FULL COVERAGE
ROAD TO TOKYO 2020!
K1 OPEN PARIS
SERIE A GUALAJARA
K1 OPEN DUBAI

BRIAN MERTEL
The Dojo of Life
USOC SPORT NUTRITION
Kihon 101

WKF KATA COMPETITION
Past, Present and Future

ZOE MESZARO
Jr. Athlete Profile
USA KARATE 2018

July 10-15
USA National Championships & Team Trials

Reno, Nevada

Reno-Sparks Convention Center

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Please call the Olympic Desk at 1-800-841-0460 to book your flight to 2018 USA National Championships & Team Trials at a discounted rate.

All other sanctioned events can be found on the event calendar under upcoming events and International events.
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Brian Mertel posing during 2018 Team Trials at Olympic Training Center in Colorado Springs.

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Volume 8
To find out what karate means to you, what it does for you, and what it holds for you, is a deeply personal process. Each athlete path is different and they all have to find a personal rhythm that fit them individually, according to what surrounds them.

As human beings, we are always tempted to follow linear logic towards achieving our goals—but the reality is that there are no absolute truths in how to make things happen. To begin with, you have to find your own way in life whether it be in karate, business or cherry picking. Whatever path you pursue, you have to distill the personal truths that are right for you, according to your own nature...like developing the perfect training regimen and protocols for your karate practice. The quest for “perfection” is, essentially, unattainable and not really in tune with human nature or experience. To have any hope at all of winning a gold medal in the Olympic Games, you have to concentrate on that single pursuit and direct all your energy towards it. Because at the very end, that achievement comes from appreciating endeavors for their own sake—not to impress anyone—but for your own inner satisfaction and sense of accomplishment. Judging yourself with strict eyes. See “what really is”, “who you really are” and not who you “think” you are.

Without recognizing “what really is”…we can’t make changes, we can’t improve…we can’t reach our goals. In order to do that an athlete should not “believe” all the compliments that their friends, family, fans, etc…tell them. “Compliments weaken the spirit,” said the legendary Samurai’s code. And it may be true. The problem is…we just don’t “feel” it happening.

Regardless of what level the athletes find themselves in, there really is only one teacher: experience itself. The true Olympian follows one abiding principle: to pay attention to what is happening in one’s immediate experience. That single factor determines everything else the athlete will do. And, this is something that cannot be expressed in words. Words and science are one part of the complete process of understanding the art and sport of Karate, but neither one of them can replace what can be discovered by personal physical experience. Only physical experience can fully transmit the true essence of “Olympic excellence” from one generation to another, as conceived by the great Baron Pierre de Coubertin.

Jose M. Fraguas
Editor-in-Chief
USA KARATE
USA National Championships & Team Trials
Reno, Nevada
Reno-Sparks Convention Center
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Support for Our Athletes

One of the questions I hear often is: What is the Federation doing for the athletes? While we are a small NGB compared to most Olympic NGBs, I’m proud of the level of support that we are able to provide with the help of the USOC. Today we have four fully funded athletes and those athletes receive a $1500/month stipend plus we reimburse their K1 travel expenses. That makes the support package for each of those Olympic hopeful athletes approximately $42,000. Additionally, those athletes are also eligible for health insurance through the USOC. This level of support is unprecedented in our sport.

For our athletes ranked in the top 50 of the WKF ranking, we cover their event registrations for the Premier League Events and we fund National Coaches to the Premier League Events. We are making this $20,000 investment so that our National Coaches have an opportunity to build relationships with our athletes as well as with the athletes’ personal coaches. It also provides National Coaches with an opportunity to observe the competitors against whom our athletes will compete at the PKF Continental Championships and the WKF World Championships.

We continue to fund our National Team athletes, including our Para-Karate athletes, who attend the PKF and WKF events. We currently fund 50% of the airfare and hotel for the number 1 seat athlete. Any athlete that medals at the PKF or WKF Championship is then fully funded. We also fund coaching and medical support personnel to these events so that they are able to support our athletes.

We will be hosting our 3rd camp of 2018 this May in Dallas in preparation for the Senior PKF Championships. At our USA Open camp, we brought in world-renowned trainer Junior Lefevre to work with our kumite athletes. We provide these camps at no cost to our National Team members.

From a Sport Performance perspective, it’s been really exciting to integrate our Sports Psychologist and Nutritionist into our camps and team travel. This year we will be bringing Dr. Jessica Bartley, our Sport Psychologist, and Nuwanee Kirihennedige, our Sports Nutritionist, to the Team Trials, USA Open, Nationals, PKF and WKF Championships to work directly with our athletes at these major competitions.

It’s a long road to the Olympic Games and our athletes are receiving amazing support services through our partnership with the USOC. With this support along with the incredibly hard work the athletes are putting in, I believe we will have US athletes in the Games and likely on the medal podium.

Phil Hampel
Chief Executive Officer
Since Karate was admitted into the 2020 Olympic games, the response has been enormous! The excitement in the sport is at an all time high, and it has brought some much-needed attention to it. The road to the Olympics is most definitely a challenge, nonetheless, an exciting one. The competition schedule is very demanding with a major event every month over the span of the whole year. While it is an exhausting process, it gives many athletes opportunities to compete on a high level and rank up in the world standings. This yearlong endurance needs to be sustained both mentally and physically. There is a certain skill to maintaining a healthy lifestyle, and balancing everything needed to perform at a high level consistently. Dodging punches and kicks is just as important as dodging injuries, and other demanding conditions.

While the road to the Olympics is a roller coaster, the twists, turns, and spirals are what make it worth it. Olympism means to grow as people through the practice of sport. Like the founder of the Modern Olympic Games, Mr. Baron Pierre de Coubertin mentioned: “Through education, social development and hope, we, as Olympic hopefuls, strive to better ourselves.” The majority of karate athletes in the US, including myself, are not funded for the majority of trips that we attend. Embodying Olympism is what gives us the strength to work other jobs, network for sponsorships, and scratch for money whenever possible. This process is what allows us to grow, and teaches us the true grit necessary to obtain our goals. This is one reason why I think American athletes are so successful at the games.

Given how demanding the “Karate 1” and “Series A” schedule is, along with continental championships and the World Championships, most athletes need to be extremely focused. Most of the successful athletes are adapting continually. The sport has developed into a full time job, with overtime responsibilities. Training and making changes from one competition to the next is one of the largest pieces to having success. The recovery and adequate rest time is just as important. Especially for US athletes because of the distance, the long flight times to the competition are always a draining process. Karate has always been a mental chess match. Adding explosive speed and precise timing are what makes the difference in matches.

I remember watching the 2012 summer games and listening to Gabby Douglas [after she won a gold medal] saying: “All the hard days are what make this moment worth it.” These inspiring words propel me to keep moving forward. Especially through the challenging moments I am excited to keep pushing myself, and I am able to do it while wearing the American flag. USANKF
Increasing Chances of Making it to the Olympics (From an Official’s Perspective)

2018 marks an era for our sport. With the Olympics on the near horizon, athletes, coaches, and officials are committing themselves more than ever to fulfill the complex and challenging requirements for karate competition in 2020. When the World Karate Federation put new requirements on karate referees, many complained and doubted that those requirements could be met. But, almost magically, most officials are doing what needs to be done to meet the requirements. I chalk it up to the power of the addiction to karate. There can be no other explanation!

