end in sight. That is karate, my life."

My Life, Hirokazu Kanazawa

Sydney, Australia is a long way away from most of your home countries, your home cities and towns. Many of you have travelled a very long distance to participate in these World Championships. The 11th Shotokan Karate-do International Federation World Championships Sydney 2012 has now become a part of your karate journey.

Kancho Kanazawa's journey began in the late 1940s. His journey has taken him from his seaside hometown, to the big city of Tokyo, then in 1961 around the world to Hawaii, England, Canada and over the decades since the formation of SKIF, to almost every corner of the World. We who are part of the SKIF family have share parts of this journey with him and Australia has a proud history of participating in every SKIF World Championships since the first held in Tokyo in 1983.

We therefore share some journeys of our own with you. Karate-ka who have competed at the highest level and for whom karate-do is in their blood. From all walks of life, from all around the world, these karate-ka have represented Australia proudly and with honour in their efforts unified in the pursuit of Shotokan Karate as members of the SKIF and they continue to train and inspire future generations of karate-ka on their journeys. The names maybe unknown to you but we believe their experiences you will recognise in your own journeys - inspiration, determination, belief, victory, opportunity, respect, family, friendship, acceptance, growth and courage.

We hope you remember the experiences in your own journeys past, enjoy your experience here in Sydney, Australia and wish you all the best for the journey ahead.

國際
松博報

1983

TOKYO The Journey is the Destiny

What I cherish most about the inaugural SKIF World Championships in Tokyo 1983 is not the championships itself, but what happened after it.

Sure, for a first international outing, the Australian team did very well. We came third in the finals of the men's team kumite, were placed in the finals of both the men's individual kumite and kata, as well as the women's individual kata final.

The highlight of the championships was, undoubtedly, Kancho's awe-inspiring demonstration: at the end of a powerful nanchaku demonstration, someone in the audience hurled an apple straight at him in high speed. Quick as a flash, he sliced it with the nanchaku, on the back swing, blind. There was no second chance, if he had failed, he might have ended up with an apple in his face, or at least one rolling on the mat. The audience erupted in wild applause. It was a privilege for all to have witnessed such a demonstration of prowess. Time may have passed, but we still talk about that golden moment to this day.

On a personal level, there was one other special experience that came after the championships.

I went to a small village on the island of Kyushu in the south, to visit a local instructor, spending seven days with him and his wife, who was also an instructor and kata champion. I was a lowly nidan but was treated like a VIP. It was summer holiday time, the instructor had assigned a 17 year old boy - his best student - to keep me company. Everyday, he'd come to the instructor's house, eat with us, play with the dog called Bon, take me training at the dojo in a school, and teach me Nijushiho as a special gift in the pine forest in the hills.

On the last day before I left, he came and

stayed with me. Because his English was very basic, we spent the whole night communicating in sign language, kanji and with the help of an English dictionary. I remember asking him what he would like to do after high school. He said his dream was to go to the big city Tokyo, follow in the footsteps of his hero Kanazawa sensei, study in the Takushoku University, train in the legendary Instructors Class and become a professional instructor. "One day," he said, "I want to be a world champion". He gave me a cassette tape of Japanese pop songs and a karate book with Kancho on the cover. The book was well thumped and scribbled with Japanese notes, these gifts were obviously his prized possession as a teenager. We didn't sleep till dawn broke, two hours later an entourage of about 30 instructors and students took me to the train station. The instructor arranged for him to accompany me on the train to the next town. Their hospitality was simply overwhelming and it brought tears to my eyes.

Those seven days in the mountains of Kyushu rekindled my love of karate. I had been thinking about giving karate a break after my own failure at the Tokyo Championship, winning was everything to me then. What I found in a sleepy village in the hills of Kyushu is traditional karate at its purest, unadulterated and beautiful form – kids, teens, adults training together for the pure love and enjoyment of it, in settings as ancient and authentic as the cherry blossoms. We were all on the same journey, pushing and challenging ourselves to achieve perfection of mind, body and character. Impossible to achieve of course, but the journey itself is the destiny. Most would soon stop, some stay on for a few years, a few even for life. And the boy did become a professional karate instructor and a world champion. He is now the Chief Instructor Designate of SKIF. He is Sensei Manabu Murakami.

