



World Kobudo & You

World Kobudo Federation

Bringing People and Martial Arts Together

January 2022



We wish our World Kobudo members all the best for 2022!

Un de nos plus beaux passage de grade depuis le début de Shinka-Ryu Karaté. Un beau 3 heures bien rempli avec des prestation digne d'une passage supérieur Un gros merci à shihan Alain Lavoie d'être venu juger avec nous Je suis très fier de ce que vous accomplissez et je souhaites vous aider pour encore très longtemps !



What are your Goals For 2022!

There's only one way to achieve them...to improve your discipline. How often do we make New Year's resolutions or set goals, start off with great intentions but then find ourselves drifting off and eventually losing our motivation? If you're like most people, this happens to us all too often.

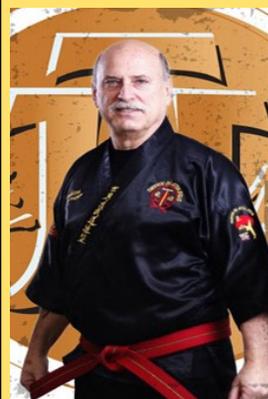
Your call to action: On a piece of paper, write out your top 3 goals for the month and the steps you'll take to achieve them. Put the sheet in a place you'll see it every day. Tell a supportive friend, spouse or co-worker what your goals are (accountability can make all the difference).

You can make this year your best year ever. Lose that weight, improve that relationship, start that business, clear up that debt—whatever it is, you can do it.

Greater success in 2022—you've got this!

Félicitations à: **Shodan:** Yasmine, Jean-Francois **Nidan;** Jonathan, Isabelle, Johanne, Luc. Genevieve **Sandan:** Veronick **Yodan:** France
Rudy Duquet Karaté Charlesbourg Quebec

My Dear World Kobudo brothers and sisters,



I hope you had a wonderful holiday season and are feeling positive for 2022 . Yes, we are still feeling the effects of the Covid pandemic personally and with our martial arts schools and clubs, and now is the time to keep pushing forward, staying safe and putting the pieces together for an amazing new year

Martial arts training teaches us to be warriors. And how do warriors deal with a challenge? They face it head on, they don't back down and they keep swinging. The challenges we're facing are the proving ground for the results of our training. Be strong, be persistent, be courageous. And, if you are a teacher/sensei, be the leader your students need you to be!

Stay safe and train hard, Hanshi John Therien

STAY CONNECTED TO WORLD KOBUDO FEDERATION

www.WorldKobudo.org

www.Facebook.com/WorldKobudoFederaton

worldkobudo@gmail.com

World Kobudo Dojos Around The World

Updates and News from Team Budoschool Kempen Belgium

Firstly, our school is celebrating 10 years of existence this year. The 2 dojo's have doubled in membership and the beautiful story continues.

Second, our 2-day seminar is scheduled for April 2 and 3, 2022 in our sportcentre at Beerse, Belgium. It will be a great revelation for martial arts after the 4th Lockdown in Belgium.

Finally, from our school, we wish you and your family all the best and good health in 2022.

David Van der Schoepen
Head-instructor Tai-Jutsu &
Ju-Jutsu



BJJ BFit in Spain

On December 18 in **Bjjbfit** we had our traditional Christmas graduation ceremony. Congratulations for the new belts and thanks to all the students that came to join us in such a nice day.



News from Shumuna JiuJitsu in Stonewall Manitoba Canada

Shumuna JiuJitsu students, **Doug Breckman** and **Mitchell Hillman** continue to join me for training sessions every Sunday morning in the back of the Something Beautiful restaurant. They have been working very hard to get back up to speed after a twenty some year absence and their input as we revise the curriculum has been invaluable. In the new year, they will begin working on their presentations for testing.



Rick Williamson—Head Instructor, Shumuna JiuJitsu

Visite surprise de Saint Nicolas le 6 décembre au dojo Goshindokan de Liestal (Suisse) chez les petits pratiquants (5 à 8 ans). Après une petite démonstration et les poèmes traditionnels, Saint Nicolas a remis plusieurs ceintures et offert du chocolat Suisse aux enfants.

Goshindokan, Liestal Switzerland—Will Zimmerman

2021 has been a challenging year for everyone. During spring time we had online trainings and the most active people were practicing at home themselves. We used this quiet time for planning and for organizing the restart.

Summertime was a great boost since almost all restrictions have been cancelled in Hungary, we were able to organize seminars and competitions.

Our international meetings unfortunately has been failed due to the travelling restrictions.

We are trying to keep our Team motivated online and planning the further work and hoping that our energy and motivation will continue in 2022. We wish a Merry Christmas and a Happy New Year for Everyone! Stay safe!