At the same time, our U.S. athletes are also making their way to many premier leagues and series A competitions so they can accumulate the points needed to be in the running for the Olympics. These points will begin accumulating starting in July. Only the top 50 athletes from around the world will be included in the Olympic selections.

Although many U.S. athletes are competing in tournaments around the world, few have been making it past the first few rounds. Instead, unknown athletes from many countries are surprising world class competitors with their performance. How do they rise up to such a high standard that makes world class athletes not take them for granted anymore?

I had an opportunity to answer this question in a speech to our US team after the team trials in Colorado Springs and encouraged our athletes with one piece of advice: the simple answer is to get more experience by competing. Most of our athletes train and only train and then show up to a major competition expecting a good result. Those results will not come to fruition unless our athletes compete at every possible tournament, as frequently as possible.
The United States is a big country, and there is no way our athletes will have the same opportunities to compete with world competitors every weekend, as European athletes do. Regretfully for us, many European country competitors have the luxury of training during the week and then competing every weekend. Nonetheless, our U.S. competitors need to and have many opportunities to get out of the more relaxed training atmosphere of the dojo and into real competition. Competition is different from training and a valuable learning experience. It helps athletes improve their dominant spirit in competition and their ring management and strategy.

Although the result of bout is never guaranteed, the importance of a dominating attitude in any match is an important key to winning. Sometimes athletes relax in a comfortable spot where they lead by a big gap or where they rest on the laurels of winning a competition or of a fine performance. It results in athletes feeling over-confident, and their “I got it” attitude makes them forget that the athletes they’ll be competing against have got it, too! Not only have they got it, they will come out far stronger and hungrier to win the battle that they lost.

Even though no official would ever admit it, I strongly believe that judges will often see the competitor who scores first in a more favorable light. Although we have seen many elite fighters came back from more than a one point difference and change the outcome of the match right when everyone thought the match was over, the better, more basic strategy is for an athlete to develop and train a dominant spirit so it can be on full display in these intense battles of the best.

I personally believe that if our athletes compete in every opportunity that they have at the local and regional level, it will increase their ring management and therefore gain them better results at the international level. It is all about taking advantage of every opportunity to face another fighter who wants to score on you as badly as you want to score and all of it without the comfort of the dojo environment. Athletes need to experience over and over again the situation of catching up by scoring a point in a limited amount of time. They need real competition experiences to learn to control their nerves, to control their emotions. They need to practice with real opponents in moments of heightened emotions and pressure to know how to be effective with hand and leg techniques, especially when an opponent is not letting them score. Again, they need to practice the dominant attitude and learn how to be the first to score in any round or how to catch up the points when they are down.

The fact is that we will perhaps never have the same caliber competition as Europe every weekend in every state, but our athletes can always participate in the local competition regardless how small they are or how big and important an athlete might feel. This is how we will have more U.S. athletes included in the 2020 Olympics!
$18,000 Awarded in Prizes

- (US) $750 - Kilo Kumite Division (Men & Women)
- (US) $1,000 - Open Kumite Division
- (US) $750 - Kata Division
- (US) $1,500 - Team Kata Division
- (US) $1,500 - Women Kumite Team
- (US) $2,500 - Men Kumite Team

For more information: www.usakarateopen.com
The Future of Para-Karate

It's a very exciting time for para-karate. Athletes with disabilities are being included on every level of karate, from the local dojo, all the way up to the World Championships. From my perspective, having been teaching karate athletes with disabilities since 1977, the journey has been nothing short of a miracle. So many of my former students, with and without disabilities, have gone on to accomplish great things, and transform the world.

That being said, there is still quite a ways to go. Many people do not realize that we even have a para-karate division, much less that they could be a part of it. And the divisions themselves are still a “work in progress”, in my opinion. But compared to 40 years ago, when I started in this life changing work, it is night and day.

Today, as well as back then, there remains three big barriers. There are:

1. Finding high quality instruction
2. Funding for instruction and travel
3. Accessibility

I'd like to address each one separately over the course of the next few issues of this magazine. Today we will address finding high quality INSTRUCTION for para-karate athletes.

INSTRUCTION – finding a great dojo and a great teacher is never easy, but finding one that also has the right teacher for you or your para-karate athlete can be even more difficult. Sadly, most dojos simply do not have the resources necessary to start a whole separate program for para-karate athletes, nor do all Sensei necessarily have the proper training to teach athletes with disabilities. It's not as simple as “sure, throw him in the class with all the other kids, he'll be fine.” Para-karate athletes need and deserve individualized attention, for their specific set of abilities, skills and needs. They may be able to participate in a group setting, certainly, as long as their needs are being met on the individual level as well. Dojos need to be physically accessible, as well as have an excellent teacher/student ratio in order to properly meet the needs of all students.

Fortunately, we in USA Karate, have MANY wonderful coaches, Sensei and dojos with growing para-karate programs. In case you are looking for a program to check out or recommend to an athlete or friend, here is a list of SOME of the coaches/teachers that work with para-karate athletes on a regular basis. (NOTE: this is NOT meant to be a complete list, simply a list of people that I know and/or have worked with in the last few years, etc. I am positive there are other dojos and teachers with para-karate programs, including some of my very talented former students who have gone on to be a Sensei at their own dojo. If your name isn't here, and it should be, PLEASE contact me so we can connect.)

(Alphabetical by teacher last name, all of the names listed below are well respected Sensei, Shihan, Coaches and/or Referees)

Dustin Baldis (Pennsylvania), Michael Buttermark (NY), Jesus Costa (Florida), Mary Crawford (California), Akira Fukuda (California), Tokey Hill (Ohio & NY), Ray Hughes (Arizona), Tamara Canedo (California), Dr. Clay Morton (Mississippi), Christina Muccini (NY), David Rosenberg (NY/New Jersey) and many more!

In the next two editions of this publication, we will discuss funding sources and accessibility issues.

Thanks again to the USA National Karate Federation for their great work on the usankf.org para-karate website pages, as well as the very specific support from Mr. Phil Hampel and Mr. John DiPasquale. I recognize that it’s not easy to establish and maintain a whole different program, and on behalf of all para-karate athletes and their families, allow me to express our sincere gratitude. USANKF
The 2018 US Team Trials brought a mix of old and new athletes back to Team USA that will be representing the United States at the Pan American and World Championships later this year. With the 2020 Olympics in Tokyo on the horizon, many previous champions made their way back to the team to chase Olympic glory, while several members of the Junior national team punched and kicked a way onto the senior national team with Olympic dreams. I believe the mix of the veterans and newer athletes, that are now part of the senior Team USA, will help establish a strong core and professional winning mindset. This professional mindset must not only be set for the PKF and WKF, but all of the series A and K1 events that these athletes will need to attend to earn points needed to qualify for the 2020 Olympic Games. Just making Team USA is not enough! Our US athletes and coaches, including grassroots coaches, will need to sacrifice time, energy and the financial burden that comes along with achieving their goal of competing in the Olympics. This will not be an easy task, but very possible with the talent the USA produces. Having the honor of coaching and watching these athletes achieve success in the junior ranks, and now having great success in the senior level, is a true inspiration. This team has a unique opportunity to not only achieve Olympic glory, but pave the way for our future Team USA members and potential Olympians.

