

空
手
道

I.S.K.F.
LEBANON
SPOTLIGHT



Picture taken during the **Annual Regional Team Tournament** at Champville Oct, 2013

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2014 SCHEDULE * Other events to be scheduled during the year

	DATE	LOCATION	TIME
EXAMS	Saturday, Feb 22	HOMBU DOJO SAHEL ALMA	2:00 → 3:30 Kids 3:30 → 5:00 Seniors
	Saturday, May 17	HOMBU DOJO SAHEL ALMA	2:00 → 3:30 Kids 3:30 → 5:00 Seniors
	Sunday, July or Aug	WITH YAGUSHI SHIHAN	2:00 → 3:30 Kids 3:30 → 5:00 Seniors
	Saturday, Sept 27	HOMBU DOJO SAHEL ALMA	2:00 → 3:30 Kids 3:30 → 5:00 Seniors
	Saturday, Nov 29	HOMBU DOJO SAHEL ALMA	2:00 → 3:30 Kids 3:30 → 5:00 Seniors
EVENTS	Mar 7-9	Winter Camp	
	Sunday, Mar 30	Shotocup	
	June 6-13	Master Camp USA, Philadelphia	
	July (tbd)	Iftar	
	July or Aug (tbd)	Yagushi Shihan Seminar	
	July or Aug (tbd)	ISKF LEBANON Annual Camp	
	Sunday, Oct 12	Regional Team Tournament	
Saturday, Dec 13	Christmas party		

CLASS SCHEDULES

一人格完成に努むること
 一誠の道を守ること
 一努力の精神を養うこと
 一礼儀を重んずること
 一血気の勇を戒むこと

根柢慶之輔

AIKIDO

Place : LA MARINA DBAYEH
 Time : Tuesday & Thursday from 19:00 to 21:00

Place : CHIYAH FORUM
 Time : Thursday from 18:30 to 19:45
 Saturday from 14:45 to 16:15

IAIDO

Place : LA MARINA DBAYEH
 Time : Tuesday & Thursday from 21:00 to 22:00

SHOTOKAN KARATE-DO

REGISTERED DOJOS:

Place : SACRÉ CŒUR, GEMMAYZE

Time : Kids : Mondays, Wednesdays & Fridays from 17:30 to 19:00
 Juniors & Seniors : Mondays, Wednesdays & Fridays from 19:00 to 21:00

Place : SAHEL ALMA

Time : Kids : Tuesdays & Thursdays from 16:30 to 18:00
 Saturdays from 10:00 to 12:00
 Juniors & Seniors : Wednesdays from 9:00 to 11:00
 Tuesdays & Thursdays from 18:00 to 19:30 & 19:30 to 21:00
 Saturdays from 15:30 to 17:30

Place : RIMAL, ZOUK

Time : All Categories : Tuesdays & Thursdays from 18:30 to 20:00

SISTER DOJOS:

Place : JEITA COUNTRY CLUB

Time : All Categories : Tuesdays & Thursdays from 18:30 to 20:00

Place : COLLEGE MARISTE, JBEIL

Time : All Categories : Wednesdays from 17:00 to 18:30
 Saturdays from 13:00 to 14:30

Place : SPRING HILLS COUNTRY CLUB

Time : Kids : Tuesday from 16:45 to 18:15
 Saturday from 09:00 to 10:30
 Juniors & Seniors : Tuesday from 17:30 to 19:00
 Saturday from 10:30 to 12:00

Place : HEIAN DOJO-MELKART

Time : All Categories : Monday & Wednesday from 15:30 to 17:00

Place : LA MARINA DBAYEH

Time : All Categories : Tuesday from 17:45 to 19:15
 Saturday from 11:00 to 12:30

Place : CHIYAH FORUM

Time : Kids : Tuesdays & Thursdays from 17:00 to 18:30
 Juniors & Seniors : Tuesdays & Thursdays from 18:30 to 20:00



空手道

EDITOR'S NOTE

A new year is beginning with new prospects for us all, and as always **ISKF LEBANON** continues to progress with Karate, Aikido and Iaido training with the commitment to promote these martial arts as a way of life for all its students and society at large.

Officially students can now look forward to competing on two levels each year as **ISKF LEBANON** hosts its annual Shotocup this coming April and its Regional Team Kumite & Kata Tournament in the fall!