I returned to Australia reinvigorated, and my karate journey continues to this day; as long as I live, it will never end.

Kevin Chan
Journey began 1973

1985

DUSSELDORF The Road to Green and Gold

My journey which allowed me to compete for Australia in the 2nd SKIF World Championships began back in Peru 1975.

My mother took me to my first karate lesson after I had been pestering her for months about wanting to learn Karate. After surviving my first lesson I wanted to quit as it was so physically demanding. As my mother had paid 1 month's tuition she forced me to attend training 3 times a week for the rest of the month. By the time the month was up I realised that I really enjoyed the hard physical training and the challenges that karate presented.

My first sensei (Segundo Risco) introduced me to the budo of karate which enriched my enjoyment even more. My regime became more intensive from the 3 days to 6 days a week such was my love of Karate.

In 1980 I graded to Shodan and in 1982 I graded to nidan by Sensei Hidetaka Nishiyama, I was fortunate to have support from passionate knowledgeable instructors who supported me.

I arrived in Australia in April 1985. Australia brought me much joy and many challenges, one of them being the language barrier and finding where to continue my karate journey.

As my sisters lived in the Eastern suburbs I was fortunate to find a shotokan dojo where I could train hard and continue to develop under Sensei Frank Nowak.

The challenges for me in karate were many, some of which were how tall some of my opponents were and the extremely long reach of their kicks and punches. These challenges made me train even harder on my speed and timing thereby becoming National Champion in both kata and kumite at my 1st Australian National tournament.

I was bestowed the honour of representing my new home country Australia although I had only been a resident for 7 months. My fellow karate-ka were very supportive and helped me overcome many barriers both language and cultural, this harmony is still ongoing throughout my personal life and something I encourage in my teachings at my Bondi dojo.

To prepare for the 1985 World Championships, I further intensified my training. I began to train 7 days a week leading every morning with a beach run, followed by technical kumite techniques and finishing with kata training. Kumite was made up of 1000 punches each side and the same for kicks. All training was followed by half an hour of stretching. In addition to this I trained with Sensei Nowak twice a week and also trained with close friends.

The first time I wore the green and gold I was overcome with pride. It had taken adopting a new country which allowed me to realise my dream, I was part of the Australian Karate team.

I arrived at Dusseldorf not speaking any German but with a little English and great teammates we were able to get to our hotel. Not having enough funds to pay for my own accommodation my teammates Andy and Rhiannon kindly shared their room with me.

As our German was non existent we were forced to go to places where we point at pictures and then our mouths. This was not always successful as once we were in McDonalds trying to get a burger and ended up having ice cream for dinner. Considering it was snowing outside they must have thought "crazy Aussies!"

On my 1st day of competition I was filled with excitement to be able to see Sensei Kanazawa in the flesh for the first time. My focus and training made me confident in my ability and yet no real expectation to place considering I had no international experience. My approach was one bout at a time and before the end of the competition I had exceeded my own expectations by placing in the top 8 for kata and getting through to the third round in open kumite at a time when there were no weight categories.

Throughout my karate journey I have encountered many wonderful individuals who have enriched my life. The most important being my wife of 27 years whom I met in a Sydney dojo and together with our two sons Christian and Daniel, we are all on the journey as karate-ka.

My journey of Karate would not have been possible without my mother's push and the encouragement and support of my sisters and family who are attending SKIF2012 to see me compete in my 7th world championships.

Abraham Harada
Journey began 1975

1988

UTSUNOMIYA
Who Dares, Achieves

From as early as I can remember, I have always been attracted to Karate. When I was 14 years old I signed up to the local Karate club with aspirations of one day representing my country. After 12 years of hard training my dreams of putting on the green and gold finally came true, I was 26 years old. After a bout of competition wins in individual and team kumite matches and an excellent result in the nationals I was selected to represent my country in the upcoming 1988 3rd World Championships the following year. The tournament was to be held in Utsunomiya Japan. I was ranked nidan. Finally it was happening. I was pumped and ready to go. It was an amazing time in my life.

