

IOSTK Manual & Information



国際 伝統 武道. スポーツ、空手 連盟

KOKUSAI DENTO BUDO SPOTSU KARATE RENMEI

What is IOSTK?

- 📖 IOSTK: It is an international organization of instructors, coaches and karate practitioners from different styles, ranks and organizations.
- 📖 IOSTK: It is an organization completely independent of sport federations, affiliations, organizations and styles.
- 📖 IOSTK: Main purpose is development of karate in all its aspects.
- 📖 IOSTK: It was created as a result of the needs of coaches, athletes, instructors and students to give and receive information, share knowledge, exchange experiences, collaborate, advise and support projects in the growth of karate.
- 📖 IOSTK: Collaboration, advise, and support is our goal.

International Organization of Sports and Traditional Karate

What is IOSTK's mission?

For a long time I have been receiving inquiries from karate practitioners, athletes and instructors who request information from me and others about the different aspects of karate.

Who are seeking information on the sports and traditional training, such as working or improving leg techniques, speed, how to train with the makiwara, on training kata for competition, on kumite training and strategies, as well as special forces self-defense, data on the historical aspects of the art and technical information on specific styles.






I answer as many questions as I can, the best that I can, but in some cases, I hesitate to answer as I am not completely sure of the answer or it is in an área that I am not fully knowledgable.

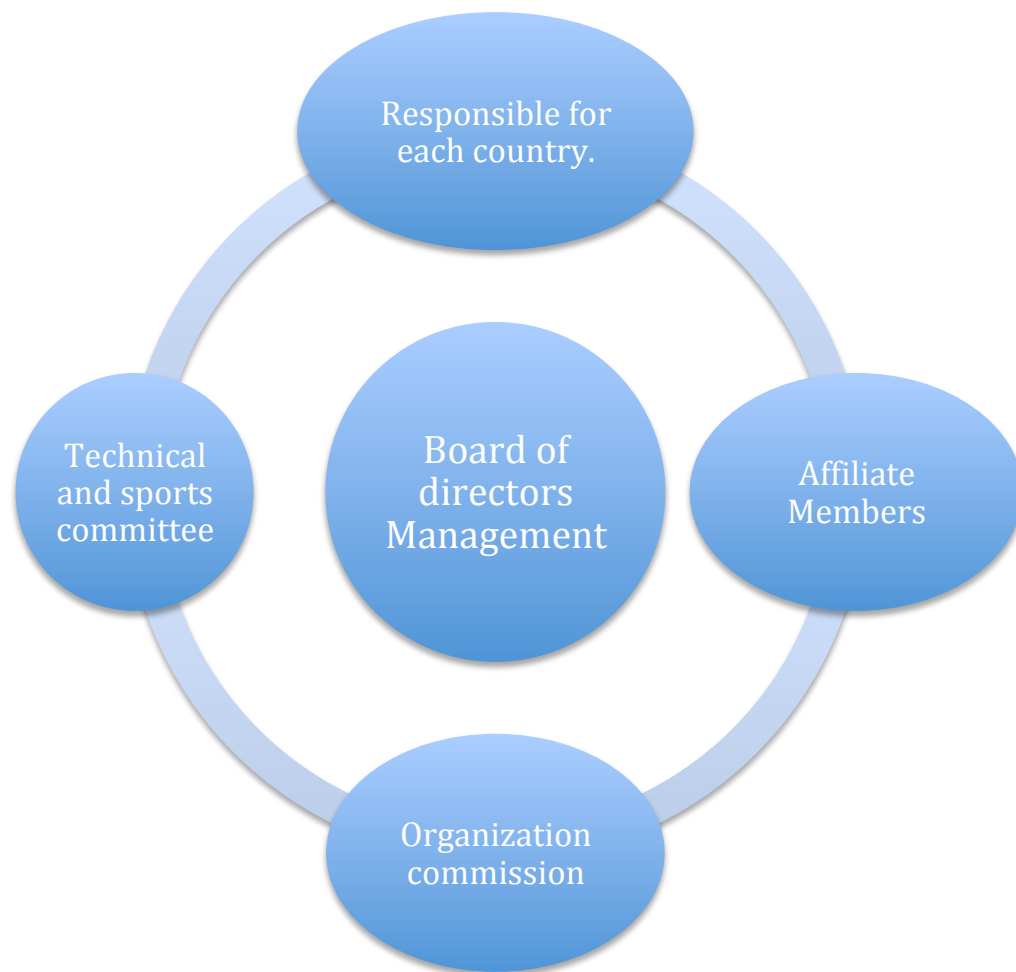
The need to feel surrounded by a group of people with the same philosophy and interests makes many of us approach social networks to convey our needs, desires and concerns.