Not only that but Friday classes at Sacre Coeur Hombu Dojo have been selected for holding competitor training and judging clinics!

Of course everyone is invited to join regardless of ranks!

As usual the editorial staff thanks everyone for contributing to this publication. Note that if you don't see your material in this issue then it will be posted in upcoming issues (Spotlight is now a 16 page publication). Again we encourage everyone to share material with us, so feel free to send us quizzes, games, personal articles or stories for that matter about your own martial arts experiences, pictures and the door is open to receive extracts or quotes from other outside material you would feel insightful to our readers i.e. health or fitness topics are welcome too (please though provide references for copyright issues!).

Be sure to view our videos on YouTube (**ISKF LEBANON** channel) and follow our latest news and events over our website and Facebook pages. A very gentle reminder here to you all, click like or share wherever and whenever convenient!

OSS!

**TEAM ISKF LEBANON AT LEBANESE KARATE
FEDERATION TOURNAMENT – NOV 2013**



Interview with Shinji Tanaka Sensei

By **ISKF LEBANON** Spotlight

In the last trip to Japan, the ISKF students went to Karate training at the SKIF (Shotokan Karatedo International Federation) dojo in Tokyo. An interview was done with Shinji Tanaka Sensei, 6th Dan SKIF instructor; Tanaka Sensei took the 3rd World Championship in 1994, the 2nd Place SKI World Championship in 1997 and in 2003 and was SKIF Japan Champion 9 times

1. **ISKF LEBANON** Spotlight:

Sensei, can you please introduce the SKI group of Kanazawa sensei to the ISKF students in Lebanon?

Tanaka Sensei:

Originally Kanazawa sensei, like Okazaki sensei came from JKA (Japan Karate Association); but Kanazawa sensei separated from the JKA and started his own organization known as SKIF. Also when Kanazawa sensei separated from the JKA he had his own ideas, his own thinking and he was strongly influenced by Funakoshi sensei (founder of Modern Karatedo) and because of that he wanted to introduce his own ideas and thoughts to SKIF which is a little bit different from what the JKA was.

2. **ISKF LEBANON** Spotlight:

Sensei can you please share with us your personnel karate experience?

Tanaka Sensei:

I grew up near Kyoto and my father was a karate instructor and since I can remember I was doing karate. Then I joined the Japanese navy, actually the marine's self-defense and I was travelling all over the world, teaching and doing karate demonstrations. In doing that I decided that I want to become a karate instructor and when I left the Japanese navy I joined the SKIF dojo as a trainee and then I became an official instructor.

3. **ISKF LEBANON** Spotlight:

Sensei we can see here in the dojo many nationalities training together, is SKIF spread all over the world?



Tanaka Sensei:

Yes, there are many dojo members of the SKIF all over the world!

4. ISKF LEBANON Spotlight:

As we saw in practice, you use a breathing technique each time at “yoi” when we finish a technique, is there a specific benefit in doing this in particular?

Tanaka Sensei:

It is a breathing technique that focus on the lower stomach (seika tanden), that is where we can control the power, so even if we have strong technique and we don't learn a proper breathing, and you don't control your seika tanden you can't control your power. This type of breathing can help you how to control your power.

5. ISKF LEBANON Spotlight:

Sensei do you have any specific advice for our karatekas in Lebanon?

Tanaka Sensei:

The most important thing is to enjoy training, of course there are also manners and etiquette we should be strict about them in training.

Thank you sensei, we hope to see you next year...!



**SHOTOKAN KARATEDO
INTERNATIONAL
FEDERATION DOJO - TOKYO**

“Line up”

By Paul Sayegh

“Line Up” ces deux mots magiques qui sortent de la bouche de Nayla ou Wissam vous plongent dans un monde à part pour deux ou trois heures selon le grade que vous portez.

En effet une fois prononcés, petits et grands sont coupés du monde extérieur, afin de pratiquer cette discipline simple et vaste, qu’ont peut apprendre en peu de temps, mais qu’il faut toute une vie pour la parfaire.

Physique et mental, le Karate demande beaucoup d’attention, de contrôle et d’application, mais l’effort fourni est proportionnel à la satisfaction personnelle garantie.

