

伝統空手道



60th AAKF National Traditional Karate Championship

Washington, D.C. • June 21–24 2023



Sanctioned by American Amateur Karate Federation
Hosted by JSKA Int'l and AAKF Mid-Atlantic Region



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**60th National Traditional
Karate Championships**

Washington, DC • June 2023
P.O. Box 10524, McLean, VA 22102
(301) 254-8884



June 24, 2023

The Mid-Atlantic Region of the American Amateur Karate Federation (AAKF) and the Japanese Shotokan Karate Association International (JSKA Int'l) would like to welcome you to the 60th AAKF National Traditional Karate Championships!

The AAKF championship is the oldest and most prestigious karate tournament in the United States. For the past 60 years, it has brought together the best practitioners of this ancient Japanese martial art to test themselves physically, mentally and spiritually. Traditional Karate focuses on the holistic development of the individual – as powerful athletes of strong character and moral fortitude who contribute positively to society.

In addition to highlighting the art of Traditional Karate, this Adult and Youth National Championships will serve an important functions. It is the occasion for the final selection of members that will comprise the United States Team to compete in the upcoming Pan American Championship in Buenos Aires, Argentina in October 2023. Go Team USA!

As the championship organizer and host, I would also like to thank all of the participants, judges and sponsors who have helped to make this event exceptional. I would like to especially thank all of the members of the Japanese Shotokan Karate Association International (JSKA Int'l), my friends, colleagues and students for helping me to organize, support and run this prestigious event.

Mahmoud Tabassi
Director of Mid-Atlantic Region

Tim Kaine
Virginia



June 23, 2023

Mr. Mahmoud Tabassi
Post Office Box 10524
McLean, Virginia 22102

Dear Mr. Tabassi:

It gives me great pleasure to welcome the 60th AAKF National Traditional Karate Championships to Northern Virginia.

The AAKF National Traditional Karate Championships is the oldest and most prestigious Karate tournament in the United States. Since it was established in 1963, the AAKF National Traditional Karate Championship continues to focus on principles that can be used throughout the lives of these athletes.

Your work as an organization serves as a testament to the excellent work that not only builds strong athletes, but also strong individuals that become valuable citizens to our country.

Thank you for the important work that you are doing and please accept my best wishes for a successful tournament.

Sincerely,

Tim Kaine



MARK R. WARNER
VIRGINIA



UNITED STATES SENATOR
WASHINGTON, D.C.
June 24, 2023

Dear Friends,

I am pleased to extend my warmest greetings to all who are gathered for the American Amateur Karate Federation's (AAKF) 60th National Championships and International Camp in Herndon, Virginia.

Each year, this event provides an opportunity for members of AAKF to demonstrate their skills in a competitive environment. I am confident that each participant has strived to improve their physical fitness and behavioral discipline in order to be ready for this event. You may work longer and harder than others around you, but those are traits that will serve you well throughout your life. I commend you for your efforts and thank the AAKF Mid-Atlantic Region for your work to bring fellow practitioners together for such a special event.

Please accept my very best wishes for a successful tournament with strong competition and good sportsmanship.

Sincerely,

MARK R. WARNER
United States Senator





American Amateur Karate Federation

NATIONAL TRADITIONAL KARATE GOVERNING BODY OF THE UNITED STATES

NATIONAL OFFICE

PO Box 3076

Montebello, CA 90640

Telephone: (888) 935-8882 Fax No. (888) 935-8555 E-Mail Address: office@aaakf.org

June 24, 2023

Greetings,

On behalf of the American Amateur Karate Federation (AAKF), I extend to you the warmest welcome to the 60th AAKF National Championships.

Traditional Karate training is a tried and true path for balanced mind and body development. Traditional Karate competition challenges the individual's mental and physical resilience within and without, motivating the person towards perfection of character.

AAKF, founded by Sensei Hidetaka Nishiyama, is the oldest US National Federation dedicated to traditional karate competition. We are gratified to attend this year's championship at our nation's capital, hosted by the Mid-Atlantic Region under the auspices of Sensei Mahmoud Tabassi, Regional Director and Chair and Senior Council of the AAKF Technical Committee. We look forward to the showcasing of exemplary karate-do competition and sportsmanship. You will also witness aspiring junior athletes hone their skills as our next generation's top competitors. The athletes' display of incredible physical prowess and *budo* spirit is a reflection of the standard of excellence that Sensei Nishiyama perpetuated for 60 years.

This National Championship will also select for candidates of the 2023 US Team. Having successfully qualified in regional competitions, black belt adult and youth members will compete for the coveted honor to be the best, and to represent the United States in upcoming Pan American Championships.