In order to meet these needs, IOSTK was born.

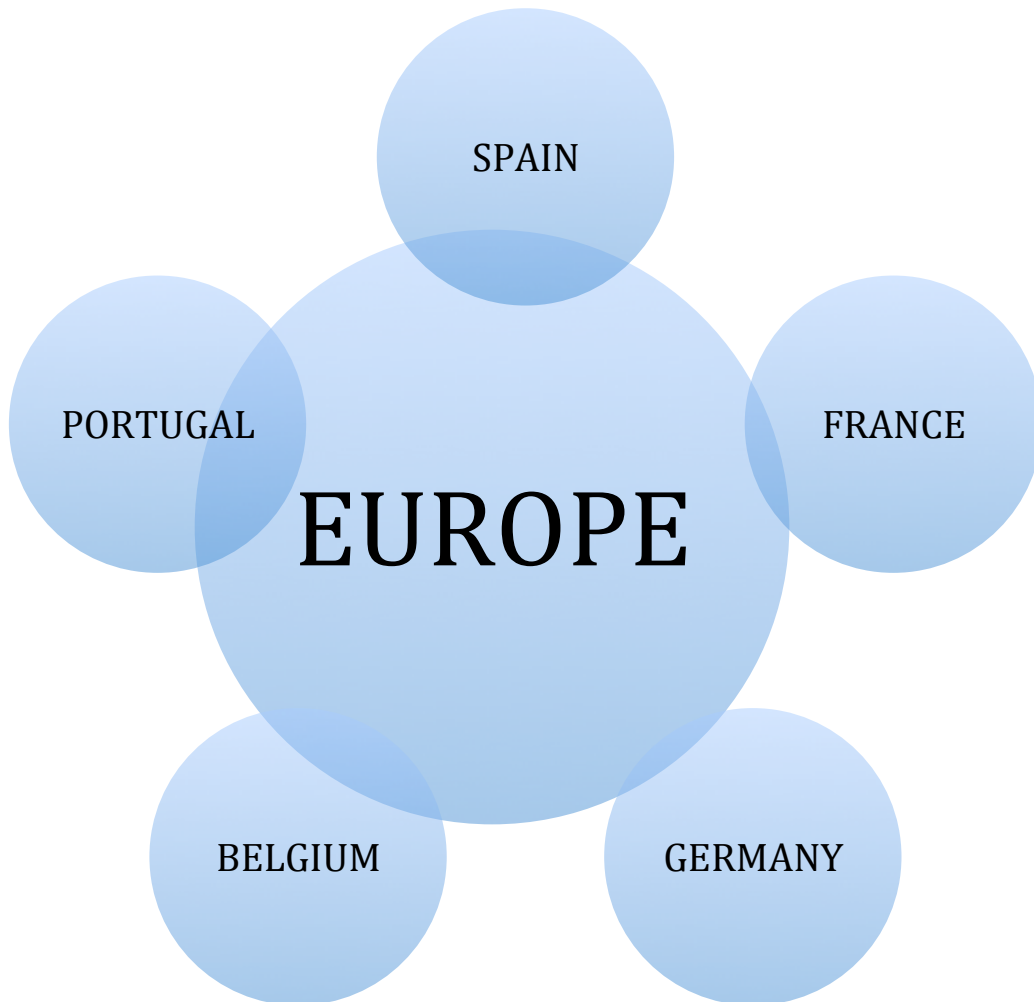
International Organization of Sports and Traditional Karate

IOSTK organization diagram:

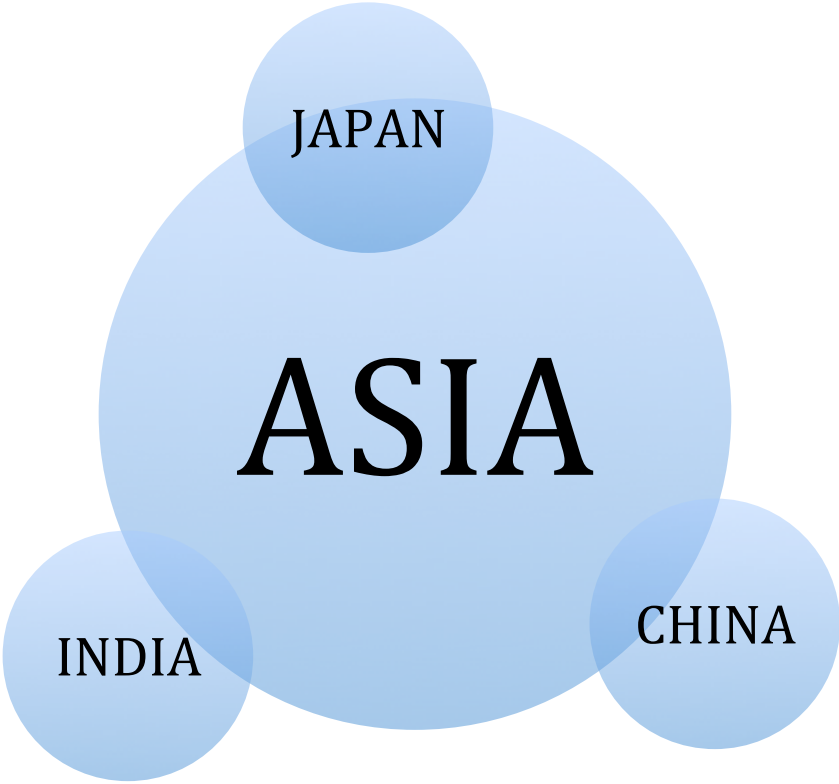
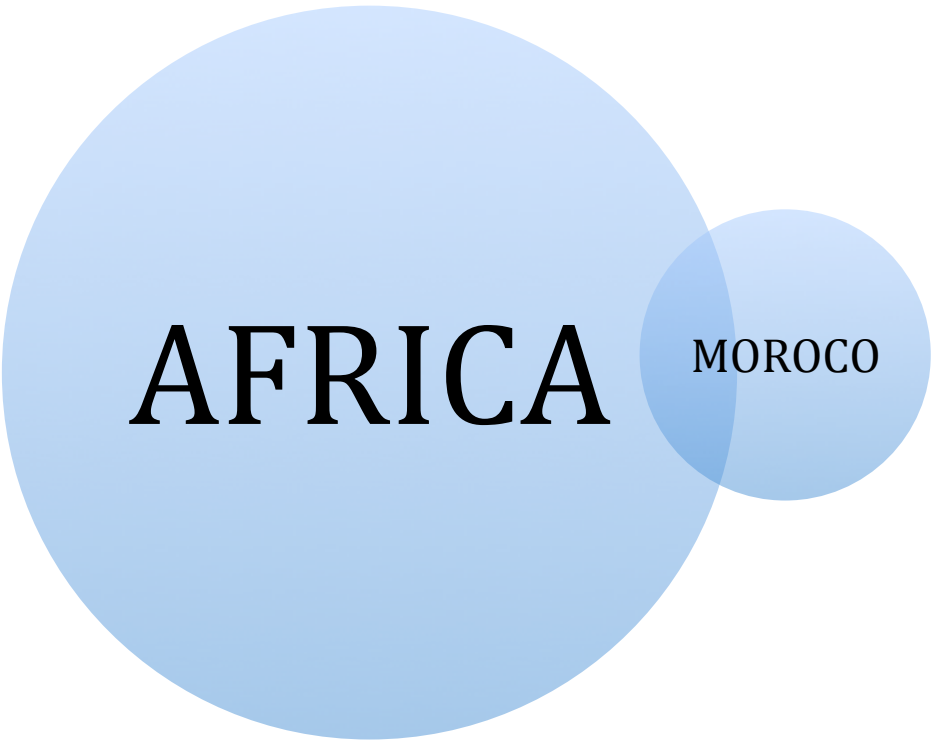
-  *A board of directors* who are responsible for steering the organization in the best direction.
-  *A technical committee* of teachers responsible for the various aspects of traditional and sport karate, as well as knowledge of the different styles represented.
-  *An organizational committee*
-  *Representatives and heads of the organization* in the different states and countries that will ensure the good image and use of the organization in the countries of which they are responsible. They will convey the guidelines agreed on by the Board of Directors.
-  *Associate Members*