After the Team Trials, the US Coaching staff ran a mini training camp that brought the current senior team together along with the current junior team. Watching the senior team start to bond with one another, as well as with the junior national team members in attendance, is something that you can only hope for as a coach when it comes to developing a strong cohesive team. A strong cohesive team that sets their egos aside and work with one another during the trainings will only help Team USA achieve top status in the world. It was humbling to watch top world ranked athletes partner with juniors and push them to be stronger and better. Having the mix of junior and senior athletes is something that was needed and to have USA Karate support this joint training and give grassroots coaches the opportunity to attend to see what is being instructed is invaluable. As USA Coaches, we want to work with the grassroots coaches that are developing these great athletes and pinpoint where we can assist them in getting to the next level. We recognize the fact we are there to help facilitate their athletes success in the international arena and will do what is necessary to help them achieve that success.

As a coach, nothing gives me more satisfaction than watching a USA Karate athlete receive a medal on the podium!
Trying to catch Brian Mertel when he isn’t between trips, training or teaching classes can be quite a chore. When not teaching classes at the Chicago dojo, he concentrates on his personal training and family life as well as coaching athletes. Sensei Mertel is one of the few individuals skilled in the sport, as an athlete and coach, and in the art as a Sensei.

After weeks of trying, “USA Karate Magazine” finally “cornered” him to give us an interview right before one of his trips to a “Premier League K-1” event.
How long have you been practicing Karate and who is your teacher?

I started around 6 years old and my teacher always has been Sensei John Di Pasquale from Chicago; so I have been training for more than three decades.

As a young kid I was a real “trouble-maker” in school but it is interesting that in karate classes, I was a completely different individual. I was very focused and always wanted to learn and train more. I realized that karate was something special so I stuck to it and in many ways it shaped me into the person I am today.

This year you went for the USA National Team Trials, what keeps you motivated to keep going in elite competition?

Awhile ago, when I stopped competing I was at a good level but I didn't enjoy it as much as I probably should. I decided to get back and now it is different. I am more mature person, not only as an athlete but also as a human being. I see things with more distance and perspective. I am more relaxed. I am aware that things do not always go the way we want and things happen. Like the old Zen says, “Nothing goes as we think it should”. I learned to take these things differently and keep going at what I am doing. Maturity has been definitely a big factor.

What are the most important points in your current training methods, as an elite competitor and how do you structure your personal training when you are preparing for a competition?

My way of training has changed a lot. There are two main things that I do now different than ever before: injury prevention and strength training. I have learned and received instruction from doctors and coaches about how to avoid injuries and this is very important. Also my diet is very different. I know now what to eat, when to eat it and why I am eating it. This affects the body and the training tremendously. These two aspects have made a big difference…not only in the competition field but in my daily life as well.
On the physical aspect, the heavy strength training has become more solid than before. When I am further away from a competition, the strength training is more the base of what I do, but when I get closer to the event, I begin to lighten it up and add more technical and tactical training tunneling into the event.

**How do you see the level of the art in the Pan American continent compared to Europe and Japan?**

I think that at the highest level, the athletes in the Pan American continent are at a world level. The main difference with Europe and Japan is that they have excellent elite athletes in every single division, not only in one or two. They have many impressive athletes at all levels and weights, and that makes a big difference. Another difference is that they are constantly competing, and that gives them a lot of “fight time.” That makes a big difference when we face them at a Premier League event or at a World Championship.

**Being an elite competitor, how have you adapted your Karate in order to teach it to regular students who are not involved in high-level competition?**

I don’t adapt or change karate. I teach karate. In most of the classes I teach traditional karate [for everybody] including kihon, kata, fundamental and traditional kumite, etc. These are the majority of the classes I teach. Then in separate classes, I teach elite competition techniques and specific training for those who have the passion and the desire to compete and enter in tournaments.

I enjoy doing both but the majority of my classes are traditional karate, so I don’t change or adapt karate at all.

**As a teacher, what is the most important thing you want a student in your classes to remember?**

Patience. The student needs patience because nothing comes right away. It is through long training that we only can achieve our goals. That persistency and patience are the two tools necessary to reach our goals.

Some people say that you don’t have to train hard but to train smart. I totally disagree...you need both. You have to train “intelligently hard.”

Another important thing is to stay humble. I have seen people that as soon as they get better, they stop being humble. They don’t notice but everything changes with that attitude. Let’s not forget that ultimately the only true school of karate is the dojo of life.
Do you think that your approach to Karate training will change when you retire from competition?

I hope it doesn’t change and I mean this in a good way. I always try to evolve and things change in everything we do but what I don’t think it will change is my personal attitude towards karate. I love to teach both beginners and advanced students: from a basic punch or stance to an elite competition tactic…I enjoy it all and I am sure this will stay the same. I know that one day I may change things here and there but like a student mentioned to me once: “even if you are on the right path, if you stand still…you’ll get passed!”

What do you see as the most important attributes of a Karate competitor?

I think confidence is probably the most important. You have to believe that you can do something and that believe only comes from hard work. Confidence, real and efficient confidence, only comes from training hard and knowing your limitations and should not be mistaken as arrogance. Some people are very arrogant but they say they are “confident”. There is big difference between the two. When you feel you have to prove something to others, you show your own weakness.

How do you prepare psychologically for an important competition, and how does your mindset change when you are getting close to the competition day?

As the competition day approaches I start to change my mindset. I enter in a tunnel vision so I don’t forget what I am doing and why I am doing it for; but at the same time I do not only think about it. If you think about the competition day all the time, you become obsessed and then you have a problem. You need to “free” your mind from these “one dimensional thinking” and learn how to do other things so the pressure goes away.

You can win or you can lose because that is the nature of the game but you have to learn to relax and distract your mind and at the same time to be focused on what your objective is. Sport psychology is paramount for an elite athlete.

Karate is finally part of the Olympic Games...what is your opinion about it?

I think it is a wonderful thing. It creates more possibilities...for good and bad. It is the “good” possibilities that we need to capitalize on. The art will get more exposure and more people will watch it. We [as a group] need to use this to bring all the aspects of karate to the world. Karate is more than a sport and the sportive aspect is a great vehicle to show the others important elements of this martial art discipline.

As an athlete the acceptance of karate into the Olympic Games is a dream come true...and I don’t mean this to me personally but for my students and other young practitioners around the world.
It is definitely a good thing for karate but we have to use it wisely.

