## WORLD FUDOKAN FEDERATION





# Prague, Czech Republic 2013

Sportovní hala TJ Sokol Královské Vinohrady Polská 1, Praha 2 – 29.11.-30.11.-1.12. – 10.00-20.00 h.

Oficiální záštita

MĚSTSKÁ ČÁST PRAHA 2





Reklamní partneři







Oficiální záškita Mistroství světa Fudokan Karate















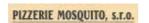






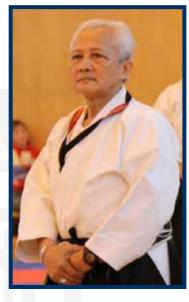












Vážení přátelé,

Jsem velmi potěšen, že Česká federace tradičního karate Fudokan byla pověřena mezinárodní organizací World Fudokan Federation upořádáním Mistrovství světa Fudokan Karate dětí, mládeže a dospělých. Mistrovství světa je věnováno památce Sensei Dana Stuparu. Čest jeho památce.

Je nám velkou ctí, že Ing. Miloš Zeman prezident České republiky, přijal patronát nad Mistrovstvím světa fudokan karate. Pro naši organizaci a širokou sportovní veřejnost je to velmi důležitá podpora a uznání, kterého si velmi vážíme. Osobní účast pana prezidenta na Mistrovství světa fudokan karate bude jistě velmi motivující pro sportovce celého světa.

Oficiální záštitu nad Světovým pohárem Fudokan karate dětí do 14 let převzala Mgr. Jana Černochová, starostka Prahy 2. Děkuji za podporu Městské části Praha 2, která věnovala originální medaile pro kategorie dětí. Na letošním šampionátu bude vyhlášena cena Fair play, kterou osobně bude předávat starostka Mgr.Jana Černochová.

Dovoluji si zde přivítat Prof. Dr. Iliju Jorgu, Soke 10 Dan, zakladatele Fudokan karate, prezidenta WFF pana Rajeeva Sinhu, sbor rozhodčích pod vedením hlavního rozhodčího Prof. Dr. Vladimíra Jorgy a delegace členských států. Věřím, že všichni závodníci budou bojovat v duchu tradičního karate Fudokan. Děkuji za podporu Mistrovství světa panu Slavomíru Svobodovi, předsedovi České unie bojových umění, všem sponzorům a příznivcům karate Fudokan. Jsem rád, že do přípravy a organizace tohoto šampionátu se zapojila dle svých možností i velká část našich oddílů karate Fudokan a všichni si přejeme, aby Mistrovství světa Fudokan Karate bylo úspěšné.

Ing. Rachmy Soebajo Prezident ČFTKFS Předseda organizačního výboru Mistrovství světa

Dear Friends,

I am very honored by the fact that the Czech Traditional Fudokan-Shotokan Karate Federation was entrusted by the World Fudokan Federation with organizing the World Fudokan Championship for Children, Juniors and Seniors. The World Fudokan Championship is dedicated to the memory of Sensei Dan Stuparu. We honor his memory.

We are deeply grateful to Ing. Miloš Zeman, the President of the Czech Republic, for extending his patronage over the World Fudokan Championship. This is a very important act of recognition for both our federation and the entire sporting public, which we sincerely value. The personal presence of the President will certainly motivate all the athletes.

The official patronage of the World Fudokan Championship for Children was extended by Mgr. Jana Černochová, the Mayor of Prague 2. I would like to thank the Prague 2 district, which has kindly donated original medals for the children category, for the support. This year, we will also announce the Championship Fair Play Award, to be handed over personally by Mgr. Jana Černochová.

I would like to welcome Prof. Dr. Ilija Jorga, Soke 10 Dan, the founder of the Fudokan Karate, Mr. Rajeev Sinha, the President of the World Fudokan Federation, the competition judges lead by chief judge Prof. Dr. Vladimir Jorga, and the teams of the individual member countries. I believe all athletes will fight in the traditional spirit of the Fudokan Karate.

Finally, I would like to thank Mr. Slavomír Svoboda, the Chairman of the Czech Martial Arts Union, as well as all the sponsors and supporters of the Fudokan Karate, for their support. I am glad that a large number of our clubs have contributed to this championship. We all wish the World Fudokan Karate Championship a resounding success.