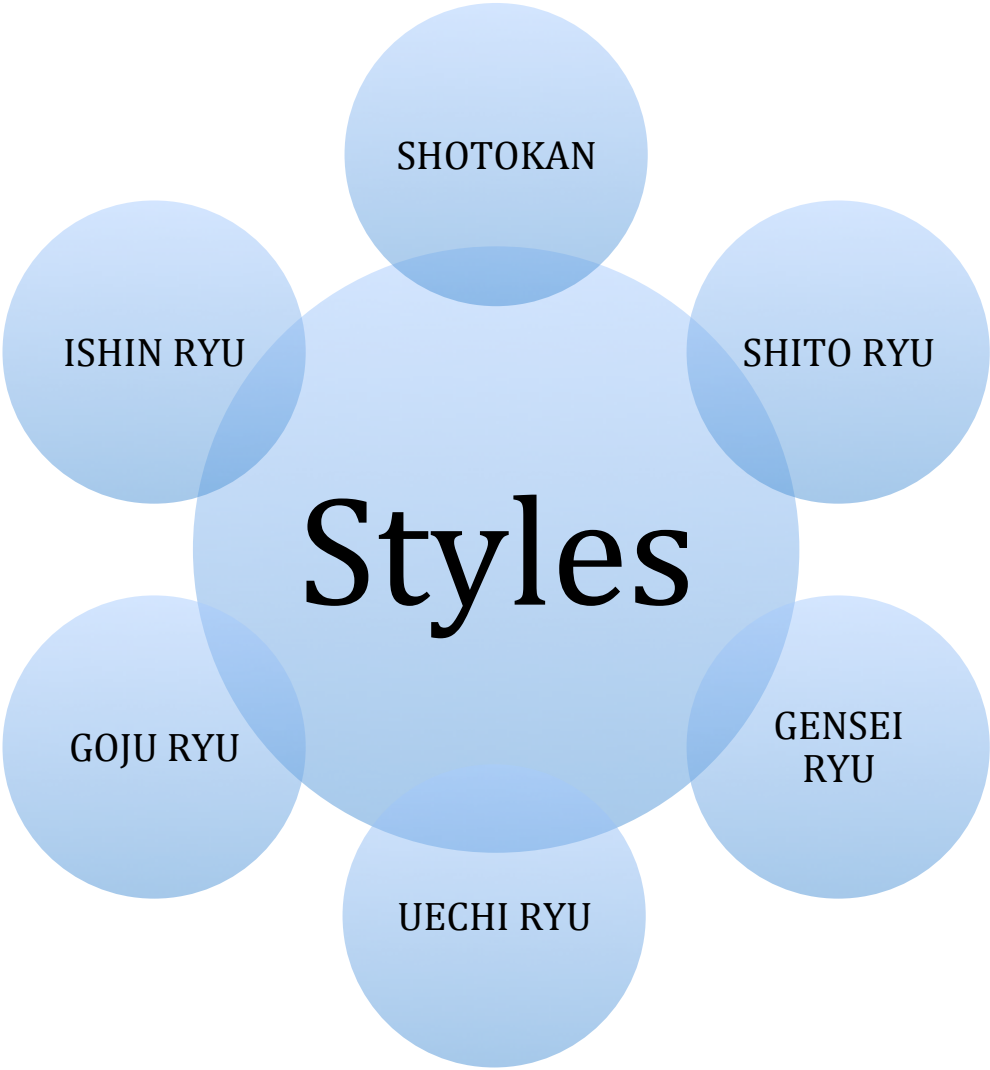
IOSTK IN THE WORLD







Styles represented in IOSTK:



Board of Directors

Ángel Arenas (President)

Antonio Moreno Marqueño (Honory president)

Manuel Enjuto (Vice-president)

Isamu Fujita (Chief Instructor)

José González Magadan (Degree Director)

Jesús Álvarez Dárriba (Referee Director)

Jesús Penas Fernández (Organization Director)

Technical and Sport Directors

Isamu Fujita

José González Magadan

Ángel Arenas

Manuel Enjuto

Organization Board

Jesús Penas Fernández (Technical Director)

Jesús Álvarez Dárriba (Referee Director)

INTERNATIONAL REPRESENTATIVES

Seigo Fujita 9th Dan IOSTK (JAPAN)

Wada 9th Dan IOSTK (TOKYO)

Ángel Arenas 7th Dan (SPAIN)