Discipline à la fois individuelle et collective, le Karate vous prépare à faire face à un combat dans un monde réel avec le «Kumite» qui n’est autre que les travaux pratiques de la théorie dite «Kihon» avec des partenaires au «Dojo» (espace réservé à la pratique des arts martiaux); ou alors vous plonge dans le monde abstrait des «Katas» mouvements appris contre des ennemis fictifs.

En résumé, théorique, pratique et fictive, cette discipline vous surprend et vous fascine, on aime ou pas. Mais une fois dedans, il est difficile d’en sortir; que vous soyez ceinture blanche, orange, bleue, marron ou autre. Plus vous avancez et plus c’est difficile d’arrêter, en tout cas pas avant d’atteindre la Noire... Qui contrairement à ce que l’on puisse penser n’est pas du tout l’apogée de cet art martial, mais le vrai commencement !!!!

Alors un conseil... Enfilez votre gi «la tenue blanche» et venez essayer au Sacré Cœur Gemmayzeh où ailleurs... Cà passe ou cà casse!!!!

Première option vous êtes emportés, sinon vous aurez fait un petit saut virtuel au Japon avec le jargon spécialisée comme YOI (être prêt) ou HAJJIME (début) ou autre ZENKUTSU (position avant) et la « kime » (puissance) tant appréciée de nos SENSEIS (instructeurs) « Fadys (il y en a 2), Georges, Hala, Salim, Miled, Christine, Rita, Lili, Ghais sans oublier Nayla et Wissam du début!!!!

Alors... YOI ET HAJJIME.



Patience

By Michel Adaimy

Patience; that's one of the things I have learned over the years of travelling to Japan. Just by observing a Japanese person's expressions in the metro or on the streets, or even inside the Dojo, they give you this peaceful sense, a sense of belonging that just makes you want to slow down everything and enjoy the moment. It is as though each one of them have a specific role to play, and designed just for them, which they accomplish with perfection. The outcome of this perfection is Japan. Like a colony of ants where everyone has a role to do and Japan is their queen and they are all connected to their queen in a way or other. Now, why did I begin my paragraph with the word patience because like the Japanese people patience is connected to everything, it's connected to perfection, to enjoyment, to success... through patience we learn to enjoy life a bit more, and to view everything a different way.

Mes débuts au Karaté

By Yara Geagea

Tout a commencé quand mon frère a décidé de faire du Karaté. Je l'accompagnais et le regardais. Au début ça ne me disait rien; ensuite, mon frère commença à m'apprendre. Cela m'a surpris quand Sensei Nayla m'a dit de commencer. Cette idée m'a traversé l'esprit et j'ai décidé de faire ma première séance.

J'ai commencé à comprendre petit à petit ce qui se passait et je me suis tout de suite habituée. Ce que j'ai préféré, c'est le camp surtout lors des entrainements en plein air.

Le karaté est un sport de discipline et non pas de violence comme le croient les autres.

Karate and Acquiring Inner Peace in the Time of Prevailing Violence

By Bassam Moussa

Through this essay, I would like to share with you my reflections on the meaning of Karate training in our current turbulent time. No wonder, it is a broad question and an engaging long-term inquiry, however, it might be useful to make sense of my modest experience with this martial art and way of life. I neither claim to know much about the history of this martial art and how it developed nor want to quote the *niji-kun* and the *dojo-kun* principles. I did not intend to research the subject as well. The following thoughts are mere impressions informed by the lived knowledge I acquired so far in my approximately 2 years time of my Karate training.

Coincidentally, I started Karate training when the Arab region witnessed large social, political, and military unrest. Protest movements transformed into military confrontations. This change—irrespective of whether it was positive or negative—impacted Lebanon. Aggravated political passion, contagious aggression, championing one camp against the other, fear, and resurrected memories pour past violent times in Lebanon became dominant factors in our daily lives. Tension was transferred from political debates to more simple daily interactions.

I claim that Karate helped me resist the above-mentioned negative dynamics to a large extent.

In turbulent times, loss of control is natural tendency. Karate helps in retaining discipline.

When facing violence, fear over one's life or that of his or her beloved ones is haunting. Karate nurtures one's rational reactions to threatening circumstances.

Conflict makes individuals seek refuge in clinging blindly to the collective for protection. Karate restores confidence in the persons' spiritual or moral strength.