Who would you like to have trained with that you have not [dead or alive]?

I guess it would be Master Gichin Funakoshi. Obviously I practice Shotokan Karate so it is appropriate for me but I have always thought of Funakoshi Sensei as a philosopher too. Karate is more than punching and kicking and entering in tournaments. It encompasses more things that will help in your life. Therefore, I’d love to have the opportunity of asking philosophical questions about the art and how he would see the future of karate and its essential principles and teachings as a “way of life”.

What advice would you give to those who wish to start training and to those who already have been training for years and are getting ready to enter in national and international competitions?

The most important thing would be to not chase too many rabbits at the same time. By that I mean to stick to one teacher, one method, one solid approach and work on it hard; make it your base and foundation. Be open to look at other ideas but don’t change constantly because that will slow down your progress. Nowadays, I see many athletes jumping from one place to another, from one method to another, from one teacher to another and not sticking to any. You have to stick to one, make it your own and then after years of training start absorbing or rejecting other elements that can be positive in your evolution as an athlete and karateka.

It is hard to know or keep on the right path because it is not always a matter of simple “success”. Essentially if we are not careful, the trouble with training is that we are always is danger of subverting it to our own destruction by “chasing too many rabbits.”

Finally, what are you plans for the future?

I see myself keep growing as a complete karateka. Studying more about being a better teacher and a better coach. Evolving as a human being. I have learnt a lot from karate since the first day I stepped into a dojo. In a way…I am [who] I am because of karate so I don’t see the essence of my journey changing substantially. As the years progress, a teacher may not longer be the strongest or the fastest but he may be a great and decent model for the art. That’s my plan. **USANKF**
Zoe Meszaro is one of the leading athletes of the USA Karate Junior Team. She practiced swimming, ice skating and ballet, but never stuck with any of them until she started training in karate. “I really admire the discipline and history aspect of it as well as the sport itself,” she says.

We asked her to reflect on her training and address some of the key issues facing young karate athletes.
How long have you been practicing Karate and who is your teacher?
Karate began for me in California when I was 6-years-old. I originally started karate to spend time with my friends however, I soon realized I really enjoyed the sport itself and decided to continue doing it after I moved to Florida. Once I moved I joined the Asaka Dojo where my competitive career started.
I am training now with sensei Luis Sanchez. Although he was not my first sensei, he has taught me everything that has ever led me to be a champion and I truly appreciate and respect everything he has done for me.

How important do you think is for you the supplementary training like running, weight lifting, etc.?
For about 6 months I had a personal trainer, he was great with trying to make me stronger and more flexible and I learned many great exercises and stretches. Although, I always thought the strength training was not really compatible with kata, and I would rather be working out on my own doing specialized exercises that would specifically help me with karate. I do conditioning in the morning 5 days a week, but I believe the most important thing when you are an elite competitor is focusing your energy on your specialty.

What do you see as the most important attributes of a good Karate competitor?
To me, the most important attributes of a karate competitor are to be disciplined, determined, and humble. Discipline is necessary to trust your sensei/instructors, and do as they say, as they are trying to help you improve to be the best you can be. Determination is vital for obvious reasons; it’s not easy to try to be the best at what you do, but it will always be the people who put in the most work consistently who will come out on top. Being humble is most important because the moment someone thinks they are the best is the moment their competitors will start to catch up and surpass them.

Self-defense, sport or tradition: what is karate for you?
I think it is amazing that karate teaches self-defense and has beautiful traditions behind it. However, if I could choose a different word to describe it I would say karate is a lifestyle, not just a sport, it affects all parts of my everyday life, and has taught me how to stay focused and be confident with myself and my abilities.

How do you structure your personal training for an important competition?
During competition season on weekdays I normally do strength and flexibility training in the morning, kata and kihon in the afternoon, group classes at the end of the day, and most days competition training after that. Saturdays are for running, and Sundays are for resting. Overall this totals out to be about 40 hours a week.

How’s your experience traveling with the National team and competing in international events?
Every time I travel with the Junior National team the trip ends up being another one of the best experiences of my life. The tournaments have such high energy and I absolutely love spending time with people who share the same passion as me and they are all such great, interesting people.
How do you prepare psychologically for an important competition, and how does your mindset change when you are getting close to the competition day?

I don’t get too worked up mentally before big tournaments until the day of. I am a completely different person when I start to compete; there’s nothing anyone can tell me that can take me out of my zone, my mindset becomes a kind of tunnel vision and all I think of is how to win the next round. My friends have told me they don’t like talking to me before I compete, especially for really important tournaments and I completely understand. It’s because I look extremely angry and in a way I am. To perform my best, I need my adrenaline to be all the way up and to get that I have to be as mad and pumped up as possible. It might sound funny, but I’ve even kicked walls before to mentally get to the place that I needed to be.

Do you think it is positive or negative for Karate to be in the Olympic Games?

Karate being put into the Olympics is definitely one of the best things to ever happen to the sport. This could be the beginning of karate scholarships in many colleges and a huge increase in the level of karate around the world. For me personally, it has motivated me even further to completely commit to karate.

Becoming a world champion or even an Olympian is my biggest goals at the moment and I know that to make it to the top I need to put everything into my training. For teaching, my biggest motivations are the young kids who watch the black belts do karate as if we are ninjas. I love being able to help them and realize they can do everything a black belt can if they work hard.

How is your personal training these days?

I currently train three times a day and I am putting in more hours than I ever have before. I’m able to do this because this year I started online school and I am extremely happy with that decision, as it allows me to put an incredible amount of time and focus on karate but at the same time keep my grades up since my academic career is also extremely important to me.

What advice would you give to those who wish to start training and to those who already have been training for years and are getting ready to enter into national and international competitions?

My best advice to anyone who wants to start competing in elite divisions is to realize that every tournament is a learning experience and they should be treated as such no matter the results. Also, always accept criticism and learn from it. Never get discouraged if the flags don’t go your way, instead figure out what you can do to get them next time.

Finally, what are your plans for the future?

My plans for the future are the same as they have always been: keep improving, stay focused, and enjoy the journey. USANKF
PERFORMANCE NUTRITION

KIHON-1

By Nuwanee Kirihennedige, MS, RD, CSSD
A Karate-ka needs both a strong mind and body, and this is the reason why Karate athletes put hours of training and discipline. Good nutrition can help both physical and mental performance and is a tool for you to become a best Karateka that you can be. But where do a mind and body get energy or the drive to perform come from? Well, simply it comes from FOOD (or “nutrients” we eat in food).

It is common that athletes experience the following conditions:

- Feeling low energy or stamina for training and/or competition (especially around later bouts)
- Loosing concentration, focus, and overall mental performance
- Chronic fatigue (feeling of being tired)
- Slow recovery
- Suboptimal muscle growth
- Trouble (having a hard time) making weight
- Frequent illness and injuries

All of above can be related to poor nutrition. The good news is that good nutrition plan and strategies can help combat such conditions.