I thank Sensei Tabassi, members of the Tournament Organizing Committee and the AAKF Mid-Atlantic Region for their monumental efforts in bringing the International Seminars and National Championships to fruition. To our members who contribute to the growth of AAKF regionally and nationally, your support is deeply appreciated. It is your dedication and contributions that sustain AAKF to be the vibrant and thriving organization that it is today.

Sincerely yours,


Alex W. Tang
President



History of Traditional Karate

From Antiquity man has been faced with the necessity of defending himself. Thus, hand-to-hand combat developed as a means of physical survival. Its many varieties are the result of the differing cultural settings in which they developed.

Hand-to-hand combat became intimately associated with philosophy and meditation when Buddhism spread from India to China nearly 5000 years ago. The Buddhists supported a holistic philosophy of discipline, which led to the development of Chuan-fa, a form of fighting requiring both physical and mental discipline.

In time, Chuan-fa spread to neighboring Okinawa. There, the native form of fighting was combined with Chuan-fa to develop Okinawa-te or Karate. It underwent tremendous development in Okinawa 500 years ago through bitter necessity, when all weapons were taken away from the people and they were left exposed and vulnerable to the ruling classes.

Karate up to this century had been transmitted as a secret fighting method that could be used in place of weapons. However, in 1922 Gichin Funakoshi, President of the Okinawa Martial Arts Committee, introduced Karate to Japan. It was analyzed, polished and changed into more of an art than merely a method of fighting. Emphasis was placed upon Karate's spiritual aspects in order to approach the potential for control of one's physical and emotional abilities, self-discipline in one's daily life, and self-evaluation. Its ultimate and true meaning is the perfection of one's character through vigorous and serious training.

In 1955 the Japan Karate Association was formed to further the study and practice of Karate throughout Japan. Since then, Traditional Karate has been spread throughout the world by direct and indirect students of Master Funakoshi.

Traditional Karate, as practiced today, is an art, a sport, and proven method of self-defense. The word Karate means "empty hand". Traditional Karate is an art that uses only the human body as the weapon of self-defense. The word "empty" also carries the connotation from Budo (Japanese martial art) philosophy "to render oneself empty," to achieve a state of psychological awareness without the distraction of emotions such as fear, anxiety or anger.

The aim of Karate is to develop a mind and a body that are tranquil, yet flowing, not rigid, but receptive to whatever confronts them; a mind and a body able to react intuitively and fearlessly, without hesitation to whatever the situation may be. The art of Traditional Karate teaches students to focus all of their inner strength at a single target to defeat an opponent.

In Japanese, Traditional Karate practitioners are called Karateka and the martial arts contests are called shiai (she-eye), which means "test each other" or "mutual tryout". This differs significantly from the usual idea of sports competition. Shiai means to test one's personal level of attainment through the use of mutual engagement.

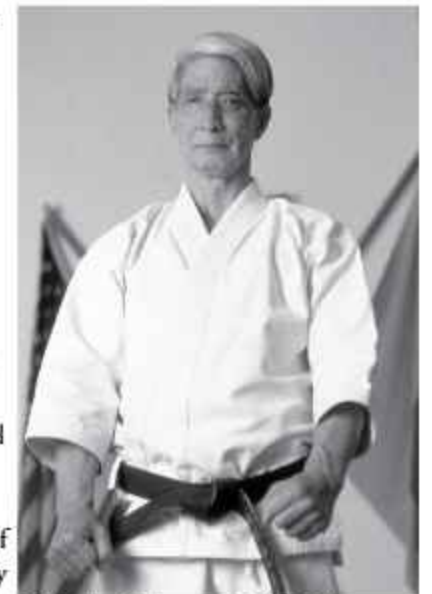
Victory itself is not the ultimate objective of the Traditional Karate contest; the shiai is one of the many methods of Karate training. It is a means for the student to test his or her ability by entering into a serious combat situation governed by strictly established rules of conduct.