Why? Because one acquires the peaceful warrior's mentality.

I want to demonstrate how have my impressions in the dojo training. During training, trainers warn that Karate techniques could be lethal weapons. When relatively advanced Karate trainees fight, it is clear how without control, severe damage could be inflicted on one's opponent. However, the level of control and



respect prevents frequent damages (unless accidents happen). Karate urges one to acquire physical strength for a purpose. However, without the spiritual and moral strength, physical strength is purposeless and may be confronted by a more lethal physical strength from “daily life unexpected enemies.” Violent behavior emerges when individuals feel loss of respect. Humans perceive enemies in disrespectful individuals. Yet, the coordinated physical and moral strength that one gains through Karate urges him or her to exclude enemies through adhering to their self-respect. In training, improving one’s moral strength and discipline comes along with perfecting kicks, punches, and stances. On both levels the Karate-ka endeavors to seek perfection.

Training requires rational use of energy and clear thinking to perfect techniques. Thoughtful repetition improves the mind and body coordination. Aside from the importance of developing endurance, repetition with keeping in mind where the training should lead becomes a form of contemplation that helps one focus on how to function better under physical fatigue and frustration. In a way, it is a form of anger management since fatigue and frustration could lead to angry, erratic, and violent behavior. In other words, training makes us aware of our own physical constraints and work on them. In many ways we are our own potential (or real) enemies. Also, those whom we perceive as our external enemies might be our own image in a distorted mirror. Therefore, violence against others is running away from challenging ourselves and not assuming our responsibility to become better.

Karate as a self-defense, it urges one to devise solutions to increase his or her capacity to meet harder challenges. I have to defend myself and improve my skills in the dojo. Definitely, the dojo and Sensei provide the helpful environment to thrive in Karate but I have to do the work and build my own confidence and strength. Through personal effort I earn my place in the dojo and have an added value to the group. My personal effort is what reflects my value as a potential karate-ka... if it is not the case, then the salute, the code of respect and the dojo kun become acts of cultish behavior. *

This will never be achieved overnight. It is indeed a long-term engagement, inside the dojo and outside it. However, the process is worth it.

Interview with the Doshu

By *ISKF LEBANON* Spotlight

Aikido is a Budo (martial art) created by Morihei Ueshiba. After the Founder's passing in 1969, his son Kisshomaru Ueshiba was inaugurated as the second Aikido Doshu. At present, Moriteru Ueshiba, grandson of the Founder, has succeeded his father as Aikido Doshu. The Aikikai Foundation, officially recognized by the Japanese government in 1940, was founded in order to preserve and promote the ideals of the true Aikido created by the Founder. As the Aikido World Headquarters, it is the parent organization for the development and expansion of Aikido throughout the world.

Moriteru Ueshiba was born on April 2, 1951, in Tokyo, Japan. Recalling his childhood during a 2004 interview, he said, "The first time I wore an Aikido uniform I was in the first grade of elementary school. But my family didn't force me to do *keiko* (training) then, I just did it when I felt like it. I started training seriously in my high school years. My intention then was to become a successor to my father, and to preserve Kaisei's [Morihei Ueshiba's] legacy for the future."

In 1976, Ueshiba graduated from Meiji Gakuin University with a degree in economics. In 1996, he assumed the position of Dojocho (director/owner) of Aikikai Hombu Dojo. He assumed the title of Doshu on January 4, 1999, following the death of his father, Kisshomaru Ueshiba.



AIKIKAI - JAPAN

Ueshiba wrote the books *Best Aikido: The Fundamentals* (2002, coauthored with his father Kisshomaru Ueshiba) *The Aikido master course: Best Aikido 2* (2003), and *Progressive Aikido: The essential elements* (2005).

Following the iemoto system, he is expected to be succeeded as Doshu by his son Mitsuteru Ueshiba.



1. ISKF LEBANON Spotlight:

Since Aikido does not have a long history in Lebanon, how can we define it in few words?

DOSHU:

Aikido is Budo or defined as a martial art; which means “the art of peace”. Words are unable to express the authentic meaning of such a miraculous way of life. Certainly, Japanese people cannot understand Aikido in words if they don’t practice it for a long time.

2. ISKF LEBANON Spotlight:

What is the difference between Aikido and any other martial art?

