

I GKF

INTERNATIONAL MAGAZINE





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Address from



IOGKF WORLD CHIEF INSTRUCTOR

Sensei Tetsuji Nakamura

Dear IOGKF members,

At the end of 2022, I would like to share some thoughts with all our members.

In the beginning of 2020, the Covid pandemic hit the entire world. Everybody's life got turned upside down. It was a very difficult time for all of us. In the IOGKF, we immediately started online training worldwide and shared the training videos with our member dojo around the world. We had many online country leader meetings so our members could share their status, ideas and to encourage each other to continue through and survive the pandemic. We had a series of online charity events as well as online gasshuku to keep our members motivated to train at home even when they were subjected to strict lockdown orders.

In 2022, we began to slowly emerge from a locked down and covid restricted world. In June I went to Brazil for the IOGKF South American Gasshuku. I had a great time in this beautiful country and the feeling among our South American members was strong. Then in July I went to Portugal where we held the first IOGKF European Gasshuku since 2018. It was so great to see hundreds of people from all over the globe come together again.

It was right after this European Gasshuku, when the IOGKF hit the turmoil of the biggest tragedy in our history. I won't go through all details of the events here, as I have explained them to our country leaders thoroughly at each step. These have been very sad events for all of us.

One thing that I can say is that IOGKF as a group tried our best to soothe the issue, and I personally have no regrets regarding the decisions that I made in each situation. One of the important mental elements of martial arts training is that you must make the right decision to survive regardless of your emotion. In a self-defence situation, it is a fear of losing your life. Even if I could go back in time, I would make the same decisions if I were presented the same information at each stage and while being under the pressure and mixed emotions of sadness, fear, and anger against the injustice we experienced. I followed my principle, truth, and sense of justice to preserve IOGKF, and I will continue to do so for future generations.

I was almost destroyed as a person and even thought about giving up everything at one point. However, I was saved by my many close friends, IOGKF country leaders and my family who continued to put their trust me and told me not to give up. Throughout all turmoil of these events, one thing that kept me focused and strong was the overwhelming outpouring of support and trust from you, IOGKF members. Without you, I would not be here today. I would like to thank the IOGKF executive committee members, country leaders, my close friends, and all members of IOGKF from the bottom of my heart.

From all of these experiences, I really feel that we never truly know what will happen tomorrow, or even in the next moment... Therefore, we must set the priorities of our lives and experience every moment fully and enjoy them.



In IOGKF, our objectives have not changed and they remain the same as they were in July of 1979, when IOGKF was founded in Poole, England. They are:

- Preserve Traditional Okinawan Goju Ryu karate and pass it to the next generation.
- Through karate training, add a positive impact to our lives and improve our physical and mental abilities.
- By teaching traditional karate, we educate our members to be better persons.

As we enter a new era of our great organisation, these goals and objective will not change. We will stay focused on our mission and in doing so try to contribute positively to our society at local, national and international levels. From the newest white belt to the most experienced black belt instructors, every IOGKF member is an important part in helping us achieve this.

In 2023, IOGKF will host an International Gasshuku in the Dominican Republic in February. In July 2023, we will host an IOGKF Chief Instructors Gasshuku in Okinawa – the birthplace of our Karate. In November, there will be the Miyagi Chojun Festival in Canada, and in Chile there will be the South American Gasshuku. I am also traveling to Europe, Australia and Asia to teach at many national Gasshuku.

Sensei Ernie Molyneux, Sensei Henrik Larsen, Sensei Jorge Monteiro and other IOGKF senior instructors will also be conducting events all across the globe in 2023. I would like to encourage all IOGKF members to remain active and to attend our events. The family that trains together, stays together.

In July/August of 2024, IOGKF International will host a world Budosai event in Naha, Okinawa. I would like to invite you all to attend this special event where we will celebrate the 45th anniversary of the foundation of IOGKF. This is a unique opportunity to experience the culture and traditions of Okinawa and to learn from the best instructors from around the world.

I would like to wish all our members a very happy festive season as we look forward to a bright, happy and healthy future in the year 2023.