Gichin Funakoshi (1868-1957)

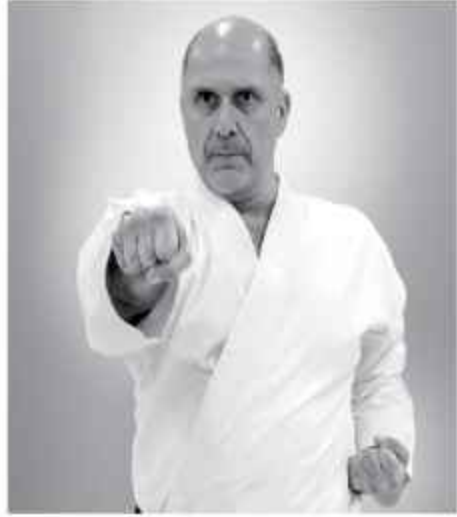


Masatoshi Nakayama (1913-1987)



Hidetaka Nishiyama (1928-2008)

The Officials



Mahmoud Tabassi (9th Dan)
Chairman, AAKF Technical Committee

Sensei Mahmoud Tabassi began training Shotokan karate at the age of six. He has trained under the guidance of various instructors, including Senseis Mikami, Okazaki, Koyama, Kanazawa, Tanaka, and Nishiyama. After a successful competition record in team kata and kumite, Sensei Tabassi changed his focus to teaching and has since graduated many black belts, coaching them toward achieving multiple national and international championship titles. In addition to his roles as a 1st Vice President and member of the Executive Board of Directors of the World Traditional Karate-Do Federation (WTKF), Sensei Tabassi is the AAKF Mid-Atlantic Director, Chairman of the AAKF Technical Committee, Senior Council and member of the Senior Advisory Committee, and Secretary and Treasurer of AAKF.



Dr. Alex Tong (8th Dan)
AAKF President, Vice Chairman of Technical Committee
Sensei Alex Tong is the current President of AAKF and Vice chair of the AAKF Technical Committee. He also serves as the Technical Director of the AAKF Southwestern Region. Sensei Tong is a certified kata and kumite judge at national and international levels. Sensei Tong has authored a few books on traditional karate such as *The Science & Philosophy of Martial Arts*; and *Zen of Kata*.



Richard Kageyama (7th Dan)
AAKF Executive Director

Sensei Richard Kageyama started Shotokan karate in 1972. As a competitor, Sensei Kageyama was regional champion for several years and in 2001 at the age of 51, he competed in the Pan-American Championships in Santiago, Chile. Currently, Sensei Kageyama serves as chief instructor of the Monterey Park Karate Club in California and holds certifications as an international judge, coach, instructor and examiner. In addition to his role as Executive Director of AAKF, Sensei Kageyama is a member of the AAKF Technical Committee and also the Executive Board.



Al Cheah (7th Dan)
AAKF Vice President

Sensei Albert Cheah is founder and chief instructor of Orange County Japan Karate Association, the oldest traditional karate dojo in Orange County, California. Sensei Cheah has trained in traditional Shotokan karate for over 35 years under the tutelage of Sensei Nishiayama. He is a seven-time AAKF National Champion, and also an instructor, judge, and member of the AAKF Technical Committee. Sensei Cheah is also member of Board of Directors of The World Traditional Karate-Do Federation (WTKF) and author of *Karate Do: The Art Beyond Techniques*.

About the Events

Kata

Kata are the formal exercises of Karate. Each Kata consists of a prearranged series of movements whereby the student practices a variety of defensive and offensive techniques against multiple imaginary opponents.

There are approximately fifty Kata that have been developed over time by various Karate masters and each has its own character. A Kata must be performed with full understanding of the application of each move, and yet it must flow rhythmically as one unit.

In a competition, a contestant's performance is awarded anywhere from one to nine points by six judges, based on Body Dynamics, Power, Form and Transition. The highest and lowest scores are discarded and the remaining scores are totaled. Scoring is based on the degree of total body concentration, correct timing, continuity and smoothness of transitions. Each Kata must also begin and end in precisely the same spot.

Penalties can accrue for loss of balance, hesitation, improper use of muscle expansion and contraction, incorrect breathing, not finishing on the starting point, or a lapse in etiquette. In addition, if a contestant stops a Kata demonstration for more than five seconds, then he receives no points for this event.



In the final matches of a competition, Skill Points may be added to the score of a contestant who demonstrates mastery of the fine details of his Kata techniques, and gives the overall impression of grace and strong spirit.

Kata competition has both individual and team matches. In team Kata competition, synchronized movement is the first consideration. A synchronized kata team has three members. The three must all move as one or penalties will result. Any penalties incurred by an individual member will be applied to the entire team. In addition to performing a synchronized kata, each team must perform the application for the kata. All other judging considerations are the same.



Kumite

The development of Kumite is a relatively modern innovation in Karate. Kumite consists of two opposing individuals engaged in free-style sparring involving defensive and offensive techniques without making contact. It is the most difficult event to judge due to the speed at which contestants are moving.