There was a big lead up to the 1988 Championships and everyone pitched in to help me. I had a young family at the time and it would be the first time I was separated from my wife and kids. This was a difficult for me but I remained focused and kept my eye on the prize. I was training hard and match tactics were always on my mind. I was training on my own at this point as my coach

was in Sydney. It was hard not having my mentor here, I had so many questions to ask. What was Japan like? How was I going to eat raw fish? Who was I competing against? The unknown often crossed my mind, but I was very fit, focussed and committed to doing my best. I set out to prove my self.

When we finally arrived in Tokyo it was midnight, the team was wide-eyed with excitement. We hopped onto the bus and headed for the hotel. Unfortunately we broke down and were stuck for 2 hours in an unknown city. We were off to a bumpy start.

Whilst waiting for another bus, I tried my first Japanese meal from a 7-eleven store nearby. Can you imagine a bus full of hungry Australians storming a 7-eleven store at 2 am? To our disappointment there was not single pie or sausage roll in sight. I had my first sushi experience. I was not satisfied and after two bites I had enough. After three weeks of staying in Japan I lost 12kgs. I was desperately missing my wife's cooking.

Getting around Tokyo was a challenge, everything was written in Japanese and not many locals spoke English. However, thanks to my good friend Danny Hakim we managed to find our way around the city. The Aussie team was very united, we all travelled and trained together. We shared lots of laughs when attempting to speak our very little Japanese with the locals.

The night before the world championship, we had a team meeting in the hotel. We received our competition numbers. I was number 100 in the men's open individual kumite, with 128 competitors. Coach told me that I was in the same pool as a Murakami, I had no idea who that was. I did not care, I would fight anyone. I found out that he was the all Japan champion. On the first day of the tournament we arrived at the wrong address. Unaware, we began taking team photos. After a while we realised we were the only ones there. Luckily we managed to make it to the correct stadium on time!

I reached the semi-finals in the Mens open individual kumite. I had no Coach on my side during the four matches. I won three matches against a German, Italian and a

Mexican. My final match was against the fellow called Murakami. I lost to a true Karate-ka, a sensei and nowadays a very close friend.

The world championship farewell party is a very special time, everyone is united in friendship. Meeting, sharing a drink, and making friends from all over the world in the spirit of Karate-do. This was one of the things I enjoyed most about the 3rd world championship.

Karate-do Dojo kun must follow and never give up, this is how I practice and live my life, success is trying your best.

OSS!

Memduh Sanli
Journey began 1976

1991

MEXICO
The Promise of a Silver Lining

I first started training in martial arts in 1963, so my journey has had a few detours on the way to finding Shotokan. When I first joined SKI Australia in 1984 I travelled over 200 miles every Saturday for years to Sydney to train for 2 hours at South Sydney Juniors Dojo under the likes of Senseis Nowak, Cox, Dyett, Delevski, Harada and Chan and afterwards travelled another 200 miles home. I had no idea that those early years of hard training and an unquenchable thirst for knowledge were not only laying the foundations of the technical side of my karate but setting my feet upon a path leading to unbreakable bonds of friendships.

My journey to Mexico in 1991 was my second SKI World Championship, one which meant so much to me because I was trying to repeat my success at Utsunomiya three years earlier and to prove to myself that my winning Gold in the Kumite there had not been a fluke.

Mexico was an amazing trip for many reasons. In the competition my last match was almost déjà vu. I got to fight for 1st/2nd place against Yuko Yoshimura again, once more we had Asano Sensei as Referee and I think even the corner judges were all the same as our Gold medal match in Japan. We even wore the same belts as in Japan – I as Shiro and Yuko, Aka. As in Japan, it was a close match with the first two minutes ending in a draw, but this time my friend Yuko went on to win the Gold. I came away from that tournament very happy with Silver and, more importantly, I had proven to myself that Japan had not been a 'by chance' win.

It was also a lot of fun to compete with Xanthie and Kim in the Women's Team Kumite where we took out third place and as both Kim and I already had trophies from our Individual Kumite events we thought it only fair that Xanthie be given the team trophy to take home. They were great trophies too – an Aztec Indian with his arm outstretched and fist closed and opposite him a kind of monument with a sun dial.