Tetsuji Nakamura

IOGKF Chief Instructor 



INTERVIEW WITH SENSEI JOE ROSES

BY DAVID LAMBERT

PHOTOGRAPHY BY ROMAN BOLDYREV

You've trained for over 50 years now, in your eyes, how has Karate training evolved during that time?

It has changed a lot! Back in what I guess you could call 'the old days', Karate wasn't practiced by a wide variety of people like it is today. To be honest a majority of people practicing were only men and a lot of them were thugs. Today we have doctors, lawyers, servicemen and women, you know professional people, who have made Karate a way of life rather than something they just do.

Back when I started it was aimed more towards very rough street fighting type skills, there wasn't a lot of technical knowledge available to us. Today, IOGKF is in my opinion the most technically superior Okinawan Karate organisation. The amount of talent instructors teaching around the globe is unlike anything there was when I started. These instructors are switched on, they are well balanced, and they've become smarter in how they train compared to the old days.

I don't think the evolution as finished either. I think there is still more to come over the coming generations. It needs to continue to evolve and move with the times as well as sticking to the traditional aspects.

Kakie has become a huge part of your training over the years, why do you think it is important for Goju-ryu Karate-ka to practice?

I don't think it is essential, I know it is. I have a background in the traditional Jujitsu training and the locking skills I learned there can be very well accommodated in Kakie. Kakie is a 'sticky hands' exercises that not only gets



you comfortable with working in close proximity to an opponent, but it also teaches you to feel their imbalances and even pre-empt their intention to attack.

I have seen some groups that don't practice it at all and some that don't really spend to much time on it. It is so important that you research this, ask your Sensei's, go to a Gasshuku and learn, practice and practice again. There is so much to Kakie from locking, chokes, take downs, etc. The natural evolution of Kakie is to practice the Kata applications from Kakie and incorporate all these skills with them.

To me it is never ending and most of all it is essential for any Goju-ryu Karate-ka to practice seriously.

Now you are in your seventies, what can you tell us about your own personal training regime?

I have to be honest, it is different for me now, but it is a good different.

When I was young and we didn't have calibre of instructors in IOKGF that there is today, we really abused our bodies in training. For many of us, time has caught up. Today's generation have been much smarter in this area. Now I am older, I train smarter.

For me, I teach my Dojo three times per week. Outside of that I train three times per week. In those sessions I concentrate on weights for the arms, chest, back and legs. However, I do lighter weights and higher reps.

After this I do Sanchin and Tensho several times, followed by a stretching session. As you get older you tend to tighten up quicker, so after this kind of training I loosen by body back up.

Then I pick seven of the Kaishugata and send a period of time working on those. Sometimes strong, sometimes a little lighter focusing on the technical aspects more and other times very smooth concentrating on the Ju areas.

I would also like to say here that if you do get an injury, sure you go and see the doctor or physio, but you must keep moving. If you become stagnant and stiff things will only get worse. For me, if I get an injury, I am smart about



it but also try to get that area working well again as soon as possible. Start gentle and do something. If you do nothing, nothing will change.

Is it an important aspect of your own training and teaching to practice self defence against weapons?

Absolutely yes! In today's world every second person is carrying something. Knives in particular are very, very easy to come by.

The first part of self defence training is being mindful. Common sense saves lives! Don't go into places that look dodgy and dangerous. Stay away from people who seem to be up to no good.

When I was younger here in Australia, I trained with an special forces soldier who needed a training partner. I was able to learn some valuable skills from him. I have since coupled this with my knowledge of Kakie techniques to create a system of exercise I now teach at many Gasshuku events. They are simple, effective and proven.

Without practicing this kind of self defence, you really leave yourself open. But to recap, be smart in life and practice realistically in the Dojo.

What is your advice for those looking to improve Sanchin and Tensho?

I don't think people understand the importance of Sanchin and Tensho and the dramatic effect it can have on your Karate. It is a must for all students. There is so much to the subject and if you haven't already, I would encourage everyone to get a copy of Sensei Pervez Mistry's book on the subject. His book called 'three battles' is exceptional and educational.

