

2009 ITKF Summer Camp: A Successful and Memorable Camp

The annual ITKF International Summer Training Camp was held successfully from July 11 (Saturday) to 17 (Friday), 2009 at the University of California, San Diego (UCSD)'s La Jolla campus in San Diego, California, U.S.A.

This world-renowned Traditional Karate camp drew participants from 18 countries (See List Below), including top ITKF technical officials, judges, elite athletes and instructors.

This year's Camp was especially poignant because it was the first one without the presence of our late Founder and Sensei, Hidetaka Nishiyama, who played such a big part in everyone's lives, sort of like a father figure. However, it was also a joyous celebration of his life and his immeasurable contribution to human development, physically, mentally and spiritually.

This year's Camp exceeded everyone's expectations and gave all participants a thorough, in-depth study of Budo in Traditional Karate which is the essence of the new Traditional Karate Training System developed by Master Nishiyama and introduced at the 2005 – 2007 Camps.

The Masters' Course in the morning and the General Course in the afternoon were taught by a distinguished group of internationally renowned instructors: Master Hiroshi Shirai of Italy, Mr. Rick Jorgensen of Canada, Dr. Wlodzimierz Kwiecinski of Poland, Mr. Robert Fusaro and Mr. Avi Rokah, both from the U.S.A. In addition, top level instructors from Italy (Dino and Eligio Contarelli, Luciano Puricelli and Giorgio Gazich) assisted Master Shirai and demonstrated beautiful and energetic techniques that inspired each individual to give more than 110% effort with each technique.

Students and instructors from 18 countries were impressed as well with the training sessions conducted by these instructors, and expressed appreciation for their profoundly deep understanding of Budo as evidenced in their high level technical skills that can only be honed after decades of study under Master Nishiyama.

Sessions were structured to cover the many details of the ITKF competition categories from Kata and Bunkai, to Kumite, Ko-Go Kumite, Fuku-Go and En-Bu, keeping each participant's mind, body and spirit continually challenged each day just trying to absorb and remember every technical detail.

Beach training at 6 am was led by Mr. Ron Vance (U.S.A.), Camp Director and one of the instructors from Sensei Nishiyama's Los Angeles Central Dojo. Mr. Vance skillfully coordinated beach training with the previous day's subject matter learned in the Masters and General Courses.

Other Camp activities featured educational medical clinics by Dr. Vladimir Yorga (ITKF Medical Committee Chairman) who covered subjects such as New Aspect of Supplementation in Karate, Nutrient Timing System in Karate, First Aid in Karate and a Review of Medical Rules of ITKF.

Camp was also the occasion for the meetings of the ITKF Board of Directors and Technical Committee Meetings.

The second to the last day featured Model Matches in which athletes competed while candidates tested for the Judging promotion examination. These were followed by the Certified Coaches examination and Dan Ranking examination under the watchful supervision of the ITKF Technical Committee members: Mr. Rick Jorgensen (Technical Committee Chairman), Dr. Vladimir Yorga, Dr. Wlodzimierz Kwiecinski and Mr. Eligio Contarelli. Mr. Robert Fusaro was also a part of the Dan examination panel.

This year's Camp Closing Party outdid all Camp Closing parties in years past as participants feasted on superb gourmet dishes prepared by Camp Social Director Susan Vance, with the help of Janice Tori who made delicious Sushi which disappeared almost as fast as she could make them.

Next year's Camp promises to be even more exciting and fun as plans are already in the works for additional programs for all ranks and levels of training and invitations to outstanding instructors who will have much to offer in their particular areas of expertise.

Overall, participants at this year's Camp came away exhausted but happy that Sensei Nishiyama's legacy continues as instructors returned to their countries and dojos with better technical and teaching skills and a deeper understanding of the Budo spirit in Traditional Karate.

The 2010 Camp is set for next July. Details and exact dates will be sent soon.

List of Participating Countries:

▪ Argentina	• Italy
▪ Armenia	• Mexico
▪ Brazil	• Poland
▪ Canada	• Romania
▪ Chile	• Serbia
▪ Colombia	• South Africa
▪ France	• Sri Lanka
▪ Germany	• USA
▪ Israel	• Venezuela

(Exam Results will follow shortly)