Think of your body as a fast and powerful car, like the ones we see in movie. Now, such top-of-the-line cars can only take top quality gasoline, right? Because if you put low quality gasoline in these cars, it will eventually break down or underperform.

The same is true for our bodies.

The human body is a very intricate piece of machinery. It comes with many special features: self-operated, self-healing, and self-learning; 24/7 automated heart, lung and brain functions; has a bazillion GB of memory; and it even comes with a self-alarming system to shut or slow down should you get sick, tired, over exercised or under-fueled.

As an athlete, you need to fuel your body well and strategically because athletes use their bodies more than the average people. To let the “machine” perform in the best possible condition, you need to be putting in high quality fuel and parts (i.e. food and nutrients), into the body regularly.

The biggest question is “HOW?” Here are tools that you can use: Athlete’s Plates.

Athlete’s plates are designed (by the United Stated Olympic Committee and the University of Colorado Colorado Springs) to help athletes fuel properly based on training volume and intensity and their goals. There are three plate types: 1) easy training or weight management, 2) moderate training and 3) hard training plate.

Each plate is made up with:

Grains (carbohydrate sources): Carbohydrate is the most efficient energy source of all. It provides necessary fuels for the working muscles and the brain to function at their peak. The body relies more on carbohydrates as energy sources for speed and power and for high intensity training.

Lean protein: The building blocks for muscles, tissues, ligaments, tendons, bone, immune cells, and enzymes. Helps muscle building and repair. Protein can also help with satiation, keeping you feel full longer.

Fruits: Also, a source of carbohydrates. Contains many vitamins and anti-oxidants (anti-inflammatory agents) and dietary fibers.

Vegetables: Loaded with vitamins, minerals and anti-oxidants. And of course, source of
dietary fibers. Vegetables are less energy-dense food, so it can help volume up a meal without adding too much calories; well, as long as they are not deep fried.

**Fats:** Body uses more as fuel sources at rest and lower intensity training. Provides organ protection and insulation. It also helps transport essential vitamins throughout the body. Focus on healthy fats, such as, plant-base oils, avocados, nuts and seeds.

**Fluids:** Important for keeping the body hydrated. Well hydrated body will have better cognitive functions, thermoregulatory ability (regulating the body temperature), muscle strength and endurance.

**Flavors:** Makes meals more enjoyable. Herbs and spices can add not only delicious flavors but also anti-oxidants. Killing two birds with one stone!

It’s a whole team approach. Athletes need all food group to get what their bodies need to train and compete optimally. Amount of food groups will vary based on their energy (kcals) needs.

**Easy Training and Weight Management Plate**

It is the lowest energy (calorie) demanding plate. It can be used for the days with an easy workout, skill/technique centered practice or rest day. This is also a good plate to follow during weight management or making. A quarter of the plate should come from grain and starch, and another quarter with lean protein source. The rest of the plate should be filled with vegetables and some fruits. This is a plate that athlete use to lose weight. Notice there is a dash line for weight management indicating athletes can eat a little less carbohydrate at this time and increase protein intake slightly to preserve muscle while losing weight.

**Moderate Training Plate**

This can be a baseline plate from adjusting to easy or hard training plate. Also, this is a good plate to use when you train twice a day but one session is relatively easy (technical or skill centered) and the other session with high intensity. Grains and starches widens up to a third of the plate due to more energy is needed during this time. Lean protein stays the same, and the rest should be filled with vegetables.

**Hard Training Plate**

Use this plate during the highest energy demanding period, for example, training at least twice a day and needing extra calories to meet the demands. Also, for those who are trying to gain weight, this may be the plate to use. Again, the grain portion expand to half of the plate due to the high energy demand. Protein portion does not change much. More healthy fat allowance due to increased calorie demands.
Mighty Burrito

**Ingredients**
- Preparation time: 30-45 minutes
- Servings: 1 burrito
- Cost: $

**Fillings:**
- ½ cup brown rice
- ½ cup broccoli florets
- 2 tsp. grapeseed oil
- 4 oz. chicken breast, diced
- Southwest spice rub
- ⅓ cup canned black or pinto beans
- ½ tomato, diced

**Assembly:**
1. whole wheat tortilla
2. Romaine lettuce, shredded
3. 2 Tbsp. salsa

**Directions**
1. Preheat oven to 425°F. Prepare brown rice according to container directions.
2. Cut broccoli to small bite-size florets, season with salt, pepper, and 1 tsp. grapeseed oil. Roast for 10-15 minutes, until broccoli is tender and bright green. Remove and let cool.
3. Preheat skillet. In a bowl, season diced chicken with rub, salt and pepper. Sauté diced chicken in 1 tsp. grapeseed oil until an internal temperature of 165°F is reached.
4. Rinse beans with cool water until clear.
5. Combine all ingredients on warmed tortilla and roll into burrito.

**Cost per serving:**
- $ = <$5, $5 = $5-10, $10 = >$10

<table>
<thead>
<tr>
<th>Mighty Burrito</th>
<th>Amount</th>
<th>1 burrito</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>513</td>
<td></td>
</tr>
<tr>
<td>Fat (g)</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Sat. Fat (g)</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Carb. (g)</td>
<td>53</td>
<td></td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>38</td>
<td></td>
</tr>
</tbody>
</table>

**Allergen info:** Dairy Free

**Cooking Tip**
The recipe works well with a variety of roasted seasonal vegetables. Choose any of your favorite spice mixes to change up the flavor! Save extra rice, beans, and veggies for future meals, or prep several burritos for grab & go meals throughout the week. After a hard training day, increase the portion of rice to help replete glycogen stores. Make it vegan by replacing chicken with tempeh or tofu!

**Performance Facts**
The fiber in whole grains helps to increase satiety (fullness), maintain gut health, improve immune function and promote regularity. Additionally, whole grains are an excellent source of magnesium, a mineral that plays a significant role in muscle contraction, bone health, blood pressure regulation and energy production. Grilled chicken is high in branched chain amino acids (BCAA) that help muscles to repair and grow.

This is a general overview of how to periodize nutrition based on training loads and goals, and there are so many delicious ways to put together an Athlete's Plate (see recipe). Another important key is that athletes need to learn and monitor their bodies, so that nutrition plan and strategies can be tailored and personalized based on individual goals. To bring a high-quality Karate, you have to bring mental focus and the physical strength and stamina all together. This can then help overcome the opponent and yourself, which destine you to the win. What splits between win and lose in Karate may be so small (and happens in a split second), so everything counts. Don’t miss out on the other performance edge, be ahead of the nutrition game.
2018 SENIOR NATIONAL TEAM TRIALS AND TRAINING CAMP

By Elizabeth Sottile

1 & 2. 2018 Team Trials Coaches Staff and Referees posing for USA KARATE Magazine.
USA Karate once again took over the Colorado Springs Olympic Training Center during Martin Luther King Weekend, January 13-15, for the 2018 Senior National Team Trials! The Senior Team Pool, consisting of those who placed in the top 6 at the 2017 USA Karate National Championships, were invited out to Colorado Springs to compete for a spot on the 2018 Senior National Team. These athletes will get to compete at the Pan American Championships, and for the first seat, travel to the World Championships in Madrid, Spain this coming fall.