Prague 2013

### Prezident České republiky Miloš Zeman uděluje záštitu na 5. Mistrovství světa tradičního karate Fudokan 29. 11. 2013 – 1. 12. 2013

President of the Czech Republic Miloš Zeman granted patronage to World Fudokan Karate Championship 29. 11. 2013 – 1. 12. 2013



Prezident České republiky

Miloš Zeman

uděluje

ZÁŠTITU

5. Mistrovství světa tradičního karate

**FUDOKAN** 

29. 11. 2013 – 1. 12. 2013

Milor Kem



Mgr. Jana Černochová starostka městské části Praha 2







Je mi ctí, že se tato velká sportovní akce - 5. Mistrovství světa tradičního karate Fudokan – dětí, mládeže a dospělých koná v Praze 2, a to v největším sokolském areále na světě. Touto cestou chci poděkovat pořadatelům, že si k jejímu uspořádání vybrali právě toto sportoviště na Královských Vinohradech. Je to místo s velkou historií a myslím, že mistrovství světa tradičního karate Fudokan je jednou z dalších událostí, která se do jejích dějin zapíše zlatým písmem. Mistrovství světa není jen o dospělých, ale své bojové umění předvedou také děti ve Světovém poháru mládeže. Mimo jiné budou soutěžit také o cenu fair play "Pohár starostky městské části Praha 2" a já jsem velmi ráda, že jej budu moci osobně předat do rukou vítězů. Praha 2 se dlouhodobě snaží podporovat mládežnický sport, protože je to podle nás jedna z nejdůležitějších součástí života dětí. Skrze sport se zocelí, naučí se pravidlům a vstřebají určité morální hodnoty, které v životě jistě budou potřebovat. Naučí se být součástí týmu, ale také se naučí přijímat prohry, znovu vstát a nevzdávat se. Myslím, že právě karate je tím správným příkladem, protože rozvíjí nejen fyzické schopnosti, ale také ty mentální. Vychovává lidi čestné, upřímné a se zdravým sebevědomím. Budu jen ráda, pokud si další a další děti k tomuto sportu najdou cestu a mohu slíbit, že tyto aktivity budu jako starostka městské části Praha 2 podporovat.

– children will also demonstrate their martial art prowess in the Children World Karate Cup. Among other trophies, they will also compete for Prague 2 Mayor's Fair Play Cup – and I will be very happy to personally hand over the cup to the winners. Prague 2 has a long-term policy of supporting junior sport activities, which we see as one of the most important aspects of a child's life. Sport helps children grow stronger, learn to respect rules, and absorb moral values that will be useful later in life. They will learn to be team players, but also to accept defeat and keep trying without giving up. I believe karate is a good example here, because it develops not only the physical prowess, but also the mental skills. It raises honest and sincere people with healthy self-esteem. I will be

glad if more and more children are attracted to this

sport and, as a Mayor of Prague 2, I promise to sup-

I'm honored that such a major sporting event – the

5th World Fudokan Karate Championship for chil-

dren, juniors and seniors - takes place in the Pra-

gue 2 district, in the biggest Sokol site in the world.

I would like to use this opportunity to thank the or-

ganizers for selecting the Královské Vinohrady (Royal

Vineyards) location. It is a location with rich history and I believe that the World Fudokan Karate Cham-

pionship will become a part of that history written in

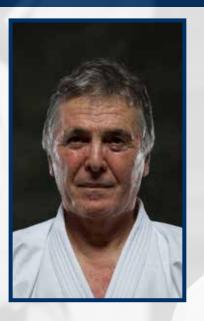
The World Championship does not aim only at adults

Mgr. Jana Černochová, Mayor of Prague 2

port such activities.

gold letters.

Prague 2013







Tři ideogramy slova Fudokan znamenají stabilitu, tvrdost a domov. V překladu je tedy Fudokan "dům stabilních základů". Tradiční Karate Fudokan založil Dr. Ilija Jorga v roce 1980 společně s několika podobně smýšlejícími lidmi, pod mezinárodní organizací Fudokan Karate Do Renmei.

Dr. Ilija Jorga vzpomíná na tento významný moment následovně: "Oficiální založení Fudokanu bylo vymezeno s "malým" obřadem, to už je dávno 15. listopadu v roce 1980. Bylo podepsáno prohlášení o založení Fudokan podle mých nejstarších žáků, přátel a podobně smýšlejících lidí a Fudokan vyrazil do světa, opravdu na začátku tiše bez velké okázalosti. "Deklarace o založení Fudokan karate podepsali Dr.Ilija Jorga, Dr. Vladimir Jorga, a tehdejší studenti: Zurab Merabesvili, Nadev Venceslav, Soebajo Rachmy, Haki Kosar, Dan Stuparu.