Raphael Pérez 5th Dan IOSTK (FRANCE)

Diego Davy Vandeschrick 4th Dan IOSTK (BELGIUM)

Alex Moreno 3rd Dan IOSTK (PERU)

Oscar Danilo 3rd Dan IOSTK (NICARAGUA)

Cesar Ortiz 3rd Dan IOSTK (GERMANY)

Norbert Birkemeyer 3rd Dan (MOROCCO)

Noslem Torres 4th Dan IOSTK (CUBA)

Tania Marlem 2nd Dan IOSTK (PORTUGAL)

Hiroshi Allen 5th Dan IOSTK (LAS VEGAS- USA)

Juan Manuel Rodríguez 6th Dan (NORTH CAROLINA – USA)

Luis Saucedo 6th Dan (TEXAS – USA)

IOSTK Instructors

SPAIN

Ángel Arenas 7th Dan (OVIEDO)

Manuel Enjuto 7th Dan (AVILES)

José M^a De Dios Vidal 7th Dan (MADRID)

Antonio Moreno Marqueño 6th Dan (LA RODA)

José Magadan 6th Dan (GIJON)

José Luis Martínez 6th Dan (LLANERA)

Jesús Álvarez Derriba 5th Dan (OVIEDO)

Asier Elordui Pintado 5th Dan (GETXO)

Israel Palleiro González 5th Dan (LANGREO)

Jesús Penas Fernández 4th Dan (AVILES)

Noelia Fernández Alonso 4th Dan (OVIEDO)

Marcos Arenas Prado 4th Dan (OVIEDO)

Francisco Salazar 4th Dan (MADRID)

Álvaro Jiménez Carmona 4th Dan (TOLEDO)

Cristian Peña Leire (CANTABRIA)

Pablo Arenas Zapata 3th Dan (OVIEDO)

Leticia Marinero Martínez 4th Dan (AVILES)

Cristel Fernández Estébanez 3rd Dan (LLANERA)

Héctor Álvarez 3rd Dan (GIJON)

Fernando Quintano 3rd Dan (GIJON)

JAPAN

Seigo Fujita 9th Dan (JAPAN)

Wada Sensei 9th Dan (JAPAN)

USA

Hiroshi Allen 5th Dan (LAS VEGAS- USA)

Juan Manuel Rodríguez 6th Dan (NORTH CAROLINA - USA)

Luis Saucedo 6th Dan (TEXAS - USA)

PERU

Alex Moreno 3rd Dan IOSTK (PERU)

Jesús A. Paucarcaja 3rd Dan (PERU)

FRANCE

Raphael Pérez 5th Dan (PARIS)

Vincent Pérez 4th Dan (PARIS)

Jean François Soldini 5th Dan (FRANCE)

Christophe Poulain 5th Dan (FRANCE)

Nicolas Moucheboeuf 4th Dan (FRANCE)

BELGIUM

Diego Davy Vandeschrick 4th Dan IOSTK (BELGIUM)

PORTUGAL

Tania Marlem 2nd Dan (PORTUGAL)

GERMANY

Cesar Ortiz 3rd Dan IOSTK (GERMANY)

NICARAGUA

Oscar Danilo 3rd Dan IOSTK (Managua)

Marlon Leyton Mendoza 4th Dan (Managua)

Marvin Selva Cruz 3rd Dan (Rivas)

Carlos Stynze Ramírez 2nd Dan (Managua)

Noel Martínez 1st Dan (Masaya)

Vidal Martínez Marcos 1st Dan (Masaya)

Marcos López García 1st Dan (Managua)

David Torrez David 1st Dan (Rivas)

José Zamora 1st Dan (Managua)

Saúl Cadena 1st Dan (León)

MOROCCO

Norbert Birkemeyer 3rd Dan (MOROCCO)

CUBA

Noslem Torres 4th Dan (CUBA)

IOSTK DOJOS

SOMBU DOJO – JIMUKYOKU

Arenas Sport Center

c/ Comandante Janariz 11 33010

Oviedo – España

info@iostk.com

Phone: 00 34 985209016 Fax: 00 34 985209134

HOMBU DOJOS IOSTK

SPAIN

ARENAS SPORT CENTER (OVIEDO)

ESCUELA DE KARATE MAGADAN (GIJON)

GIMNASIO NUEVO MILENIUM (AVILES)

GIMANSIO WASEDA (LA FELGUERA)