During weigh-ins, all athletes competing in the team trials stopped by the United States Olympic Committee’s (USOC) Sports Medicine Department to be fitted for a custom mouth guard, compliments of USA Karate and the USOC.

Following Senior Team Trials, the Junior National Team Members, aged 15+, joined the Seniors for two days of training camp at the Olympic Training Center. Training camp consisted of both training sessions, and informational seminars. The training sessions were broken into group exercises, and Kata and Kumite specific. The National Team Coaches
1. Tom Scott…“fists of fury”. 2. Brian Hilliard…“in the zone”. 3. Tournament Director, Brody Burns, organizing the 2018 Team Trials. 4. Eimi Kurita…getting ready for her match. 5. Referee Cleve Baxter calls “hajime” during one of the elimination matches. 6. Coaches Akira Fukuda and Jeff Khon.
in attendance; Tommy Hood, Christina Muccini, Dustin Baldis, Akira Fukuda, Javier Mantilla, and Maile Chinen, all lead different breakout training sessions, while Chris Stratis lead the strength and conditioning breakout session.

The informational seminars included guest speakers from the USOC, USA Karate and United States Anti-doping Agency (USADA). USOC Sport Psychologist, Dr. Jessica Bartley, spoke to the group about how to mentally prepare for big competitions, while USOC Sport Nutritionist, Nuwanee Kirihennedige, taught the group how to properly fuel your body to get ready for different types of competition. USADA presenter, Adrian Jones, spoke with the athletes regarding what types of supplements are approved to use in competition, and the process of being USADA Compliant for future drug testing, etc.

We appreciate all of the behind the scenes coordination of Brody Burns and Elizabeth Sottile with USA Karate, Jenny Ryan, Justin O’Connell, Sara Crowell and Karen Hagenman with the USOC and each of the referees who flew out to make the event possible. Without each of you, the 2018 Team Trials would not have been as big of a success.

1 & 2. Brian Mertel and Manny Tavares during one of their elimination matches. 3. Eimi Kurita and Joane Orbon breaking the clinch. 4 & 5. Elisa Au ready to compete.
1 & 2. Elisa Au and Jordan Valle during one of the elimination matches.
3 & 4. Joane Orbon and Jordan Valle during her match.
5 & 6. Elimi Kurita and Elisa Au during the final match that Kurita won.
1 – 2. Brian Mertel during two of his final matches against Brian Rumrup. 3-4 Brian Mertel and Brian Hilliard in the final match for -67kg.
1. Mertel and Hilliard face off. 2. Ashley Davis avoiding an attack from Cheryl Murphy. 3 & 4. Tom Scott and Tyler Yamasaki during one of the elimination matches. 5 & 6. Maya Wazovicz and Mina Yamazaki.
1. Mertel scores a roundhouse kick. 2. Sabina Ramic, Benjamin Harrison and Erick Lamelas. 3. CEO Mr. Hampel, President Mr. DiPasquale and Referee Chairman, Mr. Baxter posing for USA Karate Magazine. 4. Kam Madani and Tom Scott smiling for the camera. 5. Dianna Spence, Tyler Hudson, Shelby Hintzel. 6. Elvis Ramic, Alex Jinesta, Ariel Torres and Sabrina Hostettler.
1. Rey Chinen performing "Suparimpei" kara during training. 2. Coach Fukuda talking to the Kata athletes. 3. USOC Sport Nutritionist, Nuwanee Kirihennedige talking to athletes during her presentation. 4. Coach Javier Mantilla covering Kata aspects with one of the athletes. 5. Referee Fariba Madani addressing the athletes.
Road to Tokyo 2020!

Open Paris Karate

Stade Pierre de Coubertin
27th-28th January 2018

KARATE

PARIS

Rotterdam - Dubai - Rabat - Istanbul - Berlin - Tokyo

OpenParisKarate

Guadalajara (Spain)
Salzburg (Austria)
Santiago (Chile)
Shanghai (China)

2018

Karate 1 Series A

Dubai

Paris - Rotterdam - Rabat - Istanbul - Berlin - Tokyo

Karate 1 Premier League 2018
FULL COVERAGE
ROAD TO
TOKYO
2020!

K1 OPEN PARIS
SERIES A GUALAJARA

K1 OPEN DUBAI
1. Brian Rumrup moving away from the opponent's punch. 2. Ashley Davis getting “into the zone” during the warm up. 3. Coach Burns gives final tips to Shannon Nishi-Patton. 4. Brodi Robinson misses an almost “perfect punch”. 5. Rumrup facing off his opponent. 6. Kam Madani trying to score with a roundhouse kick.
1. Galvan tries to score with a “jodan tuski” but falls short. 2. Coach Mertel with Cirrus Lingl. 3. Sabrina Hostettler facing her opponent. 4. Tyler Hudson trying to score with a kick. 5. Jenna Brown warming up with Adrian Galvan.
1 & 2. Maya Wasovicz made it to the podium with a 3rd place. 3. Brian Hilliard scoring a point. 4. Dianna Spence during a kicking exchange. 5. Rey Chinen performing kata in the elimination rounds. 6. Ariel Torres performing his kata in the elimination rounds.

Photos Courtesy of Kphotos.com
Movement begins with intention. Breath drives action, and breath and body finish together. Arm and hand flash to the target with all the energy generated by the hips, legs, and torso. At movement peak, there is full kime, with complete engagement of the posterior chain and the trunk, which is the conduit for energy transfer to the arm and hand. Impact lasts a split second, after which there is relaxation before preparation for the next technique. Sounds like a soundly delivered gyaku-zuki, right?

Back in 2001 The WKF Karate Kata Competition made a revolutionary changed, they eliminated the score system and adopted the color “Aka” and “Ao” belts for the competitors, Aka and Ao flags for the Judges and the single elimination system with repecharge. The main idea was to simplify the competition, make it faster and more fair for the athletes giving the same elimination system that the Kumite divisions. Everything started during the 2nd WKF Junior and Cadets World Championships in Athens, Greece.
The new system brought also the implementation of two mandatory rounds using what was called “Shitei Kata” and 3 subsequence rounds using “Tokui Kata”.

<table>
<thead>
<tr>
<th>Competitors Teams</th>
<th>Kata Required</th>
<th>Shitei Mandatory</th>
<th>Tokui Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>65-128</td>
<td>7</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>33-64</td>
<td>6</td>
<td>2</td>
<td>4</td>
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<tr>
<td>2-4</td>
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<td>0</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
<td>0</td>
<td>1</td>
</tr>
</tbody>
</table>

Shitei Kata were 8 kata, selected from the 4 major karate styles in which all the styles were divide by WKF. This 8 Katas, 2 from Shito Ryu; “Bassai Dai” and “Seienchin”, 2 from Shotokan; “Jion” and “Kanku Dai”, 2 from Goju Ryu; “Saifa” and “Seipai” and 2 form Wado Ryu; “Seishan” and “Chinto”.

