

BUDO KARATE CLUB

SINCE 1993

MORE THAN JUST A KARATE CLUB



ANNIVERSARY



The Budo Kárate Club Sports Association celebrates 25 active years of existence. This birthday is shared with all the residents of Rabal, whether or not they are practitioners of this discipline. It is not easy for an association to make it to a quarter of a century, and no less for a specialist sports body that is not a majority sport in the country. Therefore, the birthday of Budo Karate Club is more exciting and relevant than simply the years alone.

The Club is part of the fabric of the community and is an open door to something more than traditional martial arts, because it shares an entire philosophy of life that revolves around discipline, respect, humility, the spirit of self-improvement, peace and friendship.

These values, together with the techniques of karate, are transmitted to all the people who come to train, little by little, the relationship with the club grows. It is certain that the result of learning these values penetrates the lives of the practitioners. For this reason, we praise the structure and function of the club, with 25 years of good practices behind it.

A time formed of intensity that has passed in a sigh between training, regional, national and international competitions, and in which the family of karatekas has been renewed and expanded.

With these words we invoke the "Spirit of Perseverance" that presides over your training, which is the guarantee of your continuity and of your good work. That allows us, with ease, to imagine the 50th anniversary, just around the corner.

Lola Ranera
President of the District Board of Rabal

INTRODUCTION



I did not want to miss an opportunity like this, in which we celebrate the **25th anniversary of the founding of our Club, Budo Karate**, to give our students, families, friends and supporters in general, a brief history of our Club, highlighting some of its most important milestones.

Yes, it is true that many of the students have lived and followed the evolution of our club as part of their own history and they will be happy to remember it, it is also of interest to those who have joined us recently. After all, history is there to be remembered, especially when so many people have contributed to it and it has been so full of exciting and interesting

moments that we should not forget.

Without a doubt, all our students, current and past, will have fond memories of their time in the Club as karatecas. Some of them will share their experience in this magazine.

Having completed these 25 years does nothing but strengthen our commitment to the dissemination and teaching of this exciting and effective style of karate, the Kyokushin. Thus, we contribute to the education and training of so many children and young people in our ranks, but we must not forget the adults who have made this discipline a way of life.

Without further ado, all my gratitude to the many who have been part of this story and I hope that together we can celebrate many more years to come.

Shihan Fernando Pérez
President of A.D. Budo Karate



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MY ORIGIN, BECAUSE YOU MUST NEVER FORGET



My origin in the practice of martial arts goes back to the year 1979, when I was 10 years old. At that time in the cinemas the films of Jackie Chan and Bruce Lee, among others, popularized the practice of these arts and I was not oblivious to it. At this moment, in the school where I was studying, Maristas, introduced Judo and I didn't hesitate to sign up. The truth is that I had tried other sports such as handball or basketball, but they didn't grab me.

I remember the classes with many students, more than 40 per class especially in the beginning, due to the boom this new activity was experiencing. I did not take long to stand out and become part of the school's competition team, participating in several school and regional championships. I have very good memories of that time and my teacher, Felix Asin. When finishing the E.G.B. I changed schools, so I could not continue with the practice of Judo in Maristas, my teacher, Felix, advised me to continue at the Judo Club Judo in Las Fuentes. Felix had come from this Club, undoubtedly pivotal in the teaching of Judo in Zaragoza.

I had always had a lot of interest in Karate, in fact, I asked my Judo teacher which art was more effective, Judo or Karate and he always told me...Judo. I remember those conversations with great fondness, as well as the challenges that I received, since I was a very 'active' child, I was made to train in the senior class, with the older and more advanced students.

But my interest in karate went much further. I had acquired several books on this discipline from the General Library and together with a classmate who held the karate blue belt, trained every Saturday in Parque Grande. This taught me the basic techniques of tsuki, gedan barai and mae geri, among others, which we combined with the practice of the nunchakus, which had been popularised Bruce Lee.

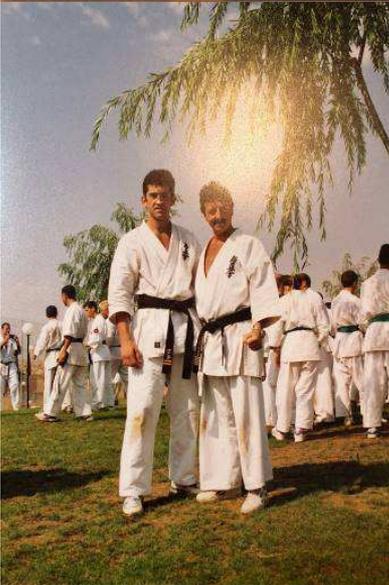
And let's call it a coincidence, when I had already decided to continue the Judo classes at the Judo Las Fuentes Club, they were opening a karate dojo near my parents' house, so I decided to sign up. What I didn't know was they practiced a style called kyokushin, thus began the practice of this exciting martial art in the Tsuki gym under the sempai Gabriel Comín, who was himself a student of the shihan Antonio Piñero, who would later become my teacher.

I have good memories of the almost 5 years I was training in the Tsuki gym. Gabriel knew how to convey the spirit of kyokushin very well and the physical demand was a common denominator in all classes, in which the practice of very intense combat was commonplace. I then had the opportunity to participate in several courses of Full Contact and other martial arts, organized by the gym.



