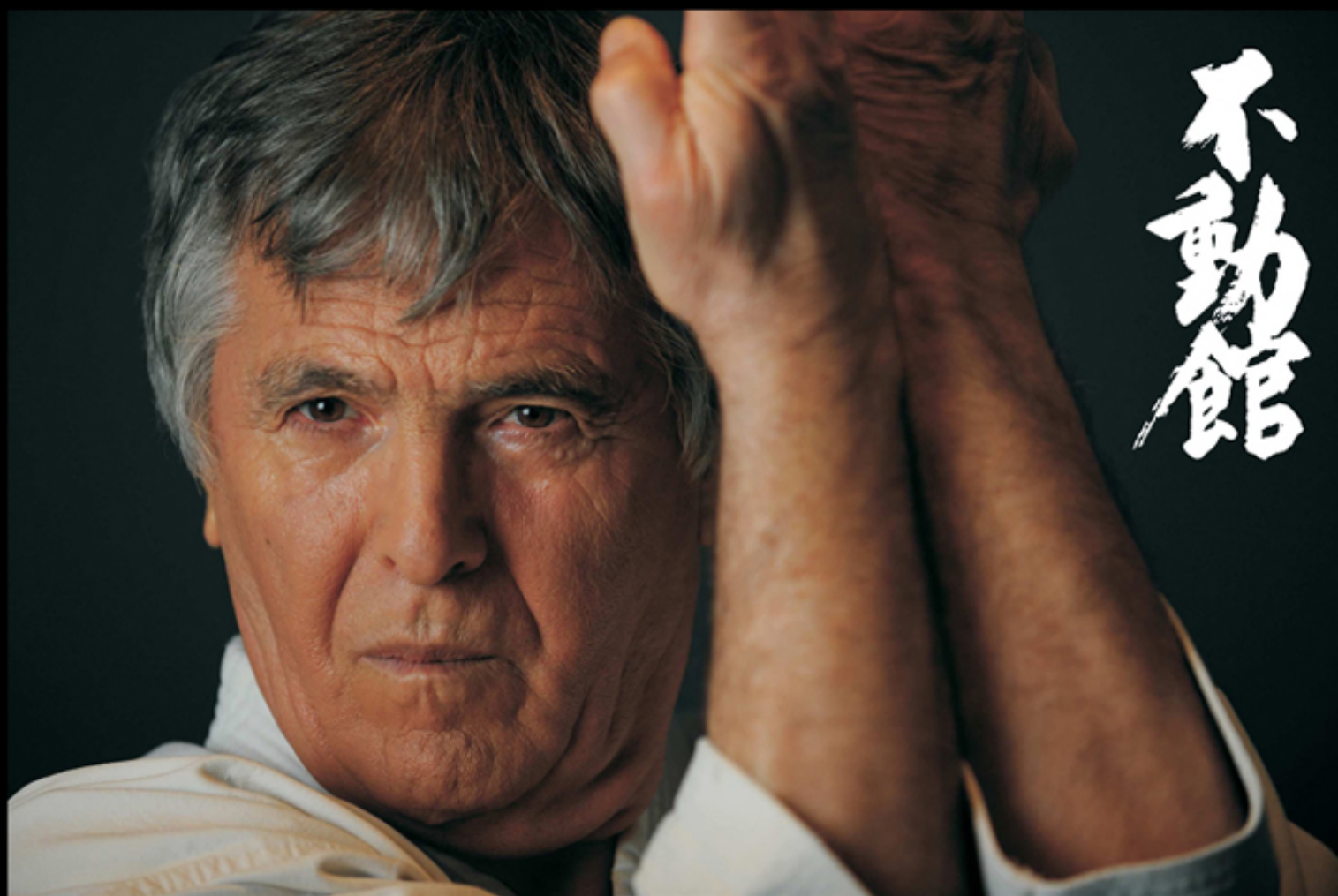


Prof. Dr. Ilija Jorga

10th Dan, Soke

Traditional Fudokan Karate

My Way

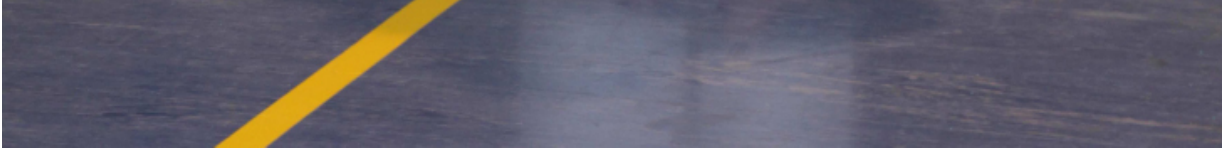


The fundamental psychological and physical principles of Karate

Publisher Karl-Hans König











“The highest aim in Karate-Do isn´t to win or to lose, it is to perfect the human character.”

Gichin Funakoshi

“If you want to step into the footprints of your master, don´t follow him. search, what he was searching for.”

Japan

Karl-Hans König, 7th Dan 2017

As a sign of respect for my *Sensei*

Higashiyama

(Mountain of the east)

Prof. Dr. Ilija Jorga

東山

Copyright

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This book has also appeared in German and will shortly appear in the following languages: Serbian, Russian, Turkish, Greek, Polish, Swedish, Italian, Arabic, Japanese.

Gender-specific forms of address

For a better readability of the text we have throughout used the masculine forms of address. This of course is intended to include the feminine form as well.

With Japanese names we have used the European form, giving the first name followed by the surname. Japanese terms are shown in italics.

Warning

The techniques described in this book, as with all other Karate techniques, are by their very nature dangerous. Incorrect use of them can lead to serious damage to health, even resulting in death.