Dr.llija Jorga, zakladatel karate Fudokan, během své bohaté soutěžní činnosti dosáhl řady nejvyšších ocenění na evropských a světových soutěžích. Vedle aktivního cvičení se věnuje rozsáhlé publikační činnosti. Ve svých knihách přesně definuje podstatu a základy tradičního karate Fudokan: "Tradiční karate Fudokan je spojeno s tradicí a sebeobranu . Každý pohyb je vykonáván s úsilím o fyzickou, psychickou a duchovní jednotu. Pokud má mít realizovaná technika maximální efekt, je třeba ji provádět s přísnou kontrolou vlastních emocí a fyzických dispozic, dále pak je nezbytně nutná i mentální kontrola protivníka. Schopnost kontroly je důkazem sebedůvěry, která se dá získat dlouholetým cvičením".

#### Traditional Fudokan Karate Prof. Dr. Ilija Jorga, Soke 10 Dan

Founder of the Fudokan Karate (1980)

The three ideograms of Fudokan stand for stability, hardness and home. In translation, Fudokan is "a house of solid foundations". The Traditional Fudokan Karate was founded by Dr. Ilija Jorga in 1980, together with several similarly-minded people, under the umbrella of Fudokan Karate Do Renmei.

Dr. Ilija Jorga recalls this important moment: "Officially, Fudokan was established with little ceremony on November 15, 1980 – a long time ago. The founding declaration was signed by a group of my oldest students, friends and similarly-minded people and Fudokan set out into the world – initially this was really quiet, with little pomp." The founding declaration was signed by Dr. Ilija Jorga, Dr. Vladimir Jorga, and then-students Zurab Merabesvili, Nadev Venceslav, Soebajo Rachmy, Haki Kosar, Dan Stuparu.

Dr. Ilija Jorga, the founder of Fudokan, has collected a number of European and World Awards in his rich competition career. Besides actively practicing karate, he is also publishing – in his books, he accurately defines the essence and basics of the Fudokan Karate: "The Traditional Fudokan Karate is connected to tradition and self defense. Each movement is made with the goal of achieving physical, mental and spiritual unity. For a technique to have the maximum effect, it must be executed with a strict control of one's emotions and physical abilities. A mental domination of the opponent is also required. This ability is a proof of self-confidence that can be gained by long-term practice."





#### Tradiční karate Fudokan Prof. Dr. Vladimír Jorga, 9 Dan Hlavní rozhodčí Mistrovství světa, Prezident ETKFF

Prof.Dr.Vladimir Jorga má velký podíl na rozvoji tradičního karate v Evropě a po celém světě. Po celý život se aktivně věnuje karate. Sensei Vladimír Jorga byl vynikající sportovec a několikanásobný mistr Jugoslávie v karate. Jako student lékařské fakulty získal první titul "Mistra University" roce 1963. Vrcholové soutěžní činnosti se věnoval až do roku 1975. V tomto období načerpal velké zkušenosti a porozumění pro vrcholové sportovce. Později působil jako trenér jugoslávského národního týmu karate a mezinárodní rozhodčí. Zároveň pracoval na Bělehradské univerzitě, děkan mezinárodního fakulty sportu, vedoucí katedry tělovýchovného lékařství a rozvíjel další vědecké aktivity na mnoha úrovních. Je autorem řady odborných publikací o tradičním karate. Využívá nejnovějších vědeckých poznatků v oblasti sportovní medicíny a jako jeden z prvních autorů analyzoval z medicínského hlediska techniky karate a jejich působení na lidský organismus. V této oblasti učinil neobyčejně rozsáhlý přínos nejen pro karate, ale pro všechny bojové sporty.

# **Traditional Fudokan Karate Prof. Dr. Vladimír Jorga, 9 Dan**World Championship Chief Judge, ETKF President

Prof. Dr. Vladimir Jorga has contributed significantly to the development of traditional karate both in Europe and all over the world. Throughout his life, he is actively practicing karate. Sensei Vladimir Jorga has collected multiple titles of the Champion of Yugoslavia in karate. As a student of medicine, he has won the University Champion title in 1963. He has competed at the top level until 1975. During this period, he has collected a lot of experience and acquired understanding for the top athletes. Later, he has served as the Yugoslav National Karate Team coach and as an international judge. At the same time, he was working at the Belgrade University, as a dean of the International Sport Faculty and a chair of the Sport Medicine Department, and a researcher. He has authored a number of publications about the traditional karate. He applies the most recent scientific results in sport medicine, and was one of the first authors to analyze the impact of karate techniques on human body. In this domain, his contribution is important not just for karate, but for all martial sports.