In competition, Kumite matches must be executed within an eight-meter square. Using punches, kicks and strikes, the competitor's goal is to deliver an effective technique or finishing blow that would neutralize the opponent without actually making contact. A match's sparring time lasts for one and a half minutes. Judges look for good timing, distance, accurate targeting, mental and physical equilibrium, body stability, and good strategy. Targets include the face, the chest from the waist-line to the armpit, and in some cases the side to the back of the body. Prohibited targets include the eyes, base of the skull, throat, groin, and joints. Penalties are given for going out of bounds, falling, excessive contact, or bad manners. In case of a major penalty, the match is ended.

Contestants wear no protective gear; therefore, complete control is essential. Contestants must have trained long enough to develop complete control of their mind and body along with the development of a mutual trust and respect for their opponent.

When the chief judge determines that a well timed, effective punch, strike or kick was executed by one contestant, the judge will award ippon (one full point), ending the match. Judges may also award waza-ari (semi-full point) when the technique is executed with some imperfection. Two waza-ari also ends the match. If no ippon or two waza-ari are awarded by the end of the match, the match goes to the contestant with the most points. If no points were scored or in the case of a draw, a one and one-half minute overtime is allowed. After this, if the contestants are still tied, the judges must make a hantei (decision) as to the winner.

In Kumite, there are both individual and team matches. The team match winner is the result of the total score of all team members.



Ko-go

Ko-go Kumite is similar to Kumite competition except it designates competitors as either Offense or Defense at the start of each match. Competition is divided into six matches. Each competitor is designated "offense" three times and must initiate attack while the other competitor is designated "defense" and must respond to the attack. Each match is completely independent and penalty is not carried over to the next match. Winner is determined by calculating total score.

If at the end of six matches the total points scored is tied, then a "sudden death" match takes place where each competitor attacks and defends three times, but this time, alternately initiating the attack, beginning with red side. In case one side scores point, then that side is declared the winner. If no point is scored, then the winner will be declared by total score. If the score is still tied, then the winner will be decided by court judges.

The offense side has 10 seconds to attack after start of each match otherwise he/she will be penalized. Offense has a maximum of four techniques and should keep their hands in front of the body otherwise he/she will be penalized.

The defense side cannot initiate attack until the offense has started his or hers, otherwise, the defense will be penalized. Defense can initiate an attack only when either side's leading hand can touch opponent's hand. The defense can be penalized if he/she is running away from the attacker without being engaged.

En-bu

En-bu is the term for choreographed sparring between two individuals. Contestants design a realistic fight that lasts between 55 and 65 seconds. The competition area is the same as for Kumite (free sparring). One major difference between En-bu and Kumite is that men and women can spar together.

Although this event allows for creativity on the part of the contestants, there are still some basic techniques that must be executed. The offensive techniques must include a straight punch, front kick, roundhouse kick and back kick. The defensive side is required to use at least one blocking, one shifting and one switching technique to avoid the offensive attacks, and effectively execute a finishing blow technique. The defensive side may also use counterattacks such as punching, striking, smashing, and kicking. Unlike Kumite, grabbing and clinching are allowed in this event.

Because this event lacks the spontaneity of Kumite, competitors are challenged to make their fight seem real and unpracticed. Scoring is based on a multiple point system as in Kata. The judges look for realism, dignity, seriousness, smoothness of transition, demonstration of principles and



techniques of Traditional Karate, mastery of techniques, and the overall level of impression the demonstration makes on the observer. Points are deducted for omission of techniques that are required, hesitation or break in demonstration, mistakes in targeting and defense, going out of bounds, or forgetting to apply an effective finishing blow.

Fuku-go

To encourage contestants to compete in and to develop all of their karate skills, there is an all-around event called Fuku-Go. A contestant's Fuku-Go score is based on a Kumite match and a Ki-tei or compulsory form match. Ki-tei is similar to the Kata competition but all contestants are performing exactly the same form and have the same amount of time to learn it. In addition, two competitors perform Ki-tei at the same time, instead of singly. To distinguish between them, one competitor wears a red belt and the other a white belt. Each elimination match alternates between Kumite and Ki-tei, so contestants must be skilled and ready to perform both. The final match is a Kumite match.