As well as the competition itself some memorable moments from Mexico for me were: As we landed the passengers all clapped – we thought they were clapping because perhaps not all the planes landed safely (not a good thought); the team packing like sardines into VW taxis, to take us from training back to our hotels, and then shooting straight across in front of three lanes of traffic scaring the heck out of all of us; seeing again and chatting with both competitors, officials and Senseis that we had met in Japan; Patricia running off to the markets to get fruit for the team and taking us to find shops selling items made of silver; Lex laughing a little too much at our team dinner; at the Farewell Party after the Championship Patricia persuaded me (and I don't drink) to get on the microphone and give a little speech thanking Ishikawa Sensei and everyone for such a wonderful time. Patricia translated my words into Spanish to the delight of our hosts; and after the tournament going sightseeing and climbing a pyramid with a very young Christian Harada on my shoulders.

Mexico was friendship and laughter, the

pure joy of being with so many like-minded karate-ka, the provision of never ending support and belief by team mates, and the honest good will given by competitors and Senseis from other countries – people just really happy to see you again after so many years.

As I write this and so many years of memories come flooding back, I feel truly blessed to have been a part, of not only so many great teams but, especially part of the SKI family. Specifically I have learnt that karate never leaves you, the body may age and weary but the heart and soul of what you have learned through the years – it stays with you always!

Kerry Flynn
Journey began 1963

1994

YOKOHAMA
From the Bush to the Worlds

Mexico 1991 SKIA women's team we came home with mostly bronze medals and silver here and there. I thought we are up there but I wanted more. Over the next three years I worked towards a better out come.

Karate has been a huge part of my life, personal success I have never measured by my competition success, which over the years I have had my fair share of accolades, but as it is competition and am representing my country, it required a bit more of my time.

Preparation for Yokohama I had some great sponsorship in the form of use of a local gym and physiotherapist, I cycled 17 kms to and from work each day, dojo training regular class 2 times a week then my team and I would do another 3 trainings through the week and sometimes we would train at the beach (sand makes awesome resistance training) with even at the local gardens.

There was not the opportunity to compete

that often as most events only happened in the cities and that was time and money I did not have. So when I practiced I would go where people were to put some pressure on myself. Funny thing about that though at the local hairdresser it was common gossip that I was a bit of a show person, they had a different response when I came home after the championships.

So the day came and we are off to Japan. Not long into our flight, myself and my 2 team kata mates were asked if we would like to move up to business class, well thank you JAL that would be lovely (all the guys missed out).

We had a venue to go practice in Yokohama, the day we went there, before we left, our coach had all our team make a big circle and we the ladies team kata had to in the middle of the circle do our kata, but just once, I was quite aware that everyone else practicing in the hall stopped and were watching us, lots of clapping when we finished!!

The big day arrived, our event was called, up we go.

“UNSU” I announce, and as usual I was not aware of anything but my team mates and working our way through the kata. We finish then wait till scores go up, our score is called, we bow out and as we leave the court, our team mates are all looking pretty excited, evidently we were in front. Still more teams to go, we sit patiently till all is finished. I was not totally sure until 1st place Australia was called, well we were laughing and crying all at the same time. We did it. It felt good.

On return to Aussie we received a congratulatory note from one of our senior members which I thought was pretty great. Words to the effect of “Just goes to show what the girls from the bush can do”.

Kim Rye
Journey began 1978

1997

MILAN For My Father and Mother

1997 was the year of the world championships in Italy. I had retired from competitive karate at the time, but being frustrated with my work and life in general, I decided to give-it-a-go and compete in the championships. I remembered how proud dad was of my karate. His passing in1996 gave me the incentive to train hard and to give it all I've got.

I found it very difficult at the start of my training regime as my fitness level had declined and I was far from being at a competitive standard. I began to train very hard waking up at the crack of dawn for a run & fitness training. Mum's encouragement helped to push me on.

On the day of competition I felt strong and confident, but after seeing my Japanese and Chinese rivals gave myself little hope of a place on the podium. When my chance came to impress the judges I felt that I performed to the best of my training and ability. I couldn't believe it when the results were posted and my name was at the top of the list. I had won first place at the Italian championships! I felt extreme pride at my achievement and thought how proud my father would have been. Winning 1st place in Italy was my greatest achievement.