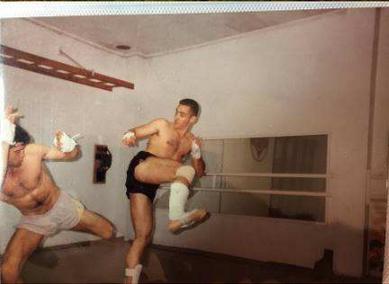
At that time, I studied at the Torreramona Institute and I remember that we formed a group of practitioners in various martial arts, who trained two days a week, after leaving class, in the gymnasium of the institute, with the support of the Physical Education teacher. There we shared what we knew and complemented the regular classes that each of us attended in our respective gyms.

Upon entering college, I wore the brown kyokushin belt, so my sights were set on the next grade, I longed for black belt. It coincided that there were some changes in the Tsuki Gym that affected the karate students and somehow I felt that I had to make a change to continue my progression, so I opted to join the Karate Club of the shihan Antonio Piñero, which without a doubt resulted in a very remarkable leap in my technical level and training as a karate.



I remember those classes on Tuesday and Thursday afternoon that were only for colour belts, a minimum grade green belt, in which we practiced the techniques of kihon and idogeiko exhaustingly, complemented with the work of paos and combat. The shihan Antonio has always been a very methodical teacher, with an excellent technique which undoubtedly helped me improve my technical ability. It was especially the basic techniques where the Piñero shihan was so important, which became applicable to all facets of the kyokushin, such as the kata and the combat.

My first competitions and earning the black belt



I was very interested in combat, and since I needed to train much more than we did in the classes, every morning from 8:00 a.m. to 9:30 a.m, before going to university at 10:00a.m, then train with Nicolás Asín, who was then a member of the National Team. We did very intense training, which we combined with regular karate classes. The truth is that there were weeks when making it to Thursday or Friday and being able to train was hard, due to the sheer volume of training.





Hand in hand with Nico, we prepared for my first National Championship in Viella (Lérida) in 1990, organized by the then sensei Ángel Mateo, in which the National Team participated. I participated in the average weight in which there were competitors the likes of José Luna, Chinto Morcillo and César Rufo, among others. After competing in several matches, I qualified in third place of the championship, although I broke my hand during the breaking technique

demonstrations and continued to the semifinal, through all the movements, with my hand broken. Meanwhile, my training partner, Nico, was proclaimed heavyweight champion.

And so, I ended up in third place, with my hand in plaster and the satisfaction that all the work I had done had paid off. This helped me build more motivation to continue training, in the search for new challenges.

A few months later I prepared for the 1st dan black belt, passing my exam in Madrid in 1990.

During those years, I continued to train intensively and participated in numerous regional and national championships, both in kata and in kumite, gaining recognition in all of them, while attending training with the National Team. And with the desire to train more and meet other instructors and discover new ways of development, I attended Summer Courses in Belgium and Holland, where the best European competitors were at that time. Later I would participate in several courses and training events in Japan.



My beginnings as an instructor

Attracted by teaching, in 1991, I had the opportunity to start the a karate school project in Mediana de Aragón (Zaragoza), organizing in this town in the following two years an Exhibition of Black Belts, in which all the black belts of Aragon and Navarre of that time participated, two Championships of Aragon, which had not been held for several years and a concentration of

karatecas in which we gathered 200 participants from Aragón and Navarra clubs, providing buses for the transfer of the participants. The same year, I also began to give classes in the Puerta Sancho School, Zaragoza.

I remember that in the school there was a group of outstanding students, with whom I had an additional hour of classes every day to perfect their kata and combat techniques and this served them in the following years to obtain good results in the Championships of Aragón. Which they would continue organizing in Cariñena where I introduced kyokushin, and even the Spanish Championship.

In 1993, I started karate classes in the Elite Gym, the first steps of the **Budo Karate Club**, but this is another story for the next chapter.

LAUNCH AND DEVELOPMENT OF THE BUDO KARATE CLUB

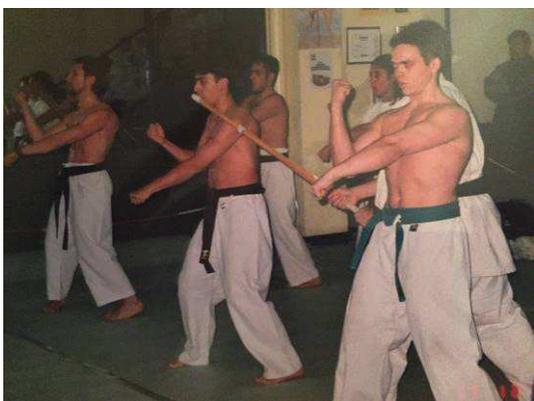


At the beginning of 1993, the inauguration of the Elite Gymnasium in the El Rabal neighborhood of Zaragoza took place. One of the owners offered me the opportunity to teach karate classes and I did not hesitate to accept. The sempai Carlos Higuera, with whom I had already shared training at the Tsuki and Karate Kan Gymnasiums, joined me with the students. Also the sempai Montse Gimeno, who came from another style of karate and who I encouraged to start in kyokushin as well as the advanced students of the Puerta Sancho school.

Together with other new students, we formed a group with a lot of motivation and interest in training. When I was immersed in competition, a good number of them took advantage of some extra training I did in the Elite Gym, in my preparation, to compete. The truth is that it was a fantastic group and the atmosphere, both inside and outside the classes, was incredible.

An exhibition that we organized in 1994 at the El Rabal PDM as part of the Fiestas del Pilar Program, also helped to attract more students.

These first students of the Elite Gymnasium, among other important milestones, experienced with me, my entry into the National Team and my first international competitions, as well as the 1995 and 1997 World Championships held in Japan. All of this helped to inspire and motivate them, in the training we did regularly on Mondays, Wednesdays and Fridays, as well as the competition on Saturday mornings and the physical preparation training we did after class.