Shihan Gusztáv Vikartóczy 7. dan ju jitsu of Hungary

TEST YOUR MARTIAL ARTS KNOWLEDGE



1. What is the Japanese word for a martial arts belt?
2. Who was the founder of Judo?
3. In what country was Silat developed?
4. Name 5 Okinawan karate weapons
5. What martial art did Bruce Lee learn as a teenager in Hong Kong?
6. Who invented foam padded safety sparring gear?

1. Obi
2. Japan
3. Indonesia/Malaysia
4. Bo, Sai, Nunchaku, Tonfa, Kama, Eku (oar), Tinbe, and others
5. Wing Chun
6. Tae Kwon Do grandmaster Jhoon Rhee

2021, l'année divisée en trois

Des cours offerts « online », au semi-présentiel extérieur en groupe et intérieur très petits groupes à l'occasion, nous en sommes maintenant revenu sur un horaire régulier avec au maximum 25 personnes sur un cours. Belle nouvelle pour cette année, je voulais souligner les élèves du secondaire 1 et 2 du parascolaire karaté de l'Académie Ste-Marie avec qui nous avons un rendez-vous chaque semaine pour partager notre art et surtout avoir



beaucoup de plaisir à le pratiquer. Belle jeunesse dynamique.

Quelques mesures sanitaires ont été remises à l'avant plan pour terminer l'année 2021, mais nous y faisons

face avec droiture. 2022 arrive, et le mois de janvier célébrera le 15^{ème} anniversaire du dojo ainsi que la venue de Hanshi Alain Saily.

Passez tous une superbe année 2022 et souvenons-nous tous que nous avons tous le pouvoir d'être les instigateurs de merveilleux souvenirs en commençant par créer un merveilleux présent

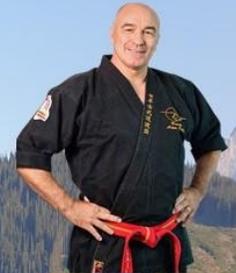
Sensei Frédéric Hamel—Dojo Karaté Jutsu Frédéric Hamel, Beauport, Québec

ASVÖ
Burgenland

Intern. ASVÖ - BUDO Lehrgang Hintermoos
31. Juli bis 06. August 2022
Info: jiuffit@gmx.at



Bundessport – und Freizeitzentrum
A-5761 Maria Alm/Hintermoos/Salzburg
AUSTRIA



Alain Saily

Werner Pfeffer
Lehrgangsteiter

Dr. Daniel Jakob

Santiago PonceLas Jurado

Stefanie Eser

Oliver Haider



Lehrgangsteiter:
Werner Pfeffer
Info: jiuffit@gmx.at

International Budo Event in the Federal Sports Center A-5761 Maria Alm / Hintermoos / Salzburg, AUSTRIA. For registration, contact Werner Pfeffer at jiuffit@gmx.at

Do You Have An Idea For An Article?
Do You Have Dojo News To Share?
Any Great Photos From Your Club?

Please email them to us at

Worldkobudo@gmail.com



Budo Pro

Professional business and teaching practices for martial arts clubs/schools

With the challenges the world is facing now, it's more important than ever to give your students a fantastic martial arts experience.

Our [BudoPro Facebook group](#) (only for our WKF member clubs) has excellent resources, ideas and discussions to keep your students learning and connected to your dojo.

To find out how your club/dojo can become an official WKF school and learn about all the benefits of membership, contact headquarters at

worldkobudo@gmail.com



Congratulations to **Randy Dauphin**, 7th dan kyoshi from Legacy Shorin ryu karate jutsu in

He raised \$5,000 for Cystic Fibrosis on Dec. 3, 2021 by sparring 50 rounds with 50 different opponents- black belts karate world champions, a champion boxer and many others. He did this on his 50th birthday!

Well done, Kyoshi.- what a great achievement & a way to help others!