The trophy was a 3 foot high cup mounted on a big slab of Italian marble which I managed to squeeze into my huge sports bag. Upon arrival at Milan airport I placed the bag onto the security conveyer belt, the security officer monitoring the scanner became visibly startled, stepping back and calling for his colleagues in Italian to assist. He then began gesturing at the bag and kept asking me “What is this! What is this!” It turned out he thought the bag contained a machine gun.

I feel privileged to have been selected to compete for my country. It was the chance

of a life-time to travel with my team mates and compete against the world's best.

Georgette Dyett
Journey began 1976

2000

BALI The Way of Family

These Bali championships are one of many that I have competed or officiated in (my first was the SKIF Inaugural championships in Japan 1983) and are not my last, however, Bali was one of the most anticipated in many ways as my karate journey in April 2000 was to take on a new beginning.

It was the beginning for the most treasured reason, as it was the first time I was able to be on the team with my two sons David and Mark, I had dreamt about this for many years and to see it come true was magical.

We often talk about Karate and especially SKIF as belonging to a family and here I was with my boys competing together. Over the years I have made many friends from the SKIF family and to see them all in Bali and to train, compete and socialise with them is something that every 3 years I look forward to and this time to introduce many of them to my family was a privilege. As a quote from Kancho Kanazawa after the Bali Championships in 2000 we are a "World Family".

Being picked on the Australian Team is always an honour whether as a competitor or as an official and many karate-ka wish they had the opportunity to do so. It takes a lot of practice and commitment to be away from your family but the enjoyment and pride you get from just marching in the opening ceremony with all the other karate-ka is fantastic.

But karate is challenging, it comes with its ups and downs and Bali was no exception, I had my family there to cheer me on as well

as the whole Australian team. I started the championships with judging and refereeing my sons with the junior competition and although they did well, they were out early but for them I said, “don't worry it's all experience, just train hard and enjoy and your karate future will be bright”. It worked 6 years later when they were rewarded in Japan in the final of Team Kata.

Now it was my time to compete I truly believed that I had the potential to win Kata and went through the rounds being more and more successful, I came 2nd in the end by .1, I was so very happy to reach that placing. Next was kumite but I had fallen ill, but remembering the inspiration of Kancho, when he competed with a broken arm, I was determined to fulfil my goal of becoming world champion and not letting my team or family down. I fought to the best of my ability and came equal 3rd, quite an accomplishment under the circumstances.

It was a success and a personal challenge to overcome my physical pain and enjoy the experience and passion not only of competing for my country, but for the karate way of life.

A truly inspirational aspect of Bali 2000 was to witness Kancho obtain his 10th Dan and see him demonstrate karate with the assistance of his sons.

It is with great pride to be part of these 11th World Championships in Sydney Australia. My karate journey is never-ending...

Zivko Delevski
Journey began 1972

2003

DURBAN Into the Fire, Friendships Forged

While major sporting events such as the Olympics are very much about demonstrations of sporting prowess and elite athleti-

cism, they are also about uniting people together in the spirit of friendship. This spirit of friendship and good will towards others has been an important aspect of the SKIF World. It is this theme of friendship that I wish draw on in reflecting on my World Championships experience of 2003 in Durban, South Africa. The 2003 World Championships hold a special place in my heart, largely because of the bonds formed and strengthened amongst team mates from the Australian National Team. The 2003 team was a particularly tight-knit group of individuals, and we spent most of our time socializing together as well as training together. As a result, the memories I carry of that tournament are not so much about the sporting achievements of team members. Rather, the memories I recall most vividly are ones of specific team members who have become good friends. I limit my recollection of such experiences to three.

The first relates to one of the bravest acts of courage I've seen by a karate-ka – an act of courage driven by the spirit of teamwork and friendship – or as we Australian's say – mateship. On the second day of competition Kevin Brady was fighting in the men's open lightweight division. He was in particularly good form, having made it through the early rounds of competition with little trouble, when mid-fight, he fractures his shin. Despite this, he bared the pain, but was unfortunately knocked out of the division. Medical staff sternly advised Kevin not to participate in the team kumite. Despite this, I distinctly remember Kevin saying, “Well I can't let the team down, cut my leg off if you want, but I'm fighting with my mates.” I then proceeded to watch Kevin, in incredible pain, hobble on one leg as he warmed-up with the team determined to fight. Now you can't tell me friendship is not a powerful thing.