Tokui Katas were a list of free katas from these 4 major styles: Shotokan with 21, Shito Ryu with 43, Goju Ryu with 10 and Wado Ryu with another 10.

The idea of using Shitei Kata for the first two rounds was a very interesting idea to unify criteria, the use of mandatory forms was useful but the reality of this was that after a few years these kata only were used for the WKF RC to evaluate the Candidates Judges at the world or continental level.

With a lot resistance from the coaches and athletes, the WKF eliminated the Shitei Kata from the competition in January 2013, just keeping the Tokui or “Free” Kata aspect of it.

The Flag System criteria for decision was divide in 9 points:

1. A realistic demonstration of the Kata meaning.
2. Understanding of the techniques being used (BUNKAI).
3. Good timing, rhythm, speed, balance, and focus of power (KIME).
4. Correct and proper use of breathing as an aid to KIME.
5. Correct focus of attention (CHAKUGAN) and concentration.
6. Correct stances (DACHI) with proper tension in the legs, and feet flat on the floor.
7. Proper tension in the abdomen (HARA) and no bobbing up and down of the hips when moving. Correct form (KIHON) of the style being demonstrated.
8. The performance should also be evaluated with a view to discerning other points such as the difficulty of the kata presented.
9. In Team Kata synchronization without external cues is an added factor.

The Kata Competition development in the world increased in every country and in all the 5 Continental Unions, the use of this system opened the opportunity to everybody to compete in kata. In the beginning, it was difficult to see 50-60 athletes per division. The numbers in today’s competition are always over 100.
The system started showing a lack of credibility when the competitors became what it was described as “Kata Athletes”, and the world changed from a Budo performance to an athletic performance making the kata competition going to a pure “Athleticism Evaluation” and losing the essence of the “Art” in Kata division. This created a new change in the rules and we had the first “Update” back in 2015.

### Kata Competition

**Kata Performance**

1. Conformance to the form itself and the standards of the applicable style (ryu-ha)

2. Technical performance
   - a. Stances
   - b. Techniques
   - c. Transitional movements
   - d. Timing/Synchronisation
   - e. Correct breathing
   - f. Focus (kime)
   - g. Technical difficulty

3. Athletic performance
   - a. Strength
   - b. Speed
   - c. Balance
   - d. Rhythm

**Bunkai Performance**

1. Conformance (to kata) using the actual movements as performed in the kata.

2. Technical performance
   - a. Stances
   - b. Techniques
   - c. Transitional movements
   - d. Timing
   - e. Control
   - f. Focus (kime).

3. Athletic performance
   - a. Strength
   - b. Speed
   - c. Balance
   - d. Rhythm

With this update, the WKF was trying to simplify the 9 original criteria for evaluation into three blocks with the same value in the evaluation.

This 3 blocks were used from January 2015 until the end of 2017, when a new update came under the vision and began giving the same amount of importance to the 2 more important aspects in competition: Technical and Athletic.

The new format starting this year of 2018 shows us the following criteria:

### New Format

**Kata Performance**

1. Technical performance
   - a. Stances
   - b. Techniques
   - c. Transitional movements
   - d. Timing
   - e. Control
   - f. Focus (kime)
   - g. Difficulty of techniques performed
   - h. Conformance: Consistence in the performance of the kihon of the style (ryu-ha) in the kata.

2. Athletic performance
   - a. Strength
   - b. Speed
   - c. Balance
   - d. Rhythm

**Bunkai Performance**

1. Technical performance
   - a. Stances
   - b. Techniques
   - c. Transitional movements
   - d. Timing
   - e. Control
   - f. Focus (kime). Difficulty of techniques performed

2. Athletic performance
   - a. Strength
   - b. Speed
   - c. Balance
   - d. Rhythm

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Ryouki Abe

Damian Quintero
The main objective of this new update, is to start preparing the world for the next step, probably to be approved by the end of 2018. The two blocks of evaluation are trying to give the same amount of importance to our two big aspects in competition: Technical and Athletic. I said “trying” because for more than a decade our kata competition have been evaluated more in the emphasis of the athletic performance than the technical one.

The development of our sport made our kata competitors train under the sport science. Their training totally changed, making a big impact in the tatami, with the only big concern that the kata competition is losing the identity of what a real Kata performance is.

From the point of view of the evaluation also this made a big change: our officials are humans and the criteria is very subjective. They are very sensitive to what they have been seeing, and what is the new Kata competition athlete's style. Therefore, our officials got also infected with the “Athletic Virus” disregarding good technical performances just for the lack of power and athleticism.

The 2018 update shows clear the road to save kata in competition which is; giving same percentage to the technical and athletic performance. This also sends a message to our athletes to start going back to the kata roots in their trainings and rescue the foundation, stances “tachi kata”, body weight percentage to make transitions more dynamic and effective and to get a good balance between the lower body and the upper body, making possible to see a very good technical performance with speed, power, rhythm, kime and understating of the techniques applied.

All of this update is only a preparation for the next one and final challenge of facing our new journey: the Olympic Games in Tokyo 2020. The WKF has already made a few experiments with the Kata rules, and everything looks like we are going back to the “point system”.

Last year during the WKF Youth Camp in Croatia, they tested two proposals. The process is on the way and hopefully but the end of this 2018 and during the World Championships in Madrid, Spain in November, we’ll get the final approval to the point system.

The proposal is totally different than the former system in WUKO-WKF 1980-2000, and will be giving more percentage to the technical evaluation than to the athletic one, 70-30%. This will be making a big impact in our competitors and taking them back to the practice of pure Karate techniques, finally rescuing the essence of Kata in our sport. USANKF
LAUNCH, LOCATION & GOVERNANCE
The U.S. Center for SafeSport is a national nonprofit organization providing education, resources and training to promote respect and prevent abuse in sport. The Center is located in Denver, Colorado, and opened in March 2017.

The Center is governed by a nine-member board of directors, which includes subject-matter experts in the areas of abuse prevention and investigation, ethics compliance and sport administration.

MISSION, PURPOSE & VISION
Mission
To cultivate and steward a culture of dignity and respect in sport.

Purpose
Enable every athlete to thrive by fostering a national sport culture of respect and safety, on and off the field of play.

Vision
Every athlete is safe, supported and strengthened through sport.

- **Safe.** Athletes are protected from emotional, physical and sexual abuse.
- **Supported.** Athletes enjoy welcome, respectful environments, and diversity is actively embraced.
- **Strengthened.** Athletes use the skills they’ve learned in sport to contribute to the well-being of their communities.
SERVICES

Education and Outreach Office
The Center’s Education and Outreach Office will administer prevention programming, raise issue awareness, and provide resources and training to promote respect and prevent misconduct, such as bullying, hazing, harassment and abuse. The Center will:

- Provide education materials, including talking points, fact sheets, brochures and training materials
- Centralize best practices, provide self-evaluation tools and offer specialized resources
- Offer sport organizations easy access to educational opportunities for their coaches, staff, volunteers, parents and athletes

Response and Resolution Office
The Center’s Response and Resolution Office will investigate and resolve alleged policy violations for the U.S. Olympic and Paralympic Movements’ 47 member National Governing Bodies, including the USA National Karate-do Federation.