They should only be studied and trained under the guidance and supervision of an experienced *Karate* master. Neither the publisher, the author nor the publishing company is responsible for any harm, damage or loss which may arise as a result of inattention or through application of the techniques.

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Copyright of Images und Figures

Images and Figures

Notes



Image 1: St. Prohpor Pcinjski: Monastery of the XI. Century and *Fudokan* training area





Fudokan

In the name of
all that I represent,
I appeal to everyone
who follows me in confidence
and with commitment:
Only with

Courage, Respectfulness and Loyalty

will we succeed in making
Fudokan
become that to which we all aspire!

Prof. Dr. Ilija Jorga, 10. *Dan*, *Soke*

A handwritten signature in black ink, appearing to read 'I. Jorga', enclosed within a simple, irregular outline that resembles a stylized signature or a calligraphic flourish.





Washington 2015

Acknowledgement

I would like to thank *Prof. Dr. Ilija Jorga* for the trust he placed in me in asking me to prepare the English-language version of this book, following its publication in German. But a book of this type is difficult for one person to prepare alone. It is based on collaboration with many others, who like me have embraced *Fudokan Karate*, and I would here like to express my warm thanks to these “helpers”.

I first would like to thank *Dana Ahlers* and *Robert Bartlett* for help with the preparation of the English text. *Martin Battke* -the brain- merits a special word of thanks for his checks and corrections of the mathematical and physical formulas and content.

I would like to thank *Martin Kiss* who prepared and made available the watercolor drawings and reliefs.

My special thanks go to my family and especially my wife *Antje Pfaff-König* for her support and suggestions. All inaccuracies and errors which may still be in this book are my responsibility alone. I would be pleased to hear your suggestions and comments.

Karl-Hans König



Image 2: *Robert Bartlett, Prof. Dr. Ilija Jorga and Karl-Hans König*





Foreword by *Karl-Hans König*



What is *Fudokan Karate*? Translated, the term means “House on a stable foundation”. But one can really only understand traditional *Fudokan Karate* if you have trained with the founder of the style, *Prof. Dr. Ilija Jorga*, 10. *Dan*, *Soke*, and follow his explanations and descriptions. The present book by *Prof. Dr. Ilija Jorga*, which is now finally available in German and English, gives a comprehensive overview of the *Fudokan* style of *Karate*, a style which can now be found throughout Germany.

From its beginnings in the 1980s to the structure which it has today, *Fudokan Karate* has been subject to constant modification and development. Today the style provides well-founded answers for the *Karateka* who is interested in the traditions of the sport. *Fudokan Karate* is a health-oriented style of *Karate*, since *Prof. Dr. Ilija Jorga* who is a sports doctor, has been able to combine in the martial art of *Fudokan* the knowledge he has gained from sports medicine and physiology with his experience in traditional *Karate*.

I am proud to be a part of the *Fudokan* family in Germany, Europe, indeed the whole world, and consider myself fortunate in that I am able to train with my *Sensei Prof. Dr.*

Ilija Jorga several times a year, each time learning and deepening my understanding of the art.

This book is intended as a sign of recognition of his life work and to preserve it for future generations. It is a source of inspiration and a source of the “old” knowledge for every *Karateka*, who like me is on a search for answers.

Bad Krozingen, March 2017



Karl-Hans König

7. Dan *Fudokan Karate Do*

President Fudokan Karate Academy Germany

Secretary General European Fudokan Confederation

Foreword by Dr. Vladimir Jorga



The book *“Traditional Fudokan Karate - My Way”* not only represents the 50 years long experience and development of Dr. *Ilija Jorga* but in a very specific, scientific and popular way it represents the implementation and development of science in *Karate* skill and sport. As a young assistant of physiology in a medical faculty and as a young scientist, Dr. *Ilija Jorga* soon realized that there was a need for a scientific foundation of those *Karate* skills which have developed through centuries of practice and through the work of different karate masters in Okinawa, China and Japan.

By relating his knowledge of biochemistry and physiology to training he gradually established the foundations of the scientific research and development of *Karate*.

In his master’s and doctoral theses he introduced a method of *Karate* training which was based on scientific principles, the system of competition and the skills of top *Karate* champions. Through scientific experiment and modern scientific doctrines Dr. *Ilija Jorga* has, in a very unique way, kept the essence of traditional *Karate* through relating scientific experiments to the knowledge and skills developed by the ancient masters over years of practice.

In developing his system of scientific training Dr. *Ilija Jorga* has always respected the experience obtained through the method of trial and error, and from a lifelong experience of practicing the skill itself.

The book "*My Way*" can be called the scientific pathway to developing *Karate* skills. Its integration of science and experience leads to the building of a new system. The book also emphasizes the need for the personal development of the *Karateka* and for a better and more human relationship between individuals, and it opens out the possibility of unlimited research into man's capabilities and personality.

Dr. Ilija Jorga has incorporated science into a new, objective, precise and sophisticated way of studying *Karate*, yet one which also follows the route set by the great masters *Funakoshi Gichin*, and *Dr. Ilija Jorga's* teachers *Tetsui Murakami*, *Taiji Kase* and *Hidetaka Nishiyama*. Essentially *Dr. Ilija Jorga* has developed *Fudokan* into an expression of the combination of science and experience.

Fudokan combines all the traditional postulates of *Karate* but also sets the scientific principles of modern *Karate* training. It is the product and outcome of *Dr. Ilija Jorga's* 50 years of work as a professor of physiology, as a specialist in sport medicine and as a *Karate* champion: the best student of the best teachers.

Belgrade October 2016

Dr. Vladimir Jorga

Dr. Ilija Jorga's brother, teacher and mentor

9. Dan Shotokan



The Jorga Brothers Dr. Ilija and Dr. Valdimir Jorga