My second recollection relates to my dear friend Steve Meek. Steve and I had made acquaintances a few years before 2003, but it was during this tournament that we got to know each other particularly well. We realised we shared much in common – we had the same ridiculous sense of humour and saw eye-to-eye on many aspects of karate and life in general. Whenever I reflect of the 2003 World Championships, I think of

how the tournament offered an opportunity to consolidate on an acquaintance that became a very important friendship that continues to grow. There is no doubt that through karate we can develop friendships that last a lifetime.

My final recollection relates to my good friend Darren Brailey. The relationship I have with Darren is a unique one – one that started proper two years prior to the 2003 World Championships when I began coaching Darren. Now for those of you who know Darren and I, you would appreciate that seeing the two of us together is like seeing David and Goliath. Darren stands at well over six foot and on a good day I come in at a towering four-foot-nothing. So the concept of being Darren's kumite coach seemed bizarre, if not absurd. Despite this, Darren had faith in my abilities, and our first major litmus test came at the 2003 World Championships. He did well, placing third in the men's heavyweight division, an outcome that was bettered in 2006 with the World title. While the result was excellent in 2003, the thing I remember most was that feeling of genuine support and care you have for someone that you worked with to achieve a common goal. I also remember how privileged I felt to have someone trust me so much that they would help me shape their karate development at an elite level. I feel our athlete-coach relationship developed blossomed because it grew out of a strong friendship of mutual respect and understanding – a friendship that was elevated further at the 2003 World Championships.

Gery Karantzas
Journey began 1984

2006

TOKYO Build the Fire and Light the Match

In 2006 I was 30 years old, had lived in Australia for seven years, was an impending father and selected to represent Australia at

the 9th World Shotokan Karate Champion- ships. I am British by birth, love brought me to Australia and representing my adopted country meant true acceptance and integration for me. Like most of my team mates, when it came to anything to do with Shotokan Karate my eyes would light up and I would become deeply focused. I had represented Australia on two previous occasions in Bali, Indonesia (2000) and Durban, South Africa (2003), however the prospect of competing in Japan, the birthplace of Shotokan Karate, for me was the epitome of achievement.

My best friend from the UK had relocated to Tokyo 12 years prior to further his study of karate. I had visited him many times over that period, spending weeks of intensive training in local dojos. This and an immer- sive cultural experience further strengthened my connection with Japan, making success at the World Championships even more of a personal goal.

During the 2 years leading up to tournament, every day became an increasing mission to train harder and by doing so give myself and Australia the best chance of success. I was building a fire and everyday I trained I was adding fuel. I was very fortunate to have a very understanding family, strong friendships and excellent coaching support to back my sustained efforts in training. I quickly became used to the lifestyle of an athlete – waking up at 5am to work on strength/conditioning before work, then going to dojo and personal training sessions after work and giving up weekends to attend squad training and compete on the national tournament circuit. I moderated my diet and in the final months leading to the tournament curtailed my social life to ensure I had optimum rest and recovery time. Karate truly became my life.

Karate training for me has been a lifelong study; I began training when I was nine years old and have been competing for almost as long. However, representing Australia on a world stage has always raised the stakes. There is no denying it as the tournament day approached I was full of nervous tension, but as soon as you get on the mat, that tension dissipates and years of discipline and conditioning kick in. At just

the right moment you light the match. Cheers from fellow team mates and the realisation that you have 2 minutes to perform at your best or be eliminated give you all the motivation you need to win!

Putting aside the sense of pride and personal achievement, the most special and memorable part about being part of a World Championships Team are the bonds you make with other like-minded, passionate and driven athletes. When you train, compete, socialise, lodge and nurse injuries together, silent bonds are formed from these shared experiences that last a lifetime. With Australia enjoying incredible success at the 2006 World Championships in Japan (more athletes in the finals than any other time in history, with our team captain taking home gold in the heavyweight Kumite), I am not only proud of all of our achievements that weekend but very thankful to have been surrounded by a team of truly inspirational individuals. I achieved my personal best (missing out on top 8 in Individual Kata by a narrow margin) and left Tokyo on a high.