And so, the results for the students were not long in coming. In the year 1996, Daniel Fortún was proclaimed champion of Spain in katas aged only 14. In 1997, Elisa Aznarez became Spanish combat champion and in 1998, Iván Dueñas (DEP) was selected to participate in the European Championship held in Zaragoza. All this, in addition to the numerous positions that we were obtaining in the Aragon Championships.

Undoubtedly, at this time, we were building the foundations of our Club, which remain solid and stable today, based in values such as humility, respect, effort and perseverance, vital for all aspects of life. Thanks to the involvement of all the students and not to forget the students of the Club



Kyokushin Cariñena, which I founded in 1994 and with which we have always had a very close relationship. I am very proud that the sempai Santiago Idiago took over the technical direction of the club, with the support of the sempai Silvia Suso and Miguel Vicente, among others, students have been with me for more than 20 years.

Following 9 years at the Elite Gym, I understood that we needed a space where we could have our own identity and be able to develop with greater dedication, since the concept of multidisciplinary gym, where many activities are concentrated in a short space of time, does not agree with the needs of a budo school. This is why we decided to move our dojo (training place) to the San Braulio PDM, where we trained regularly from 2002. The first change I made was to extend the adult karate classes



which only had been an hour, since we were limited to the activities scheduled before and after the karate class in the gym, up to two hours. I think that a karate session can not be limited and you have to be able to devote the necessary time to the content you want to teach.



Thus, we began a new stage and soon began to popularize the Club, already under the name of **Budo Karate Club**, significantly increasing the number of students. All this and with the involvement of students and parents, served so that the progression of the Club and the level of the students had a spectacular growth, always without losing our identity based on the values of Budo in general and the kyokushin in particular.



Due to this dedication and as a result of the intense training sessions, in order to be attentive to the most innovative training systems and the trends of competition, we started student participation in international competitions, both European championships, such as the Cups and World Championships, obtaining remarkable results, showcasing competitors such as Bea Prades sempai, Sensei Christian Prades, Rubén Nogueras sempai, Fernando Pérez sempai, José

Pallarés sempai, Marisel Hernández sempai, Sofía Jiménez, Laura Camarero, Judith Jiménez, sempai Ainoa Sierra, Leire Castelló, Elisa Resa, José Ángel Buisán sempai, Daniel Gimeno and Abel Lostal, to name those who have obtained titles in international championships, both in kata and in kumite.



We have also been a very active club in the organization of activities, for example the Christmas Championship that we have organize every year from inception for children, the end of course exhibition that we hold at the end of the season, as well as the participation we have had in Martial Arts Galas, Expo 2008, Aragón TV, TVE, Fiestas del Pilar, Fiestas de El Rabal, Schools, Institutes and more.

We have also organized several Aragon Championships, Inter-autonomic, from Spain and the European Championship held in Zaragoza 2012, which broke the record for participation, with a total of 412 competitors and absolute success. The truth is that I have always felt I am surrounded by such good people that I have been driven to carry out all the activities and challenges that I

have proposed.





And summer camps in Alcalá de la Selva (Teruel), winter courses in Villanúa (Huesca), technical courses with Japanese teachers equal in size to the Yamaki and Kazumi shihan, etc.

And many more activities that we have organized and in which we have participated, with so many emotional moments and experiences lived by each and every one of the students who

have passed through or are currently part of our Club. Surely everyone has a story of their experience and holds good memories of what they lived.



I remain overwhelmed with the satisfaction of having been able to contribute to the fulfillment of the dreams and goals of each one of you, I hope we all feel it has been worthwhile and I am convinced that it has served to improve personal well-being. My goal is that we continue to celebrate more years together enjoying the passion and way of life and the foundations of our Club remain intact.

Always Budo. Osu!
Shihan Fernando Pérez



EXPERIENCES AND LIVES OF MANY STUDENTS

The practice of martial arts in general and kyokushin in particular provides benefits on a physical, mental and emotional level that may not be obtained in other sports. That is why we can find practitioners who remain enthralled with great passion and enthusiasm for their training, after prolonged years of continuous practice. Without a doubt, it is because of the sense of well-being and the sensations that one experiences.

The motivations of the students when beginning the practice of kyokushin, are influenced by many elements: improvement of physical form, learning an effective system of personal defence, participating in competitions, the challenge of obtaining new levels, integrating into a group that shares your hobby and so on. Over time, these motivations change, it's possible many of them are attained and all this is in the background, the objective pursued becomes no more than enjoying the sensations and stimuli of the training session. We reach a mental state that is difficult to explain and in this way, without thinking or looking for it, we have converted the practice of this exciting martial art that captivates so many millions of people all over the world, into a way of life.

And so, some of the students of the Club, who undoubtedly represent the rest of their classmates, will tell us about their motivation to start practicing kyokushin and their personal experiences.

Each one of them started for different reasons and has had varied and different experiences throughout their career, without a doubt, but they all share their passion for kyokushin and have earned great personal benefits. As the master Funakoshi, the founder of modern karate said, *"the ultimate goal of Karate does not lie in victory or defeat, but in the perfection of the character of its practitioners."*

The sempai Juan Carlos Higuera, who has been a part of the Club's project since its inception, has lived through our evolution and, very closely, has been linked to the many activities we have organized as a Club, as a Marketing Manager and designer of all the promotional materials made for its dissemination. In addition, he was the first student of the Club to obtain the black belt.