DOSHU:

It is very difficult and inappropriate to compare Aikido with any other martial art. Aikido itself is not a sport so one cannot compete with other people. Aikido is a way of life where the ultimate aim is to improve the inner self through lifetime training.

3. ISKF LEBANON Spotlight:

Technically Aikido is a fighting art. Will you kindly explain to us how it can be an art for peace?

DOSHU:

Budo has been and always will be training on oneself. Training is not a real fighting. Through training and repeating techniques, the body and mind get stronger physically, mentally and spiritually. Therefore, one doesn’t need to fight anymore. For such training, the aikidoka needs a partner to help him or her to improve oneself, which creates a sense of subtle control towards the opponent that leads to the ultimate stage of inner peace.

4. ISKF LEBANON Spotlight:

What is or can be the influence of Aikido as an art of peace on a country that had a history of civil war due to religious differences?

DOSHU:

Aikido is not an all mighty medicine for every disease, but for people with different religious background if they have a chance to actually speak and touch and handle each other hand in hand with other people... If such an opportunity can be provided then it may create a harmonious connection

and help different people to understand each other. So the purpose of AIKIDO is to provide such an opportunity for different people with cultural differences to share the same aikido language.

5. ISKF LEBANON Spotlight:

What is the relationship between Japanese culture and Aikido?

DOSHU:

Aikido is just one part of a whole Japanese culture; and is also based on many other factors with Japanese people's traditions throughout history. Thus, Aikido is a Japanese culture, as well as, Japanese culture is reflected in Aikido. Therefore, Japanese culture and Aikido are mutually combined like other traditional influences throughout history. As an example of such, is the fusion among the Bushido culture, Zen and Shintoism that certainly created the heart of Budo.

Karate Experience

By Edoardo Amoroso

My name is Edoardo Amoroso, I'm Italian, but I'm living in Beirut now because my father has to work here. I did karate in Italy but here is better, because it is a bit stronger, and it is teaching in a serious method. Here I did my first match and here I will take my orange belt. I'm doing a nice period with my Sensei Nayla, and with all my new friends.



IMAGE DRAWN BY JOVINO BRUNO GEARA



Plank exercise

The 30-Day Plank Challenge will send your core strength through the roof! All you have to do is HOLD this position! It looks pretty easy, but it isn't!?!?! Who can take on the challenge!?!?



START

Day	Time (in sec)	Day	Time (in sec)	Day	Time (in sec)
1	20	14	90	27	240
2	20	15	90	28	240
3	30	16	120	29	270
4	30	17	120	30	unlimited
5	40	18	150		
6	Rest	19	Rest		
7	45	20	150		
8	45	21	150		
9	60	22	180		
10	60	23	180		
11	60	24	210		
12	90	25	210		
13	Rest	26	Rest		

On day 30 plank as long as possible

Benefits of Plank Exercise:

- It strengthens your lower back
- It develops your core muscles – which include the abs, back, hips and the butt
- Helps you to avoid injuries and encourage good posture
- Can be done anywhere
- Develops your abdominals by targeting the rectus abdominals.

This is just a beginner routine... after all everyone starts somewhere!

ENJOY this Challenge! KEEP TRAINING!

Personal views on karate

By Chloe Barcha

I could say that I've learned a lot since I began karate up till now about that martial art that is not quite as simple as it seems. Because, yes, karate isn't only about kicking and striking and hitting nor about perfect stances and beautiful kata. As I go on through this endless journey, I get a glimpse of what it truly is. Through the values I learned, I got to understand that karate is a fight, a constant struggle to reach inner peace. Karate is hard, not solely because of its physical requirements but because of the moral engagement that goes along with it. Whether to stick or not to the values and the principles karate embodies isn't easy. If we stop just one moment and ask ourselves if we're doing it right, or why we practice karate, little of us will recognize that the fuel that keeps them going on is the peacefulness it teaches us.

After each karate class, I feel that I have accomplished some kind of duty, that there are new opportunities and hope. I feel complete. Because karate is also about giving and taking. You learn new things, you get scold or punished, you are exhausted, and at the end of the class all you dream of is just that well-deserved hot shower once you get home. But this entire hard work makes you a better you. Renewed, stronger, better, both physically and morally; in a way, you've been taking in all the knowledge, the experience the sensei gives you. And once you have assimilated what's been taught and understand it your own way, it is your turn to give the world what's best in you.