- As a member organization of the U.S. Olympic Committee, the USANKF has agreed to adhere to the Center’s policies and procedures, including the SafeSport Code, which identifies prohibited conduct and serves as the benchmark by which the Center determines whether or not a policy violation has occurred. These policies and procedures also outline:
  - Center jurisdiction and authority
  - Sanctioning guidelines
  - Reporting and confidentiality
  - Resolution procedures, including investigation and arbitration
- Aggregate data from Center investigations will be used to identify trends and patterns across sport, strengthening national prevention efforts.
JURISDICTION & AUTHORITY
The Center has jurisdiction over Covered Individuals. These are persons:

- Within the governance or disciplinary jurisdiction of the USANKF
- The USANKF or the USOC authorizes, approves or appoints to a position of authority over athletes or who will have frequent contact with athletes
- Identified by the USANKF as being within the Center’s jurisdiction

The Center will have the exclusive authority to investigate and resolve alleged SafeSport Code violations involving sexual misconduct. The USANKF will retain the authority to investigate and resolve alleged SafeSport Code violations that are non-sexual in nature. Although, at the USANKF’s request, the Center may exercise the discretionary authority to take on cases of this nature.

<table>
<thead>
<tr>
<th>Exclusive Authority</th>
<th>Discretionary Authority</th>
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</thead>
<tbody>
<tr>
<td>All forms of sexual misconduct.</td>
<td>Other policy violations, including physical misconduct, emotional misconduct, bullying, hazing and harassment.</td>
</tr>
</tbody>
</table>

REPORTING REQUIREMENTS FOR SAFESPORT CODE VIOLATIONS
All individuals, regardless of membership with the USANKF, are encouraged to report suspected violations of the SafeSport Code. Covered Individuals who are over the age of 18 are required to report suspected SafeSport Code violations related to or accompanying sexual misconduct. Covered Individuals who fail to report SafeSport Code violations may be subject to disciplinary action.

How to Report
Individuals should report suspected SafeSport Code violations directly to the Center.

Reporting to the Center:
- Online: https://safesport.org/response-resolution/report
- Phone: (720) 524-5640

Confidentiality
Although the Center cannot guarantee confidentiality, it will, to the greatest extent possible, maintain the privacy of all individuals involved in the investigation and resolution of alleged SafeSport Code violations.

Anonymous Reporting
Anonymous reporting is permitted.

Legally Mandated Reporting
Reporting alleged criminal conduct to the USANKF or the Center will not satisfy any individual mandatory reporting requirements under state or federal law. Visit https://www.childwelfare.gov/topics/systemwide/laws-policies/state/ to view state-by-state mandatory reporting laws to determine your reporting obligations and options.
THE INVESTIGATION & RESOLUTION PROCESS

In response to an alleged SafeSport Code violation, the Center may:

- Initiate an informal resolution
- Conduct a full investigation
- Conclude the alleged violation is out of scope and refer the matter to the USANKF or the U.S. Olympic Committee

Informal Resolution
The Center may conduct an informal inquiry to collect preliminary facts to determine if the matter should be resolved informally, investigated further or not investigated at this time.

Full Investigation
At the start of a full investigation, the Center will provide notice to both involved parties. Each will be given the opportunity to present supporting evidence and provide contact information for potential witnesses.

Investigator’s Report
After reviewing the evidence in the case and interviewing relevant witnesses, an investigator will prepare a written report detailing:

- The facts of the case based on the available evidence
- Whether or not, based on a preponderance of the evidence, the investigator believes a violation of the SafeSport Code has occurred
- Recommended sanctions, if any

Director’s Decision
The Center’s director of investigations will issue a decision based on the available evidence. If the director determines the individual in question has violated the SafeSport Code, he or she may seek arbitration.
SANCTIONS
The disciplinary process is designed to protect all USANKF athletes, members and participants from future misconduct. With this in mind, all recommended sanctions will be reasonable and proportionate to the violation committed and will emphasize education to ensure that minor misconduct does not escalate into a major violation.

Imposing Sanctions
In response to the Center’s determination that a SafeSport Code violation has occurred, the USANKF will impose any sanctions recommended by the Center. Potential sanctions include, among others, any combination of the following:

• Warning
• Loss of privileges
• Education
• Probation
• Eligibility or participation restrictions

In determining appropriate sanctions, the Center will consider a range of factors, including but not limited to:

• The seriousness of the violation
• The ages of the individuals involved
• Whether or not the alleged policy violator poses an ongoing threat to the safety of others

Implementation Across the Olympic and Paralympic Movement
Participation restrictions imposed by a USOC-member NGB will be upheld across the U.S. Olympic and Paralympic Movement.

Visit www.safesport.org to learn more or to view the Center’s policies and procedures to determine your responsibilities under the SafeSport Code. The Center’s policies and procedures are subject to change. Should the policies and procedures vary from the information contained herein, the policies and procedures will govern. Visit safesport,usankf.org to review the USANKF Participant Safety Handbook.
The USA Karate’s SafeSport Program will provide training regarding the establishment of safe environments for competition and training, will ensure that each USA Karate Referee & Coach has passed a comprehensive background check, completed the SafeSport Training and reviewed the Participant Safety Handbook. This compliance is a condition of membership per our bylaws for official and coach members. We also require all USADA Pool Senior Athletes to be SafeSport compliant.

Program Components required for SafeSport Compliance

Background Check

The cost of the background screening is approximately $25-30 depending on your state. To complete the background check, you will simply need to do the following:
1. Visit www.ncsisafe.com and click on Background Screening Self Registration
2. Enter Self Registration Number 26244495
3. Enter Your Information as Requested

Online Training Sessions

To complete the FREE updated training course supplied by the U.S. Center for SafeSport. This course replaces the material previously found on the TeamUSA Training site. The new training course consists of three 30-minute videos on the following topics:
1. Mandatory Reporting
2. Sexual Misconduct Awareness Education
3. Emotional and Physical Misconduct

All three courses will need to be completed to meet the SafeSport Trained requirements.

SafeSport training must be completed every two (2) years. Therefore, anyone who is due to renew their SafeSport training or is completing training for the first time will need to complete the new courses.

The website to take the new course is https://safesport.org/. Users will have to create an account using the code below prior to being able to take the course. You can create your account at https://safesport.org/authentication/register?token=387667f7-f3dc-4285-af8b-5fd23af7201b

This also applies for those that have taken the TeamUSA training course before.

Use code 5CJA-L3B7-8GCC-LUMF in order to be linked to USA Karate – if you do not use this code USA Karate will not be notified of your compliance, so please take care when signing up.

Participant Safety Handbook

The collection of all SafeSport Policies and procedures for you to review are found in the Participant Safety Handbook. The latest version can be found on our website at safesport.usankf.org
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