Personally, the fulfilment I achieved throughout my journey to the World Championships far outweighed the destination – if you think positive, consciously plan your way, surround yourself with supportive friends and family and, most importantly, believe in yourself, whether you win or lose on the mat the personal growth and connection with others will make you as much a champion as those who finish at the top of the leader board.

Steven Meek
Journey began 1985

2009

ATHENS A Never Ending Journey

The World Championship experience to me could be summed up in the moment I stepped into the competition arena. After

the most terrifying minutes spent walking an underground maze, heart pounding and hands shaking, I marched toward the bright lights of the stadium and listened to the dull roar growing. As I entered the arena and made my way towards the tatami, I heard the stands erupt; I turned to witness a sea of green and gold rise from their seats, Australian flags being brandished furiously into the air, and cries of “Aussie, Aussie, Aussie! Oi, Oi, Oi!” filling the stadium. Standing before the rest of the world, wearing the Australian Coat of Arms upon my chest and with the support of my family and team mates, I felt a pride and honour that words truly cannot describe. And in that moment, I was more inspired than ever to compete; for myself, for my family, for my team and for my country. And this, is what the 10th Shotokan Karate International Federation World Championship embodied to me; Friendship, Team Spirit and Growth.

Being announced as an Australian Team Member in 2008 literally rendered me speechless, leaving me kneeling with my face in my hands as the tears flowed freely. Having been unsuccessful in my first attempt to be an Australian Team Member, I was only more driven and determined to gain selection and represent my country.

Being a part of the 2009 Australian Team was both a privilege and a challenge. The Australian Team was unlike anything I had ever been participant to. The spirit resonat- ing amongst the Team was undeniable. I was continually motivated by my Team to train harder and to push myself further. There was an atmosphere of mateship and comradery; I can clearly recall one teammate calling out to me as I walked to the ‘Peace and Friendship Stadium’ in Athens, Greece. “Mate, what are you doing? Competitors don’t carry their own bags!”, and with that, proceeded to snatch my training bags from my arms and carried them to the venue. From the moment we arrived in Athens, to the moment we departed (incredibly exhausted and generally hungover, I might add), we were more than individuals competing in the same championship, we were a Team. From scaling the Acropolis in the afternoon heat, walking to the stadium at some ridiculous hour each morning, to partying together at

the Sayonara Party and beyond, we were the Australian Team.

Preparing for and attending the 10th SKIF World Championships, 2009, changed my perspective of karate. The World Champion- ship offered me so much in the way of personal growth. However, karate is more than just a competition; it’s more than just a sport or the acquisition of belts and ranks. Karate is a way of life, and is as much cognitive in nature as it is physical. It is this fact that distinguishes karate from conven- tional sports, which makes karate never- ending journey, and which also makes karate universal and applicable to all. Karate is not so much about a goal or result, but the path in which you take to obtain the result, how you’ve grown and what you have learnt along the way. And it is this that needs to be kept in mind moving forward into the 11th SKIF World Championship and into the future of karate.

Elise Chalk
Journey began 2002

2012

SYDNEY My Journey, My Battle, My Life

2005, Perth National Championships – I sat in awe as selected members of the National Team were announced one by one. For me, the pride and excitement in the hall was palpable! It was then, my very first national tournament when I dared to dream and here I am now, a member of the Australian National Team competing at the 11th SKIF the World Championships. I am so grateful to be living that dream and I’m enjoying every minute of the journey. But what I didn’t expect was getting so much more out of this journey than what I bargained for.