Sempai Montse Gimeno, who resumed the practice of karate, an activity in which she had started as a teenager, when I founded the Club. Without a doubt, has been a fundamental pillar, for her unconditional support towards me and the Club during this long period of time. She has been a direct witness in these 25 years, still active, being the second black belt of the Club and also working as an instructor in children's classes for so many years.

Sensei Raúl Moya is another historical member of the Club, who started a little over a year after its foundation, and is currently the student with the highest graduation. For many years he has been an instructor of the Beginner's class and actively collaborates in the activities of the dojo.

Sempai Bea Prades, who started as a child in the Club, at only 7 years of age, is currently the competitor that has represented us the most in so many national and international championships, having been champion of Spain and Europe several times and in addition, runner-up on the World stage.

The sempai Rubén Gutiérrez, who represents the students "Master", or as I call them, karatecas who in many cases have started with a more advanced age and who have felt and experienced karate in a very different way than younger participants, by measure of their maturity. In addition, they have had to have a greater dedication and effort to achieve their objectives than younger students, who have a better physical composition.

And finally, the sempai José Ángel Buisán, who brings a "voice" to many of the young students of the Club, who started as a child in our ranks, so the practice of karate has a more direct impact on their education and training as karatecas. After years of continuous practice, they are impregnated with the values inherent in the practice of kyokushin, and reaching their objectives.

Each one of the authors of the articles that follow, started practising karate for different reasons, they have even walked different paths during their years of practice, but they all share their passion for kyokushin, the recognition of the values that their practice has contributed, improving their personal well-being. Undoubtedly, all of them represent the values that characterise our Club, Budo Karate.



A PAST WITH A BIG FUTUR

By Sempai J. Carlos Higuera

Like many children of my generation, and as it was with the generations that preceded us, the approach to martial arts came from the movies, series, comics and magazines that in those years showed us people of flesh and bone whose power resided in a superhuman skill to face 'the bad guys' and emerge victorious from an unequal, a priori combat. It was the tangible sign that David could defeat Goliath and as well as this it was a feat within the reach of everyone. It was enough to seek a Master and let ourselves be guided by his teachings, and we imagined a secret... Although my life was taken up by other sports, it turns out that I had found something in my neighbour, even he was not aware and could not even imagine, that he was going to become not only my 'Teacher,' but so much more.



With the advantage of a few years of practice in judo and karate, and after accepting his proposal to "try" with karate, our journey through the path of Budo took parallel paths and so, we share afternoon classes, at 7 o'clock in the morning, in the Tsuki Gymnasium, later in the Karate Kan of the master shihan Antonio Piñero, free practice at any time and in the most varied places, even among clothes tenders in the communal terrace of the building where we lived, and with everything, the opportunity, decision and challenge, to start a new and exciting project. So, said, meditated and done, we took our karateguis and together we started the trip to the Elite Gym. We were two, the teacher and a student, me. And the adventure began.



Little by little, the group began to increase and settle, activities were happening, exhibitions, courses, trophies, extra training, especially in the park of Tío Jorge, the first competitions in kumite, later in katas, the first degrees, in my case also, I like to remember, not without some pride, that I was the first black belt of the Club and also the first student of Club to obtain the title of referee and instructor, which gave me the possibility of teaching several years in locations such as Muel or Longares

and be a reinforcement instructor for many years both in the Club itself and in the Cariñena dojo.



The Club increasingly had more presence, more visibility and relevance, in such a way that the need to have its own space began to arise, a dojo that would give continuity to this work that was already bearing fruit, and above all, that allowed us the correct practice of our passion, karate, and thus, searching without haste but without pause, we found the location where, for a few years now, we have been in the San Braulio Pavilion.

In my personal history, countless hours can not be missing designing, designing and creating all the graphic elements that have configured the "brand image" of **B.K.C** and its events: logos, posters, brochures, t-shirts, magazines, etc. or my work as a speaker, presenter and coach, without a doubt the latter, one of the most gratifying for the amount of experiences and sensations that accumulate when living in the first person, and in the first line, the energy and adrenaline of those who compete on a tatami.

Today, 25 years later, and with the exceptional privilege of having been an active witness of the whole journey, I continue to look, proud and serene, forward, because the line is still intact, like the first day, straight, firm, stronger never.



A multicolored wake that goes from white to black, going through blue, orange, yellow, green and brown, wet with sweat, effort, joys and why not, of disappointments, of the struggle with the strongest opponent, it is none other than oneself, of the hard personal work and at the same time shared, of the satisfaction for the goal achieved, the challenge, the goals, the growth, the evolution, the desire to overcome, the humility, the companionship, of respect and above all, of unique and extraordinary people, the true value of an exceptional club, our Club, the **Budo Karate Club**, founded and directed by my Teacher and friend, shihan Fernando Pérez, today also Master of my son, currently green belt and already with several championships under his belt.



BUDO KARATE, MUCH MORE THAN JUST A KARATE CLUB

By Sempai Montse Gimeno



I started to write this article, on paper, winking at the time when I started doing karate, when there were no computers or internet. You found information in books, television and in movies. Through these means I built an attractive image of karate and I told myself, this is the sport I want to practice.

I started at 14, practicing karate in the Goju Ryu school. I was excited, I liked it more than anything else, even more, than dancing with my friends on Fridays. It was after 5 years of practice that I learned the basic technique and the katas. The memories of that time are unbeatable, I hold a great affection for them.

Later, the university's afternoon schedule meant I had to stop doing karate. I still tried for a year, in my second year. I enrolled in the morning class at the University Gymnasium, where they taught karate, Shoto-kan style, it was not what I expected, it differed much from the style I had practiced, there were many people, of different styles, the way of treating you was impersonal, I ended up leaving.