How I began Aikido

By Roger Sarrouh

A year ago I went with my boys on their karate summer camp. I had no clue on any kind of martial arts.

The camp's spirit was of training, respecting each other, commitment, discipline, perseverance & fun.

During the camp, my kid's instructor explained to me the spirit & philosophy of Aikido, and asked me to attend one session.



After a while I attended my first Aikido class, I began thinking & seeing things differently. My physical movements became more balanced and relaxed.

A centered presence began to develop in my attitude and changed my interactions with others.

Aikido **ISKF LEBANON** has a great group of instructors; a passion for teaching, the insight to help any student who comes into the dojo's doors. They recognize the potential of all of their students, and mold them to be the best as they can possibly be. The best part of training is that they focus on creating a sense of brotherhood and respect.

I strongly recommend spreading the spirit & art of Aikido in schools & universities by organizing special demonstrations allowing others to get to know better the positive impact & influence of Aikido in their daily life.

I thank my instructor, who inspired & encouraged me to start this art.

ISKF LEBANON 2013 EVENTS & PRESS RELEASES

Champville – ANNUAL REGIONAL KARATE TEAM TOURNAMENT, OCTOBER 2013

On October 19, 2013, **KOKOSHUKOREN LEBANON – ISKF** held its first '**ANNUAL REGIONAL KARATE TEAM TOURNAMENT**' at Champville – Dik El Mehdi. More than 80 participants, in all age groups: kids, juniors & seniors; from nine regional dojos in Lebanon competed in both Kata & Kumite categories in traditional Shotokan Karate.

الخميس 24 أكتوبر 2013 14:18

نظمت جمعية كوكوشوكورين لبنان (أي إس كاي إف- لبنان) أول بطولة لها برعاية "كاليري" و"كوبالي سبورتنس" و"كليمتك" و"نور" و"الاعتماد المصرفي" و"اوبتيموم إنفيسست".
أجريت المنافسة بين اللاعبين من تسعة أندية في الكاتا والكوميتيه على ملاعب مدرسة الشاتفيل - ديك المحدي، حيث شارك في هذه البطولة أكثر من 80 ممارساً لفن الكاراتيه شوتوكان من جميع الفئات العمرية: الأولاد والناشئون والرجال والإناث.

نتائج جمعية كوكوشوكورين في بطولة الكاراتيه

الأربعاء 04 كانون الأول 2013،

شاركت جمعية كوكوشوكورين (لبنان) والأندية التابعة لها في بطولة لبنان في الكاراتيه شوتوكان 2013 التي أقيمت على ملاعب نادي المون لا ساك . وقد احتل لاعبوها ولأغلبه أندية الرماح (ذوق مصيح) و القلب الأقدس وجعينا كاونتري كلوب وسبرينغ هيلز ومدرسة الأخوة المريميين في جبيل وعمشيت المراكز التالية:

- مسابقة الكاتا الفردي:
في فئة الأحداث للإناث - حزام برتقالي وأخضر وأزرق، فازت كلوية برشا بالمركز الاول ونور برمو بالمركز الثاني.
في فئة الأحداث للإناث - حزام بني وأسود، فازت نور عون بالمركز الأول.
في فئة الناشئين للذكور - حزام بني وأسود، فاز فادي نقولا أنطكني بالمركز الأول وجورج كرم بالمركز الثالث.
في فئة الأحداث للذكور - حزام بني وأسود، فاز غابريال - إيف بدر بالمركز الأول.
في فئة الكبار للذكور - حزام أخضر وأزرق، فاز جوزف أبو سليمان بالمركز الاول ويسام موسى بالمركز الثاني.
في فئة الكبار للذكور - حزام بني وأسود، فاز رومي - جو يونس بالمركز الثالث.
- مسابقة الفئان الفردي:
في فئة الناشئين الذكور لوزن ما دون 52 كغ، فاز فادي نقولا أنطكني بالمركز الثالث.
في فئة الناشئين الذكور لوزن ما دون 70 كغ، فاز جورج كرم بالمركز الأول.
في فئة الأحداث للذكور لوزن ما دون 76 كغ، فاز غابريال - إيف بدر بالمركز الثاني.