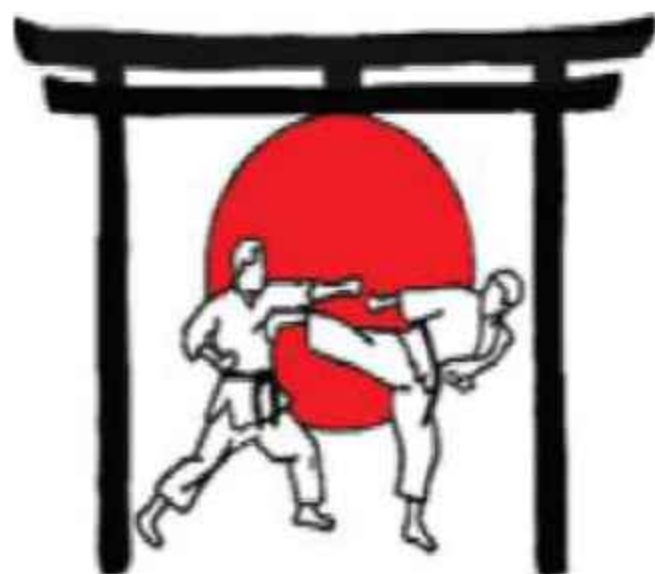


Class Schedules & Locations

Springhill Recreation Center
1239 Springhill Road
McLean, VA 22102

| | | |
|------|-----------------|---------------|
| Mon. | Advanced ... | 7:00 - 8:15pm |
| Tue. | All Levels. ... | 7:00 - 8:15pm |
| Wed. | Beginners... | 6:00 - 7:00pm |
| | Advanced ... | 7:00 - 8:15pm |
| Sat. | All Levels. ... | 8:00-9:00am |
| | Advanced ... | 9:00-10:00am |
| | Beginners ... | 10:00-11:00am |

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JSKA Int'l
PO Box 10524
McLean, VA 22102
Tel: (301) 254-8884
Email: JSKAINTL@aol.com
Website: www.jskaintl.org



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AAKF Adult Division – Results

Women's Individual Kata

1. Abooali, Soolmaz (MAR)
2. Winter, Kara (NCR)
3. Gelfond, Olesya (SAR)

Men's Individual Kata

1. Hays, Bryan (MAR)
2. Kotamraju, Atul (MAR)
3. Nyberg, Ethan (MAR)

Mixed Fuku-Go

1. Abooali, Soolmaz (MAR)
2. Hays, Bryan (MAR)
3. Nyberg, Ethan (MAR)

Women's Individual Kumite

1. Abooali, Soolmaz (MAR)
2. Gelfond, Olesya (SAR)
3. Beldin, Jasmine (NCR)

Men's Individual Kumite

1. Nyberg, Ethan (MAR)
2. Hays, Bryan (MAR)
3. Kolyani, Sina (MAR)

AAKF Junior Nationals & Adult Kyu – Results

Adult Class B & C Kata

1. Alvarado, Jackie (MAR)
2. Wandering, Eve (NCR)
3. Hooker, Garrett (SAR)

Adult Class B & C Kumite

1. Alvarado, Jackie (MAR)
2. Wandering, Eve (NCR)
3. Hooker, Garrett (SAR)

Class B & C Kata

1. Harding, Joseph (NCR)
2. Gelfond, Alexandra (SAR)
3. Perez-Lauterbac, Emil (NCR)

Class B & C Kumite

1. Gelfond, Alexandra (SAR)
2. Harding, Joseph (NCR)
3. Perez-Lauterbac, Emil (NCR)

Class D Kata

1. Kammer, Lilian (SAR)
2. Jonnagaddala, Ram (MAR)
3. Kaha, Jashua (MAR)

Class D Kumite

1. Kammer, Lilian (SAR)
2. Jonnagaddala, Ram (MAR)
3. Hooker, Corbin (SAR)



AAKF 60th National Championships

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AAKF National Traditional Karate Championship Judges

Chief Arbitrator and Chief Judge

Mahmoud Tabassi

Vice Arbitrator and Vice Chief Judge

Alex Tong

Judges

Albert Cheah, Richard Kageyama, John Hyatt, Trung Le, Art Wong, Lynne Emanuel, Laurie Elliott, Michael Ching, Vassil Peytchev, Al Kotula, Mark Abeln,

Medical Judges

Dr. Donna Lee

Dr. Hoang Do

Medical Doctor

Dr. Kolyani

Dr. Asim Haracic



AAKF 60th National Championships

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Qualification and Dan Testing Results

Dan Testing Results:

Laurie Elliott Godan-Retest in 6 to 12 months at the next National

Qualification Testing Results:

| | |
|----------------|--|
| Laurie Elliott | Coaching Level 1, Examiner Level 1 |
| Al Kotula | Kumite Judge Level 5 |
| Art Wong | Examiner Level 3 |
| Trung Le | Examiner Level 3 |
| Mark Abeln | Kata Judge Level 2, Kumite Judge Level 2 |
| Kara Winter | Kata Judge Level 1 |

Congratulations to all participants!