When I met Fernando, we had one thing in common: 'karate' amongst many other things, of course! We started dating.



What I can tell you about Fernando, that you do not know, is that he's a born worker, tenacious, tireless, he does not know anything about holidays, nor does he have schedules. Everything that he proposes, he brings forward. So, he started his career in the Elite Gym in El Arrabal, in 1993, he immediately encouraged me to start, he had finished college, he had free afternoons. Of course, he told me "you have to start with a White belt."

All said and done, I started at Elite. At the beginning, there were few students, but little by little we grew, the training was different from Goju Ryu. Fernando, was very demanding, his classes were exhausting, he got the most out of us, I can still hear him say "with more time, it

seems like ballet." This kyokushin karate that I started practicing was a more real karate, more effective and much stronger than the one I had done before, I liked it better, I was immediately hooked.

In the Elite, the Club became 'a corner,' we had our own space, our 'dojo' with its posters, pictures, information board of activities, we made ourselves known. Fernando combined the karate classes in Elite, with those he also gave at the Colegio Sancho and Cariñena and with his own personal training since he was in the middle a of competitive stage.



From those first years of Budo Karate in Elite, I remember the Christmas championships, the endurance tests, the courses in Salou and in Villanúa and above all the PEOPLE. A special mention to my colleagues Iván Dueñas and José María Piñas, who are no longer with us and a greeting to all my colleagues who were part of the Cariñena Club, with whom I have shared many training moments that were nothing less than fun

Thanks to kyokushin karate, I have met other comrades of Fernando, now Shihan, of this and other communities; I have also traveled outside of Spain sharing experiences with other karatecas from other countries. All of them, apart from karate, are united by the common fact they are good people, so, it must have something with karate, right?

After so many years I continue to do kyokushin karate. My children Fernando and Rubén have also practiced it since they were 5 years old, I find in it a physical as well as a psychic benefit, today I focus on training and disconnect from my work and daily problems. The atmosphere with the classmates is excellent, I am so proud to be part of the group.

Fernando is right when he says that kyokushin karate is something more than a sport, or a martial art, it is 'budo,' hence the name of our Club, 'BUDO KARATE' something more than a Karate Club.

The teaching of karate for Fernando, goes beyond the transmission and learning of karate techniques, he tries to inculcate its practitioners with principles, which today are very fashionable, but which have always been present in the Club, such as equality, non-discrimination and respect for others.



The Club is also nourished by values such as humility, friendship, camaraderie and solidarity among its practitioners. Generosity is also present in all its members and

families, without whose help and collaboration the Club could not organise and participate in all the events it attends throughout the year.

Finally, the Club has grown just like its "Shihan" has, but I can assure you that it has the same enthusiasm as when it started. His passion for karate kyokushin, in all its facets, has no limits and although during these years he has achieved many great things, he is still the humble person I once knew.

Thank you, to all of you who are part of the Club because without you the Budo Karate would be without substance.



A LIFETIME OF KARATE, MEMORIES AND GOOD FRIENDS

By Sensei Raúl Moya

The truth is that it all started with my father's determination to do a martial art, since he had practiced it in his youth alongside his brothers. After checking out a couple of options in the neighborhood, it happened that we saw a kyokushin karate exhibition in a school near my house during the Pilar festivities of 1994. I have a couple of memories of that event, like some jumps with table breaks and a kata performed by two karatecas with fantastic coordination (the kata was the Seienchin and the karatecas Shihan Fernando Pérez and Shihan Manolo Girón). I liked it so much that I did not hesitate to sign up a few days later, I was absolutely ignorant of the Kyokushin karate, since I thought that karate was nly one form. Over time I was able to discover the numerous existing styles.



In the class I remember being one of the youngest at 14 years old, given that there was a good group of adults, but in a short time we formed a group of kids of a similar age and we became very good friends. However, age was never an impediment and there were always moments of laughter and good atmosphere with the older ones. I have many fond memories of this time, the training was demanding since in addition Shihan Fernando was preparing for competition and many days we had to spar for his preparation or we joined him to go running after the class.

From then we produced several competitors who left te club, and regionally we made our first steps with much desire and effort. I remember a championship in Catalonia, but especially those that were organized in Cariñena in the championship of Aragon back in 1997 and 1998 in which I competed with more than one teammate.

I could highlight so many moments... my first course in Alcalá de la Selva still just a kid, my first exam of 10º kyu or my first course in Benasque with the brown belt recently 'premiered.' The many dinners organized at the end of year or Christmas, the endurance tests... and more recently, my first black belt in 2004, the European exhibition in Zaragoza 2011 or my last exam of 4th Dan in 2016.

In these 24 years practicing karate I carry a backpack loaded with good friends, people with whom I have shared great moments, strikes, laughter, effort ... naming one by one would be endless and I'm sure I'd leave someone out, but among all of hem I would like to remember one with whom I was lucky to spend many hours, inside and outside the dojo, Iván Dueñas.



Ivan was a robust guy, strong and restless, virtues which Shihan Fernando knew how to maximize in the face of competition. I was lucky to be in there when both trained so that Ivan could enter the national team and thus be able to compete in the European 98 in Zaragoza.

The training was very hard, I remember being involved in more than one, given that I was preparing for the championship of Aragon, but in the end, hand in hand remained Shihan Fernando and Ivan, who was very agile for his physicality... that and the commitment of both earned him a position in the middleweight in the selection to participate in the European championship, no doubt it was the merit of Ivan, but all the reason he was able to reach where he did was down to Shihan Fernando,

preparing him as, for me, who has been the best male competitor of the club, without a doubt.