Sanchin is a progressive Kata. It feeling will change as you improve and age, but the essentials are always there. You need to connect the Jo, Chu and Ge areas of

the body. Get your posture strong and correct. Learn to breath properly and activate the Tanden area. Rub the arms along the side of the body, keeping the elbows and shoulders down. Get those lats tight. The strong stance in particular can wash over into Kakie.

For Tensho, the same applies and more. I think many black belts miss the kime points in Tensho. You really need to feel sticky throughout and even more so at the end of the movements. Especially Tora Guchi, keep the tanden tight as you go back really block heavy.

Tensho is home to some incredible blocking and self defence skills people take for granted. You can then work to combine the movements with Kakie skills again. For me, I developed Tensho applications with Kakie finish off and take down moves, along with Renzoku Bunkai for Kakie which just seems to take students to a whole other level.

But if you want to get good at these Kata's, or you want your students too, you need to do them every session. Sensei's need to check their students regularly as well.

If you only had 15 to train, what would your main focus be?

That's not very long, but if it were me I would start with Sanchin and Tensho. Get outside and do these Kata's in the fresh air. Fuel the body with clean oxygen, get the muscles tensions and pumping with fresh blood and get the posture and structure set strong. Nothing beats a good Sanchin or Tensho on the beach, in the mountains or just outside in your garden. These Kata's have a real physical, mental and spiritual aspect to them and we need all of these working for good health.

Straight after that, with the time I had left, I would go into Makiwara training and practicing with 'George' (the wooden dummy that Nakamura Sensei developed for Goju-ryu training.) Hit strong, move well and feel that power and energy coming through the body.



Where do you think Goju-ryu will be in the next 50 years?

50 years is a long time away. The most important period to focus on now is the next 5-10 years.

The IOGKF needs to keep bringing the younger generation through. We need to continue to use the talented instructors from around the world who have good intentions toward the next generation. We need them to develop the younger people in our organisation so that the legacy of IOGKF can continue to the next generation.

You look at the football world cup, sure there are a few old 'masters' still playing, but the majority of them are younger people coming through the ranks. These people will be the superstars of tomorrow if they are mentored by the people at the top today.

And it can't just be males. The incredible female talent we have in IOGKF is amazing. The senior instructors need to mentor the younger people in IOGKF and we need to prepare them for when we pass Goju-ryu to the next generation.

What happens in 50 years time will depend purely on what we do to prepare the next generation over the next few years. 🙏



IOGKF DOJOS

AROUND THE WORLD

PORTUGAL HONBU DOJO

BY JORGE MONTEIRO JR.

After more than 20 years of co-owning a fitness club with a dojo called "Ginásio Apollo", Portugal's chief instructor Sensei Jorge Monteiro fulfilled his lifelong dream of opening his own space, specially dedicated to bringing traditional Okinawan Goju-Ryu karate to Portugal called "Hombu Dojo".

Sensei Jorge started by acquiring a garage near the center of Porto city. Because it was a garage previously, there was a lot of work to be done, but in 2018 the dojo opened its doors to the public.

After more than 40 years of karate and having visited hundreds of the best dojos across the globe, Sensei Jorge had a clear picture of what he wanted. Taking inspiration from the traditional Okinawa dojos, Sensei Jorge made Hombu Dojo feel like it was taken straight from Okinawa and put into Porto.

The Dojo is 500m² and has a reception, two locker rooms for men and women and of course the training area.

Since it is only dedicated to karate, the whole floor is made of wood and the walls are full of pictures of Sensei Jorge's history, karate colleagues and certificates.

In the training area you can find a shrine at the front also made of wood and a lot of training equipment, including traditional Hojo Undo tools and some more modern equipment like punching bags, Makiwaras, Chiishi, Ishisashi, Nigiri Gami, Kongoken, Makiagi, Tan, Tou, Jari Bako, Ude Kitae and a small area with some weight lifting equipment. It also has tatami pieces that are put together for takedown training or special fighting classes.

Sensei Jorge and his son teach every day at the dojo having different classes separated by age and ranks. With the dojo's equipment and conditions, and Sensei Jorge's vast karate experience the Hombu Dojo truly is a home of Okinawan karate where students have the opportunity to train and learn daily with a world class Sensei. 🍷