I was well on my way when I tried out for the Team during Shotokan Week in Adelaide back in 2007. Although I completed the trials I had some doubts of meeting ongoing

training commitments due to full-time postgraduate studies and work, and eventually had to pull out. I was disappointed but thought it just wasn’t the right time (well, that’s what I kept telling myself anyway!). I was not discouraged though and the plan was to try again the next opportunity that came around. What I didn’t know was that I would face a journey much bigger than taking another shot at selections. In November 2010 I was diagnosed with Breast Cancer. To this day I still struggle to find the right words to describe the experience. The treatment was hard, but the mental and emotional journey that came with was just as hard; I would dare say even harder. I felt like the cancer took everything that mattered to me but I had to somehow deal with that. When I got to the ¾ mark of completing treatment I started to get some strength back and I felt it was time to start re-claiming my life somehow – with the little strength I had! I started training again in July 2011, but mainly because it was doctor’s orders – I HAD to exercise. I remember being very upset at the start. It was quite a rude awakening when I realised my body was not what it used to be. That, and I forgot my katas! But exercise was a non-negotiable, so out of fear I kept on. Amazingly, the fear & frustration subsided and I started to realise just how much I missed training. Being back in the dojo felt like being home. From then on everything started to come back – my connection and love for karate, and yes, competition! Before I knew it I knew it I was training for the State and National champion- ships. But more importantly I felt I was getting stronger everyday; I was more focussed and in a positive space. I felt confident – something I hadn’t felt in a long time. I felt I had some of my control back, as well as getting back the connection I had with my karate community, my peers, and team. Pretty good going for someone who just wanted to train to get some exercise! And, wouldn’t you know it, the opportunity for Team selection presented itself. And despite everything I felt “the time IS right!” And thanks to the unwavering support of my family, friends, Sensei and Coaches, here I am today.

The World Championships for me is truly something special. It is about re-claiming my

health and my self-confidence. It is a wonderful opportunity to represent my dojo and my country; but more so it feels like the consolidation of all the lessons I have learnt throughout my breast cancer journey; and I feel I can really truly appreciate the opportunity because of it. And speaking of timing, the week of the World Champion- ships actually marks 2 years since my diagnosis. I am truly grateful to be able to celebrate this milestone at the Worlds as it is my opportunity to give back to this thing I really believe is saving my life. Yep, I sure am getting more than what I bargained for, and I can’t wait!

Victoria Ravalo
Journey began 2005

Victoria wishes to acknowledge the Breast Cancer Network of Australia for its support in her journey. You can learn more about its important work and find out how you can help at www.bcna.org.au.



Thank you

“Volunteers don’t get paid, not because they’re worthless,
but because they’re priceless”

Sherry Anderson

Shotokan Karate International Australia and the World Championships Organising Committee acknowledge and thank all the volunteers for the contributions and personal efforts that they have made towards the successful hosting of our World Championships. To those who have given more than their fair share we offer our heartfelt and sincerest thanks and appreciation for giving of your time, talents and making personal sacrifices in joining us on this important endeavour.

Without the generous support of all volunteer karate-ka, families and friends this major event would not have been possible.

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Each year, Sydney will host a spectacular array of unique events including high adrenalin sports, exciting artistic collaborations and cultural experiences. Below is just a sample of what’s in store. If it’s worth seeing, it’s on in Sydney!



**Sydney New Year’s Eve
31 December**
Sydney welcomes the New Year with 9pm family and midnight fireworks.
Sydney Harbour



**Sydney Festival
5 - 27 January**
One of the world’s most wonderful summer festivals!
Various venues across Sydney



**Apia International Sydney
6 - 12 January**
Come and experience Sydney’s summer tennis party.
Sydney Olympic Park Tennis Centre



**KFC T20 INTL: Australia v Sri Lanka
26 January**
It’s the Aussies v Sri Lanka in an explosive game of T20 cricket!
ANZ Stadium



**Paris Opera Ballet – Giselle
29 January - 9 February**
The triumphant return to Sydney of the world famous Paris Opera Ballet.
Capitol Theatre



**Sydney Chinese New Year Festival
8 - 24 February**
Celebrate with cultural events, food markets and the Twilight Parade.
Various venues across Sydney



**Movie Extra Tropfest 2013
17 February**
The world’s largest short-film festival.
The Domain



**The Addams Family – Australian Premiere Season
From 9 March**
Broadway’s smash hit musical comedy hits Sydney!
Capitol Theatre



**The BMW Sydney Carnival
23 March - 27 April**
Featuring Tooheys New Golden Slipper Day and David Jones Australian Derby Day.
Rosehill Gardens and Royal Randwick



If it’s on in Sydney, it’s on **sydney.com**



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