I could pull out many photos from so many years but of all of them I choose this one, with my friend Ivan. I hold this photo with great love, how great! It belongs to one of the courses we did in Villanúa at the end of the 90s.

To end, I'd like to say that it was quite lucky to 'meet' with this beautiful and demanding martial art, but without a doubt, also meet a teacher like Shihan Fernando. I have experienced many good times with him and dozens of anecdotes... as well as his championships, exhibitions, his exam for 4th dan, training at all times ... and I have 'suffered' at many other times (those combats that seemed to have no end and in those it seemed I was going to lose my head with some mawashi geri, hehe).

I can't say what little or how much karate I owe to him and his perseverance and devotion to this discipline. I have been fortunate to train with many masters of Kyokushin but none match their technical ability, physical qualities and spirit of improvement. For all that, thank you, Osu!



A LIFETIME OF KYOKUSHIN

By Sempai Bea Prades

The Kyokushin came into my life by the hand of my brother Christian when I was 5 years old. For me, every Monday and Wednesday was a special day, because when I finished school I went to practice something that I loved. However, I had no idea what the word "passion" really meant until I was 7 years old at the Elite gym training with Fernando Pérez.



For me the Kyokushin has been an apprenticeship in life and thanks to him, my coach and the people who have surrounded me in this environment it has formed the way I am today. Who was going to tell me that in the first training I was going to sweat a drop of sweat that would fall down my face to the floor? That was the moment in which I realized that this martial art would be my life partner for a long time, as well as my way of escape on numerous occasions.



However, not everything has been a bed of roses, there have also been bitter moments, such as a bad strike followed by a few painful days, a slightly more serious injury, unsatisfactory workouts (such as when you get a jodan mawashi geri) or competitions in which not everything goes as one wishes...But if Kyokushin has taught me anything it is that you can be reborn like the Phoenix and improve in every aspect the things that one day made us feel bad.

On the other hand, the Kyokushin gave me the opportunity to establish a very sincere and beautiful relationship with my brother, although I must admit that sometimes we had our matches at home, but it is already known that there are always scuffles between siblings... Even so, my brother has been my personal psychologist, my unconditional coach and my travel companion and training, forging a relationship that, to this day, is wonderful.



And not only have I strengthened ties with my family members but the Budo Karate Club is another great family and it is something that is recognised. It is noticeable, for example, when in the championships you see that 'red mass' that keeps shouting and supporting those who go out on the tatami and who are part of this group of people who share this same passion. I have grown up being a component of this club and it is something that NOTHING can change no matter how far I go to study or work.

Finally, to highlight the main link to the club, my teacher Fernando Pérez, the iron man. I have grown up with him and he has been one of the people who has most believed in me. It has given me the opportunity to know the birthplace of Kyokushin in Japan, as well as my physical and mental limit on numerous occasions. In short, he has been and an inspiration and a great example to follow, and I am sure that not only I feel this way.

In summary, for club and teacher there is only one.



A "STRIKE" OF LIFE AND MANY STROKES OF LUCK!

By Sempai Rubén Gutiérrez

I was always a friend of sports but an old knee injury and lack of time and opportunity had reduced my physical activity to sporadic racquetball or summer swimming.

Like all teenagers of the 80's, I grew up with Jackie Chan, Bruce Lee and Mr. Miyagi, but over time they had disappeared. Only televised boxing events, shared with my father, made me regain that spirit of effort, courage and above all, respect that contact sports demand.

A few years ago a friend spoke to me about 'karate' he insisted that I try it, I was very reluctant, I was afraid that it would be too late or that my knee would not allow it; but none of that happened, in fact quite the opposite. I was running in 2006, after the summer, the karate season started and we had to begin, but the harvest was late and my friend could not come to introduce me to the club. So I had to go it alone, it must have been a Monday that October when I arrived, with an old tracksuit that I found at home, at the San Braulio Sports Center. I met Sensei Fernando, and I joined the end of the class to try to imitate those kids who, immediately, became my heroes.

Months later, a classmate and Physical Education teacher, seeing the emotion with which I spoke of my discovery, told me almost whispering, "there is a sport for each person and I think you have found yours." Sure enough, I had found a sport, but maybe that was not the most important thing; in that last row of the class I discovered a group of kind, educated, committed, generous and, in addition, technically impeccable teenagers, who from the first moment welcomed me with an unusual affection and respect, and in front of all of them, a teacher who had already taught them so much, a serious man, disciplined, demanding and at the same time close and friendly, who ran the classes and life of the club with a tenacity and a passion I had never seen.



Since then I have lived uncountable, unforgettable and impossible moments in the sporting arena as in the purely human one. In the first, I have learned to value physical well-being, to take care of my health, I have almost stopped smoking, to increase the capacity for sacrifice, to feel good about myself by doing karate and above all to fight for a goal, for a challenge, for a dream. In the second, it is difficult to explain what **Budo Karate Club** means to me, sincere friendships, unconditional support, constant respect and joy and happiness for everything that happens there, because everything that happens there is always good.





And here I am today, almost twelve years later, writing these notes to celebrate the 25th anniversary of our club and I want to thank all those who have given me a look, a smile, a second or advice. And those who have helped me to enjoy the practice of our sport every day. I'd like to hope that Kyokushin Karate and our **Budo Karate Club** will cross that summer in my life and stay in it forever.

I hope we journey together much longer at least another 25 years!

Osu!