وتهدئ جمعية كوكوشوكورين - لبنان الرياضية (أي إس كاي إف لبنان سابقاً) جميع اللاعبين والمدربين الذين شاركوا في هذه البطولة من مختلف الأندية أعلاه التابعة لمدرسة أي إس كاي إف وتشكر النوادي التي ينتمي إليها كل من هؤلاء المشاركين على مساهمتها وتعاونها في نشر تعاليم هذه المدرسة على الأراضي اللبنانية.



Sahel Alma – Joint Training and Christmas activity, DECEMBER 2013



In celebrating the Christmas spirit of giving, **ISKF LEBANON** held a joint Karate training class in front of **PARADIS D'ENFANT** children on Saturday, December 14, 2013 at its Humbo Dojo in Sahel Alma. **ISKF** students then divided into groups and gave basic Karate Kihon lessons to the guest children. The training

was followed by an exchange of gifts ceremony from our students to the **PARADIS D'ENFANT** children. Afterwards we all enjoyed a traditional **ISKF LEBANON** Christmas buffet lunch where Santa came last with his bag of tricks and toys to complete the event.



ANNUAL REGIONAL KARATE TEAM TOURNEMENT

OCTOBER 19, 2013

Kids Team Kumite	1st Place	2nd Place	3rd Place
	Keserwan 2: <ul style="list-style-type: none"> • Charbel Nahed • Peter Abi Sleiman • Elodie Abi Chedid • Sophia Khalife • Serena Nour Abdulsater 	Beirut 1: <ul style="list-style-type: none"> • Rami Aridi • Georges Nicolas Louis • Paul Antoun • Joe Majdalani • Hassan Mneimne 	Keserwan1: <ul style="list-style-type: none"> • Cezar Medawar • Christophe Aziz • Richard El Khoury • Cyril Mahfouz • Charbel Abi Sleiman
Kids Team Kata	1st Place	2nd Place	3rd Place
	Beirut 3: <ul style="list-style-type: none"> • Georges Nicolas Louis • Paul Antoun • Joe Majda 	Beirut 1: <ul style="list-style-type: none"> • Rami Aridi • Mikel Cherfan • Hassan Mneimne 	Keserwan3: <ul style="list-style-type: none"> • Charbel Abi Sleiman • Cyril Mahfouz • Richard El Khoury
Women Team Kata	1st Place	2nd Place	3rd Place
	Keserwan 1: <ul style="list-style-type: none"> • Cloé Barcha • Christie Bitar • Nour Barmo 	Beirut 2: <ul style="list-style-type: none"> • Carla Antoun • Rima Chidiac • Nathalie Rubeiz 	Beirut 1: <ul style="list-style-type: none"> • Catherine Hansen • Stacy Antoun • Khady Thiandoum
Women Team Kumite	1st Place	2nd Place	3rd Place
	Keserwan 1: <ul style="list-style-type: none"> • Cloé Barcha • Christie Bitar • Nour Barmo 	Beirut 2: <ul style="list-style-type: none"> • Carla Antoun • Rima Chidiac • Nathalie Rubeiz 	Beirut 1: <ul style="list-style-type: none"> • Catherine Hansen • Stacy Antoun • Khady Thiandoum
Men Team Kata	1st Place	2nd Place	3rd Place
	Keserwan 1: <ul style="list-style-type: none"> • Christophe Saab • Gabriel-Yves Badr • Romy-Joe Younes 	Beirut 1: <ul style="list-style-type: none"> • Alfred Aoun • Robert Maamary • Ibrahim Zoghzoghy 	Metn 1: <ul style="list-style-type: none"> • Chady Kassouf • Marc Hanania • Joseph Zakher
Men Team Kumite	1st Place	2nd Place	3rd Place
	Keserwan 1: <ul style="list-style-type: none"> • Joseph Bou Sleiman • Fouad Zoghby • Christophe Saab • Gabriel-Yves Badr • Romy-Joe Younes 	Metn 1: <ul style="list-style-type: none"> • Chadi Kassouf • Georges Karam • Joseph Zakher • Fadi Antakly • Joseph Feghali 	Beirut 1: <ul style="list-style-type: none"> • Paul Sayegh • Robert Maamari • Alfred Aoun • Ibrahim Zoghzoghi