# WORLD FUDOKAN FEDERATION TRADITIONAL KARATE-DO



#### Tradiční karate Fudokan Dr.Rajeev Sinha, 7 Dan

Prezident WFF

Prezident Indické federace tradičního karate v Indii s více než čtvrt miliónu členů, zakladatel Jihoasijské asociace tradičního karate SAKA. V roce 1990 byl přijat sensei H.Nishiyamou jako jeho žák. V roce 1994 obdržel Jihoasijskou cenu pro sport za přínos pro karate v oblasti Jižní Asie. Je autorem knihy "Influence Vedic Philosophy of Japnese Karate-do"a dalších publikací a projektů o tradičním karate. Později, v roce 1995, Sensei Nishiyma uvedl Sensei Rajeeva Sinhu jako ředitele ITKF. V roce 1996 Sensei Rajeev Sinha byl členem delegace ITKF a jedním ze signatářů historické dohody v Osace , která připravila cestu pro začlenění karate do olympijských her.

Sensei Rajeev Sinha působí nejen jako instruktor karate, ale také se věnuje himálajské kriya yog, kterou úspěšně rozšiřuje v řadě zemí v Asii, Evropě a Severní Americe. Od roku 2007 rozvíjí projekt "Shakti" který se zaměřuje na výuku sebeobrany a posílení postavení žen v Indii.

Sensei Rajeev Sinha připravil projekt Fudokan Vision 2012, časově vymezený vývojový program pro členy Světové Fudokan federace. "Naše vize budoucnosti Fudokan by měla být komplexní a harmonická. Musí zahrnovat všechny aspekty, které působí na život členských organizací a jejich lidí. To musí být v rovnováze a je třeba spojit všechny rozdílné názory a síly, které si konkurují ve snaze o dosažení seberealizace."

#### Traditional Fudokan Karate Dr. Rajeev Sinha, 7 Dan

WFF President

President of the Indian Traditional Karate Federation with more than quarter-million members, founder of the South-Asian Traditional Karate Association (SAKA). Accepted as a student by Sensei Hidetaka Nishiyama in 1990. In 1994 awarded a South-Asian Award for contribution to karate. An author of the book "Influence Vedic Philosophy of Japnese Karate-Do" and other publications and projects about traditional karate. Later on, in 1995, Sensei Nishiyama has appointed Sensei Sinha the ITKF director. In 1996, Sensei Sinha was a member of the ITKF delegation and one of the signatories of the historic Osaka Agreement, which helped introduce karate into the Olympics.

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Sensei Rajeev Sinha is not only a karate instruktor, but also an avid practitioner of the Himalayan Kriya Yog, which he successfully spreads in many countries of Asia, Europe and North America. Since 2007, he is developing the Shakti project, which focuses on teaching self-defense and empowering women in India. Sensei Rajeev Sinha has prepared the Fudokan Vision 2012 Project, a time-limited development program for the members of the World Fudokan Federation. "Our vision for Fudokan must be complex and harmonious. It must include all aspects that impact the life of the member organizations and their individual members. These must be in balance that unites the many different opinions and forces that compete in the strife for self-fulfillment."





#### Česká federace tradičního karate Fudokan Shotokan

"20 let tradičního karate Fudokan v České republice"

Česká federace tradičního karate Fudokan si v letošním roce 2013 připomíná 20.výročí založení tradičního karate Fudokan v České republice. Od počátku stojí v čele federace Sensei Rachmy Soebajo, zastává funkce prezidenta, vede trenérsko metodický úsek a reprezentaci. Za dvacet let činnosti federace bylo dosaženo řady sportovních úspěchů na národní i mezinárodní úrovni a to především díky obrovskému nadšení a zaujetí pro tradiční karate ze strany našich členů.