THE HISTORY OF A STUDENT

By Sempai José Ángel Buisán

I remember my first karate classes as something very distant, at only five years old I signed up to the extracurricular activity. They were classes taught by the then Sempai Raúl, who is now a great Sensei, and I was just going to have fun. The first championship in which I participated arrived, I felt excited, but I was completely lost, it was something new for me, as it is now for every new student participating in their first championship. During the first years I was just going to train, to the championships and to have fun as much as I could, now I see karate from a very different point of view, and I feel that it is something more than an activity for me, sharing it with my family in as many moments possible. The teachings of the Shihan Fernando Pérez began to mark my way to see not only the karate, but everything involved in being a part of the **Budo Karate Club**.



As I got older I had to go to train three days a week, for me it was great even if I had to be with students older than me. All my friends and I were strangers in an adult class to which we now belong. A few years ago we were warned that we could not hit the legs, and we must look at the first row to imitate a kata, now we know the advanced kata and we can execute any technique in combat. We are the youth sector of the club. All young people train with enthusiasm, we want to continue progressing and improving more and more, both for the competition, for the exams and for ourselves. When you are going to train you gain improvements in both karate, physical and mental conditions, something that I have realized in recent years is that training makes you stronger, safer and more decisive in life.



Now it has been thirteen years I have trained Kyokushin, in which I have met many people and I made many friends with people I did not expect to meet. In this time I have participated in many championships, I have trained in several national, even international courses, and I have been able to travel outside of Spain thanks to karate, something I did not even imagine could happen, which has been a unique experience for me.

Thanks to the **Budo Karate Club** we are a very united group inside and outside, with all the present and past students, who can not continue training or can not come for long, but take advantage of any time to meet. We are all good friends and we go together to competitions, workshops, karate seminars, parties and even other activities outside the Club. We are also starting to take advantage of karate for more things.



This has been my first year as a karate instructor, teaching a small group of children who did not know what they were aiming for, and as in my own case, I hope they can enjoy it as something more than just an activity. It is a bit repetitive to explain to people what our style is like, but by teaching it to others you learn a little more about what you are really practicing.



Today I feel that I do not only train because I like it, but because I want to train, I want to share with those who are my friends, because I want to learn and perfect what I know, I want to fight to better withstand every strike, I want the Shihan Fernando to show us a complicated combination, I want to improve the katas that I still have not mastered and I want to feel closer to the true meaning of Kyokushin karate;

TRAIN, SHARE, LEARN, PERFECT, COMBAT, IMPROVE, STRIVE AND FEEL

Now I am a black belt, at only 18 years old and just beginning to understand the meaning of karate. Today I feel that I should try my best with every strike, that I should give everything in every training, and if I try hard I can be the example of the people who have formed, are forming and will form the **Budo Karate Club**.



OSU NO SEISHIN, THE SPIRIT OF PERSERVERANCE

Osu is a term widely used in the school of Kyokushin, and it largely embodies the principles and philosophy of this school of karate.

Osu comes from the expression *osu no seishin*, the spirit of perseverance, which means to hold under pressure, which implies the triumph of the mind over the body.



The daily training must be done with the spirit of *osu*. Many times, in training, the instructor takes the student to their extreme. In these cases, we must strive to persevere and not stop, try to flex or resist until the end. This creates a special atmosphere in the dojo, in which the instructor is highly gratified.

Kyokushin is a philosophy of life, and therefore you must act in daily life in the same way that as in the dojo, with the true kyokushin spirit, trying to overcome each day.

Establishing a simile with combat, when a competitor is fighting and reaches the limit of his strength, when he can not breathe and his whole body hurts, there is a voice inside him that tells him to stop. At that time, you must think that you have to make it to the end, with the mind and spirit overcoming adversity. The real fight in kyokushin is not against the adversary, but against oneself, overcoming one's own fears and weaknesses. "The objective of Kyokushin does not lie in victory or defeat, but in strengthening the character of its practitioners."

The kyokushin stands out for being a strong style, not only in the physical, but also in the mental and spiritual plane. Also, in the kyokushin dojos the tradition of Budo is followed, with great respect for the instructor, for his dedication and for the teachings transmitted. Therefore, when the instructor is seen, he is greeted with *osu*, as a sign of respect and appreciation. In the same way, it acts towards the other companions of the dojo.



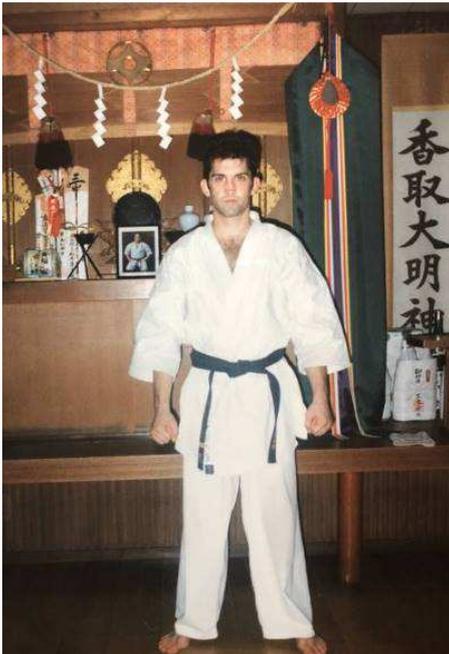
Osu also means "yes," "agree," "I'm sorry," "I'll try". In the dojo, the word "yes" is replaced by *osu*, or when the instructor gives an instruction or makes a correction, *osu* is answered. Therefore, *osu* expresses the philosophy of kyokushin, and a good karateka should undertake all his actions with the spirit of *osu*.