EXAM RESULTS ISKF LEBANON EXAMINING COMMITTEE

NOVEMBER 30, 2013

Category	Name	Old Rank	New Rank
Kids 5 → 7 Years	Charbel Al Chartouni	9 th Kyu	9 th Kyu 1 st Stripe
	Sammy Badran	9 th Kyu	9 th Kyu 1 st Stripe
	Anthony Zouein	9 th Kyu	9 th Kyu 1 st Stripe
	Rabih Chaoul	9 th Kyu	9 th Kyu 1 st Stripe
	Jean-Paul Karam	9 th Kyu	9 th Kyu 1 st Stripe
	Alberto Nghaiwy	9 th Kyu	9 th Kyu 1 st Stripe
	Bernardo-Pio Skaff	9 th Kyu	9 th Kyu 1 st Stripe
	Jean-Marie Noun	9 th Kyu	9 th Kyu 1 st Stripe
	Elio Hanna	9 th Kyu 1 st Stripe	9 th Kyu 2 nd Stripe
	Karl Gegea	9 th Kyu 2 nd Stripe	9 th Kyu 1 st Stripe
Kids 7 → 12 Years	Joe Jade	9 th Kyu	9 th Kyu 1 st Stripe
	Jad Jade	9 th Kyu	9 th Kyu 1 st Stripe
	Thomas Karinthi	9 th Kyu	9 th Kyu 1 st Stripe
	Joya Zouein	9 th Kyu	9 th Kyu 1 st Stripe
	Fouad Abi Haila	8 th Kyu	8 th Kyu 1 st Stripe
	Alexandre El Helou	8 th Kyu	8 th Kyu 1 st Stripe
	Jade Steven Macaron	8 th Kyu	8 th Kyu 1 st Stripe
	Joseph El Chaer	8 th Kyu	8 th Kyu 1 st Stripe
	Joe El Helou	8 th Kyu	7 th Kyu
	Yara Geagea	8 th Kyu	7 th Kyu
	Nai Tannous	8 th Kyu 1st Stripe	7 th Kyu
	Peter Atallah	8 th Kyu 1st Stripe	7 th Kyu
	Mark Badran	7 th Kyu	7 th Kyu 1st Stripe
	Sacha Kaldany	7 th Kyu 1st Stripe	6 th Kyu
	Charbel Nahed	6 th Kyu	6 th Kyu 1st Stripe
	Richard El Houry	6 th Kyu 1st Stripe	5 th Kyu
	Cyril Mahfouz	6 th Kyu	5 th Kyu
	Sarah Zoghzygy	6 th Kyu	5 th Kyu
	Joe Boutros	5 th Kyu	4 th Kyu
	Juniors & Seniors	Albert Jade	9 th Kyu
Jocelyne Jade		9 th Kyu	8 th Kyu
Gilles Abdel Ahad		9 th Kyu 2nd Stripe	8 th Kyu
Elie Hanna		9 th Kyu	8 th Kyu
Catherine Hansen		9 th Kyu	8 th Kyu
Antoine Chehwane		9 th Kyu	8 th Kyu
Emile Abdel Ahad		8 th Kyu	7 th Kyu
Alfred Aoun		4 th Kyu	3 rd Kyu
Ibrahim Zoghzoghi		4 th Kyu	3 rd Kyu
Rima Chidiac		4 th Kyu	3 rd Kyu
Mario Fakhry	3 rd Kyu	2 nd Kyu	



空手道

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Web site: www.iskflebanon.com

Facebook group: [ISKF - Lebanon](#)

YouTube channel: [ISKFLEBANON](#)

Registered Dojos:

- Kokushokuren Club, Sahel Alma
- Rimal Health Club, Zouk
- Sacré Coeur, Gemmayze



Sister Dojos:

- Jeita Country Club, Jeita
- College Maristes, Jbeil
- La Marina Club, Dbayeh
- Spring Hills Country Club, Ein Saadeh
- Heian Dojo-Melkart, Louaize
- Chiyah Forum, Chiyah

A special thank you to all those who helped, contributed and gave a great support to make this issue a very special one!

This SPOTLIGHT is yours!!! We encourage everyone to take part in its production by sharing with us a text, research, experience, pictures, drawings etc... We will also have a question and answers section whereby all your questions or issues will be answered in the next **SPOTLIGHT** issue due for May 2014.