První velkou soutěží pod mezinárodní organizací Fudokanu – IFKR, které jsme se zúčastnili, bylo I. Mistrovství Evropy tradičního karate Fudokan seniorů v roce 1993, v Polsku, a následně I. Mistrovství Evropy tradičního karate Fudokan juniorů v Maďarsku. Již v dalším roce 1994 jsme uspořádali II. Mistrovství Evropy tradičního karate Fudokan seniorů v Praze. Tento úspěšně uspořádaný šampionát odstartoval další sérii evropských soutěží Fudokanu v České republice, za poslední období (1994-2013) jsme u nás uspořádali již deset Mistrovství Evropy pro různé věkové kategorie.

V letošním roce pořádáme Mistrovství světa fudokan karate. Na tento šampionát se poctivě připravovali naši zkušení reprezentanti, ale také i nejmenší děti, které poprvé nastoupí na tak významné soutěži. Všichni dostali možnost porovnat své schopnosti na nejvyšší mezinárodní soutěži a přejeme všem zúčastněným, aby Mistrovství světa bylo úspěšné.

## **Czech Traditional Fudokan-Shotokan Karate Federation**

20 Years of Traditional Fudokan Karate in the Czech Republic

This year, the Czech Traditional Fudokan Karate Federation celebrates 20 years since introducing the Traditional Fudokan Karate in the Czech Republic. From the very beginning, the federation is lead by Sensei Rachmy Soebajo, the federation president, also responsible for the training methods and coaching the representation. In its 20 years, the federation has achieved many successes on both national and international level, thanks especially to the enthusiastic support of our members.

The 1st Traditional Fudokan Karate Championship for Seniors in 1993 in Poland and the 1st Traditional Fudokan Karate Championship for Juniors in 1993 in Hungary were the first major event under the auspices of the international Fudokan governing body, IFKR, that we have participated in. In the very next year, we have organized the 2nd Traditional Fudokan Karate Championship for Seniors in Prague. This successful championship has opened a series of European level events in the Czech Republic – from 1994 to 2013, we have already organized 10 European Championships for various age categories.

This year, we organize the World Fudokan Karate Championship. Both our experienced athletes and our youngest members, who will compete in such an important event for the very first time, have been preparing themselves dutifully. All will have an opportunity to test their skills at the highest international level. We wish all participants a successful World Championship.

Prague 2013





#### Judges in Fudokan karate Obligation of keeping their own dignity of profession

In the cause of the wider range ofideas, homogeneity of oriented engagement of karate judges in Fudokan karate - judges must have a crystal clear knowledge of their function, importance and ethics. Existing rules of fighting and judgingin Fudokan Karate above all require a thorough introduction, adoption and equal interpretation of the same! It is their primary obligation of protecting the dignity of their profession, but also personal dignity of Fudokan fighter and his honor. In a word, they have a solemn duty and the ideal of his their own honor, by taking, before all, a great responsibility and risk.

Own denial and lack of know ledge of judicial rules and judicial obligations, as well as the honor in Fudo-kan karate, treated and will treat always as their own moral deficiency, especially as it can be and it is very often the cause of great misunderstandings and damages in Fudokan, but also the cause of personal sport tragedy of young people!

This is why the constant training and skills updating is necessary in order to better meet the needs of the trial but also the demands of the supreme good of Fudokan, the ideal of honor in such a unique martial art. Only in Fudokan karate a court of honor exists, which takes a judges and confirms the deeds done by judges.

Personal, family, religious, tribal, national, or any other moment (interest) of the judge, no matter if Kansa Sushin or Fukushin, cannot have any effect on his trial. His current and true decision must be correct because of it largely depends the sport life, honor and sport moral - in short, the fate of any competitor, of any age and sex, of any territory as well as any other nations and race of belonging!

I am aware of the fact that the judge profession has always had a special status in Fudokan karate, especially as it has always regarded as a powerful social status - not only the profession in sport.

According to its reputation, it is at the top of the interpretation of ethical and moral principles of themost valuable moral category in Fudokan - the honor! In their work, judges must be guided by the interests of proclaimedrules of combat and trial, but also the general moral elitism in Fudokan.

If failures occur in the performance of any category of judges (Sushin, Fukushin or Kansa), if it takes with it the consequences and bad deed, then the sentences imposed by a court of honor to him are far more severe depending on the function performed as well as the current position in the act of the trial, however, more than the actors themselves fighting - athletes! The principle of independence of the judicial "power" categorically dictates, or more than likely causes the formation of a completely separate organization and organized structures that would exclusively engage in the trial in Fudokan karate federation of the world. During sparring- that is, sportcombat, under any reason the outcome of the matchcannot be brought into question! In the case of repeated mistake, the judges may be deprived of their profession - which only confirms in what extent the profession of judges is very important in Fudokan for the implementation of the principles and application of the rules of judging and fighting.