SHIHAN FERNANDO PÉREZ

Shihan Fernando Pérez, 6th Dan black belt, is a prominent karateka from the kyokushin school, having been Spanish Champion, three times silver medalist in the European Championships, both in Katas and in Kumite, and has participated on two occasions in the World Championship in Tokyo (Japan), in the years 1995 and 1997. For several years, he was part of the Spanish National Team, obtaining podium in all the national championships, both Katas and Kumite (combat) in which he participated. In 1995 he received a trophy from the Zaragoza City Council for the best Zaragoza karate.



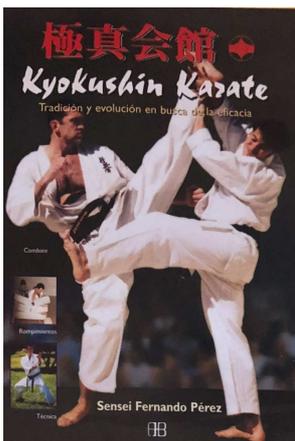
He is a student of the shihan Antonio Piñero, President of KWF, for whom he has great respect and admiration.



His dedication to karate kyokushin has led him to train several times in Japan, the cradle of karate, as well as in various European countries, where he has attended numerous international courses. Currently, he is invited as an instructor to several international courses held outside our borders.

His skills and ability in teaching and the methodological resources he uses in his training sessions have led him to obtain young talents in kyokushin, obtaining various national, European and world titles, both in kata and in kumite.

He is also Director of the School of Instructors of the KWF Spain, in charge of the training of future teachers.



In 2003, he published the book *'Kyokushin Karate. Tradition and evolution in search of efficiency,'* which enjoyed great success.

In terms of arbitration, he is an International Referee, Head of Referee of KWF worldwide and member of the Technical Committee of Arbitration of KWU, having acted as Head of Referees in various international, European and world championships held in Europe, America, Russia and Japan.





DID YOU KNOW?

- The Club was founded in 1993 by the shihan Fernando Pérez.
- In 2005 he received the recognition of Sports Merit by the Municipal Board El Rabal of the City of Zaragoza, which he obtained again in 2014.
- **Budo Karate Club** has organized several national championships in the city of Zaragoza and in 2012, together with Zaragoza Municipal Sports and Zaragoza City Council, organized the Kyokushin European Championship.
- **Budo Karate Club** annually organises the Kangeiko Course of Villanúa and has promoted courses with such outstanding masters as shihan Kazumi and shihan Yamaki.
- Throughout the history of the Club, 36 black belts have been obtained.
- In the last 10 years, 95 champions and 92 inter-regional runners-up have been won, 78 champions and 66 runners-up in Spain, 13 champions and 18 European runners-up and 2 champions and 3 runners-up in World Cups and Championships. Without a doubt, spectacular results.



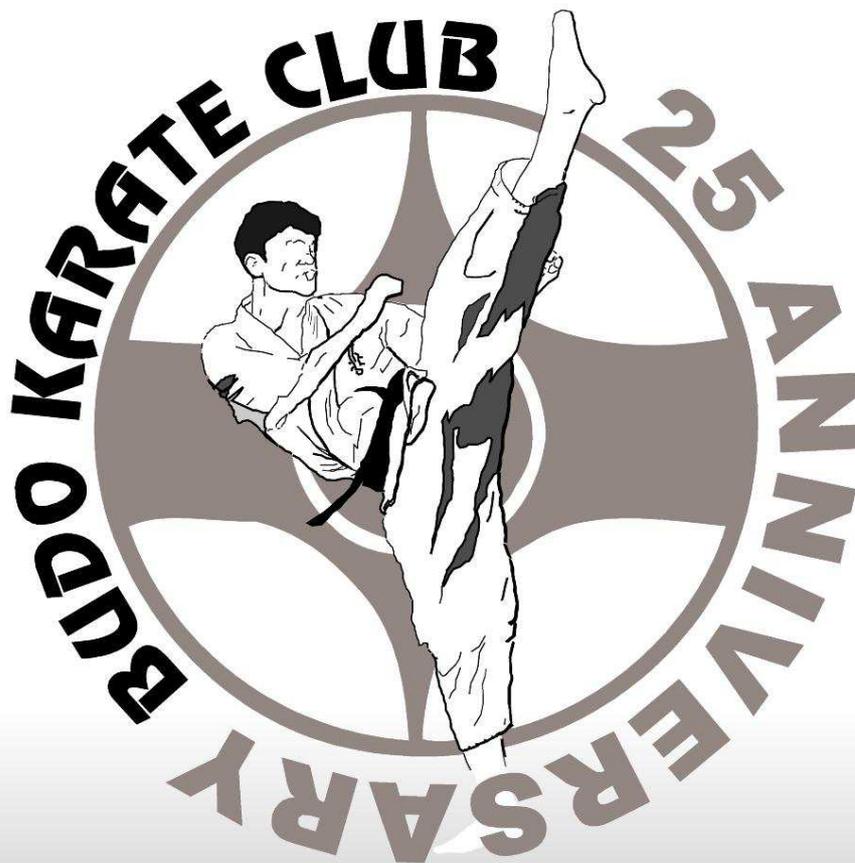


All dreams can be fulfilled if we pursue them based on effort, dedication and enthusiasm.

We will continue writing our own history ...

Always Budo! ¡OSU!

JANUARY 2018



Budo Karate Club

P.D.M. San Braulio
Camino de Juslibol, s/n
ZARAGOZA (Spain)

www.budokarateclub.es

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