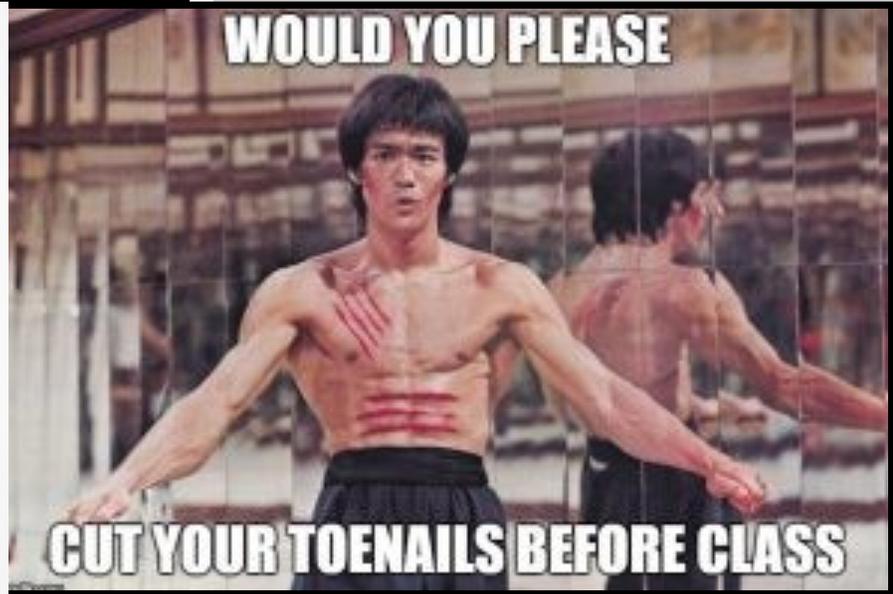
Renshi Pierre Marceau with 2 of his students graduated to Shodan after 10 years of training.....bravo.

Nos jeunes - Lise Savage 77 ans Et Nicole Robitaille 72 ans Qui pratique depuis 10 ans , 12 mois par annee



16th November 2021 Grenoble, France, Dojo Evolution Spirit Exam by Kevin Lansard Renshi Grades evaluation adults of season 2019-2020, they waited 3 seasons because of COVID.

3ILL ASSOTT



WORLD KOBUDO
 Happy new year
 Le dojo-club d'Arts Martiaux du Conservatoire Saint Viateur
 Abidjan (Côte d'Ivoire / Afrique) vous souhaite une bonne
 et heureuse année **2022**

www.conservatoire-saintviateur Tel : +225 27 22 49 99 22 / Cel : +225 07 99 75 71 77



Clubs have opened and had to close again due to restrictions across the country. Even with these challenges, the **Shintani Wado Kai Karate Federation** has moved forward offering classes virtual online, in-person (based on location) with many instructors providing hybrid (in-person and online) training and hybrid Black Belt gradings. .

Above is a picture from the last clinic we ran for in Welland with **Sensei Ron Mattie** demonstrating Shintani Kihon-Kumite with me as his uke. **Darren Humphries** Shichidan, Shintani Wado Kai Karate Federation, Manitoba, Canada

How's Your Flexibility?

Every martial artist knows that stretching is an important part of their training. Having good flexibility helps in many areas:

- More range of motion in the joints
- Less chance to pull a muscle
- The ability to do more challenging moves (high kicks, for example)
- Less stiffness in muscles after training



With all those important benefits, it makes sense to add a stretching session after each workout. Here's some exercises that will help you

1. Sit with legs straight and together in front of you, Bend your trunk forward. You can use your arms to pull yourself into the stretch.
2. Sitting on the floor, spread your legs wide and stretch towards each leg, then towards the middle. If you do this facing a couch, you can grip the front of the couch and pull yourself forward.
3. From a standing position, slowly spread your legs to the furthest point you can reach (without pain). Then put your hands on the floor and carefully stretch the legs out a few centimeters at a time. Don't go too far and injure yourself—the



4. Hold a stretch for 20—30 seconds (don't bounce)/ And make sure you are thoroughly warmed up before you do your stretching exercises.

With regular practice (and patience), your flexibility with gradually increase and you'll enjoy all the benefits of a flexible body.

Share your dojo promotions, news, students and other photos with us—we love to hear what's going on at your schools—email photos and description to worldkobudo@gmail.com

News from
Queensland, Australia
Hanshi Reg Ellis
Sensei Jason Young

Sakura Ryu Ju Jitsu



Senior Grading: Saturday 18th December 2021



Junior Grading: Saturday 11th December 2021



Seminar at Mike Leclair's
with Iceman Jean Yves T
Mike and Laura Sywy
Marceau.



Congratulations to Kyoshi Mike and Barb Downs on the opening of their amazing new dojo!





Photo de groupe du dojo Karaté du Conservatoire Saint Viateur d'Abidjan Côté d Ivoire Afrique de l Ouest. Sensei BRIKA à gauche et Sensei ASSI à droite.



dojo November 20th in Gatineau Quebec
Thériault, Shihan Alain Bonnamie, Kyoshi's
Lyk, Kyoshi Mike Leclair, Renshi Pierre
Coggins.



First seminar at Renshi Pierre Marceau in 2 years due to covid.....November 13th with the Iceman JYT in Cap Rouge Quebec.