Professional ethic and the ideal of awarded justice is achieved by establishing a true and objective trial it is the very substance and essence of the code of conduct in Fudokan, and thus makes ita strong granite house - of stable foundation! Then, its more than likely Fudo-kan-karate-do, just as the home of stable emotions and morality!

Prof. Dr Ilija Jorga Soke 10 Dan

#### Fighting of spirits - Tsume-ai

#### **Definition:**

Tsume-ai implies a very specific form of martial arts, based on the Bushido code of conduct and principles of Budo. Conflict involves two fighters, where there is a presentation and overall physical and mental mindset in solving the outcome of the struggle by setting a single blow realized in the complete absence of judges and their subjective decision-making, which is, indeed, very often present in the arenas of karate.

Judges, often managed by diverse interests, but also with the emotions or ignorance, can easily make victory into defeat and defeat other way around - unaware of the consequences that such a decision may carry on the contestants. Confronted fighters are in this case equal on the tatami as anywhere! It is a unique form of combat which cannot otherwise be seen in the entire world of karate styles and karate organizations and it is evident that this is specific form of combat, typical only in Fudokan karate. This essential form of appearance is the embodiment of the concept and essence of Budo and Budo skills demonstrated through a tradition of the samurai. This form of "conflict", that is, Bushido duel between the two fighters left to fate, two extremely determined samurai ready to receive the same calm judgment of fate, "when they need to live - to live and when to die - die," says the Prince Mito. In our case, in the 21st century, it is the duel of two competitors, but certainly not of any ordinary human, technical, physical or mental set, it is primarily the so-called level - Kurai! According to Sensei Nishiyama - Kurai is defined as not only the highest level of competitive spirit, physical fitness, but in terms of the total human potential. Competitors are extremely equa-Ily determined to take into their own hands the fate and outcome of the "duel". The outcome of the match cannot affect any outside factor or at least not a subjective judge decision. Judges are just silent observers! In the base of this happening - this form of martial arts, the overall age--old tradition of Bushido Code and Budo is woven into it. Way of behaving, thinking, conscious and unconscious phenomena of comprehending the environment - ourselves and opponent, expressed in a single postulate – in one principle, in one breath, the first and the last, which solves the same conflict. "One step - one death" - Ikkeu Shiatsu, prof. Suzmei would add: "On the uplifted sword that threatens to behead you and ends up your life - go forward and the gates of heaven will open up on you!" Certainly, the death is absolutely impossible in the conditions of the 21st century karate - they are extremely serious actions at the level of the subconscious knowledge but if the arms and legs would be replaced with katana - everything would be different!

Civilized behavior, self-judging, does not give us the right to think of one point almost impossible and incomprehensible form of conflict today, where the outcome



of one battle was the death of one or both opponents. In karate, judges can decide it is a draw in the outcome of a match of two competitors - Hiki wake. In Budo something like that absolutely does not exist! To be precise the dual blow of the katana of two opponents - only mean one thing - the death of both warriors. Life or death caused by the samurai crossing the "Bridge of Life" - as it is often emphasized in an otherwise scarce Budo literature where life or death ends on a thin thread - a fraction of the time, one breath or one step. Many forms of martial arts in the past, however, were ritual, revealing the inherent ethics, rules of conduct and moral responsibility.

#### Procedure of awarding Tsume-ai

After the expiration of regular match time and extra extension (kettei-sen) the result is unresolved, that is without any awarded points, as the rule in Kumite the judges must the decide by ballot. In Fudokan the competition continues in the form of Tsume-ai. In case of Tsume-ai the judges return to their seats and Sushin declares Tsume-ai match.

#### Protocol, gestures and forms of Tsume-ai rules

Sushin addresses to Fukushins by calling Hantei and Fukushins at that request of Sushin connect flags facing them to the ground. Sushin open hands at shoulder height palms facing out –summons the judges to himself on his left and right side - to continue his movement parallel to the front (similar like hittingtateshutouchi), directs the two remaining judges to walk to each other and then all together go down in zazen facing competitors.

At the command of Sushin - Hajime, competitors begins Tsume-ai fight - one attack. There is no limit in time for attack. The only requirement for wining is speed, strength, power, body dynamic, precision, distance and form.

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