GETXO SHOTOKAN (PAIS VASCO)

KIDOKAN (TOLEDO)

FRAN SALAZAR (MADRID)

JAPAN

WADA DOJO (TOKIO)

FRANCE

PARIS XX UECHI RYU (PARIS)

NICARAGUA

DOJO INTEGRAL (MANAGUA)

BELGIUM

PANTHERE KARATE CLUB (BELGIUM)

PERU

JESUS PAUCARCAJA DOJO (PERU)

CUBA

DOJOS NOSLEM TORRES (CUBA)

MOROCCO

DOJO NORBERT BIRKEMEYER (MOROCCO)

USA

DOJO HIROSHI ALLEN SHOTOKAN KARATE (LAS VEGAS - USA)

DOJO BUSHIDO KARATE (NORTH CAROLINA - USA)

KUME INTERNACIONAL (PASADENA -TEXAS -USA)

IOSTK DOJO AROUND THE WORLD

<https://www.google.com/maps/d/viewer?mid=1A28cEEe78aqsi69bUSm4oywwdjU&usp=sharing>

Services for members:

- ☞ Access all the technical information that the organization has available on its website.
- ☞ Recognition and certification of rank after the review of the appropriate evaluations by the technical committee and board of directors.
- ☞ Technical advice for every single style and discipline in Karate.
- ☞ Collaboration and advice on activities for the growth of traditional and sport karate (championships, seminars, congresses, symposiums, etc.).
- ☞ Publicity and distribution of news and publications on karate in all its aspects.
- ☞ Enable the relationship among members for the broadcasting of events.
- ☞ Access to rank and progress programs of different styles and schools.
- ☞ Access to sport karate, kumite and kata training programs.
- ☞ Access to self defense and special forces training programs.
- ☞ Access to training programs for coaches and instructors.
- ☞ The chance to train presenting the IOSTK accreditation, in dojos affiliated with the organization located in the different cities and countries.

IOSTK Logo

The logo that identifies the organization IOSTK, is composed of a red circle representing the globe and the rising sun, and as a basis and kanji symbol, **KIZUNA** meaning "union" and "ties". This kanji has been awarded as the most representative of the Year 2011 by the Japanese people for collaboration around the world as a result of the catastrophe that occurred as a result of the tsunami in Japan. The Japanese people found the courage in the collaboration between family and friends as well as among strangers from different countries.

The year of birth of our organization coincides with the challenges of the year 2011 and the historical ties that unite Karate and Japan. This kanji represents the spirit of IOSTK perfectly. This logo best represents the friendship and collaboration between and among our fellow karate-ka.



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KOKUSAI DENTO BUDO SPOTSU KARATE RENMEI

IOSTK member requirements

The **IOSTK** organization commits itself to all its members to share knowledge, exchange experiences, collaborate, advise and support their pro-karate projects.

IOSTK in turn requests each of the members display a commitment to collaborate with each of the components and with the organization itself, creating a chain of teamwork that will help the technical and professional development of each of its members. We should never forget that the secret to our success as an organization is based on the kanji that represents us (**kizuna**) whose meaning is ties, union, collaboration, and the **IOSTK** spirit.

As a guide to all members of IOSTK we recommend some protocols:




Placement of the **IOSTK** logo, in the kamiza of our dojo, with which any practitioner who visits us, or sees a photo or video of our training will identify us as members of our organization.





Placement of our **IOSTK** certification plate, with registration number in a visible area of the entrance of our dojo. This will identify us immediately to other IOSTK members and serve as a seal of quality and brand image.



Inclusion of the **IOSTK** logo in all events, competitions, courses or activities that **IOSTK** trainers or dojos organize, and in which it is possible to collaborate.

 The communication of our events (Seminars, competitions, tests or promotions of rank, demonstrations, etc.) to the management of **IOSTK**, is advantageous, as the activity will be communicated throughout the organization through social networking, media coverage and word of mouth, this creating an image of development and promotion of karate, our dojos and our instructors.

 Receive and invite to participate in the training to any active member of **IOSTK**, upon presentation of identifying credentials.

 Maintaining the image of **IOSTK**, and acting as an ambassador, maintaining its values in all places and moments, this being the fundamental cause of maintaining or not belonging to the organization, **IOSTK**, is proud to keep the values of karate as a mission of the organization itself.

 Payment of affiliation and re-affiliation fees.