



# World Cup '24



**GKR**KARATE




# World Cup '24

I would like to extend you all a very warm welcome to our first post Covid GKR Karate World Cup. Whether you are a competitor, official, or spectator including family & friends, this is going to be an exciting few days of our most committed karateka testing their skills in both kumite & kata.

I have always seen GKR as a community and family club with a high priority placed on camaraderie, friendships and respect. In a tournament, this respect must extend to the decisions made by our judges, referees and ring officials who have volunteered their time this weekend to help make this event a success. We are all human and as such, judgements may not always be perfect, but our officials do their very best in the heat and rush of the moment.

Tournaments played a significant role in my early karate years. In 1971 whilst living in Japan, I received my referees diploma under the auspices of WUKO (World Union of Karate Organizations). Later that same year, I entered Ed Parker's famous Long Beach annual tournament in California, USA, which was also attended by Bruce Lee.

Many years later in January 1984, I officially started Go-Kan-Ryu (GKR) Karate, although I originally named it 'Bob's Karate School'. After a time and as the club grew, I started to run my own GKR Karate tournaments. The first one from memory was held in a primary school classroom and had only about 10 participants, and as many spectators. We've come a long way since then as we approach this amazing 2024 World Cup with 1400 + competitors and several thousand spectators.

As you may have also heard or worked out, the 2024 World Cup coincides with GKR's 40th birthday which gives us all another reason to celebrate. To be honest, starting GKR feels just like yesterday to me, and I still have clear memories of those early days. I was 36 years old then and will turn 77 this October. Wow, what an amazing 40 years! I am both excited and grateful to see GKR Karate in such great shape in 2024 and know without question that it will continue securely way beyond my lifetime. Given we are an international karate family, let's all have a great time renewing old friendships and making new ones.



**KANCHO ROBERT SULLIVAN**  
 Founder & Chief Instructor - GKR Karate

Kyoshi

# Gavin Samin

Assistant Chief Instructor  
GKR Karate



I'd like to welcome all competitors, spectators and officials to the 2024 GKR Karate World Cup. This will be the first GKR World Cup held in Australia for 7 years and our very first to be staged since the Covid pandemic closed the world down in 2020/2021. It also represents GKR's 11th World Cup overall, and provides a fitting return to its place of origin, having held our very first World Cup in Homebush back in 2001.

This event sees students travelling from every major city within Australia, New Zealand, as well as a strong contingent from the UK. I'd very much like to applaud the commitment and dedication of those who've travelled long distances to be here including the parents and family members who are here today as support in the crowd.

Aside from the actual distance covered to be here, I'd also like to acknowledge the more significant karate journey that all competitors have travelled so far to prepare them for this weekend's competition. For many of you I know this has meant sacrificing other activities in the lead up to this event in order to make room for extra kata and/or kumite practice. And if you've relied on Mum and Dad to taxi you to these extra training sessions each week, then don't forget to thank them for the part they've played in your preparation.

Well, it's finally here and we're all ready to go! As GKR celebrates its 40th anniversary in 2024, we are excited to be hosting our biggest ever World Cup with over 1400 competitors entered. You are all a part of this historic event and I'd like to thank you for your decision to be here. I wish you all the best of luck over the weekend!

WE CAN'T ALL WIN,

**BUT**

WE CAN ALL BE WINNERS

After months of preparation, the moment to step in the ring has finally arrived. Despite everyone wanting the World Title, the reality is, only one person in each division can walk away with it. This means many of you will potentially leave disappointed, a feeling I'm familiar with. In 2001, I competed in a full-contact World Titles in Japan. Despite knocking my first-round Japanese opponent down twice, somehow the Judges awarded him the win. I was devastated. Thankfully, Kancho Sullivan was present to offer some perspective that helped me through future losses (in both karate and life).

He posed the true purpose of a goal is not it's achievement, but that it entices us to become the person we need to become to achieve it. If my pursuit of this goal had resulted in physical improvements (technique, fitness, flexibility, co-ordination, speed, strength etc) then surely I should consider that a major win? And if this process polished my character – something that serves me in every area of life (improved discipline, persistence, self-belief, confidence etc) is that not worth celebrating? He was right on both counts. I had to accept the journey had been a major win for me. Ultimately, what we get in life is far less important than who we become.

Before you step in the ring (and good luck on your goal), take a moment to realise all the ways this tournament has inspired you to improve yourself, and take pride in that. Regardless of your result, this World Cup has already been a big win for you!



Kyoshi Anthony Ryan  
5 x World Champion - GKR Karate

# 剛完流 空手道

## SPECTATORS

# CODE OF CONDUCT

- Remember that children compete for their enjoyment. Please ensure you behave in a manner that enables this enjoyment.
- Remember that children learn best by example. Applaud good performances by all competitors, from all countries. And congratulate all competitors regardless of the result.
- Praise your child for competing fairly and giving it their best. Focus on their efforts and performance rather than winning or losing. Never let your child feel defeated by the outcome.
- Never ridicule or yell at any competitor (either during or after a bout) for making a mistake or losing.
- Demonstrate appropriate social behaviour by avoiding the use of foul or abusive language around any parent, spectator, competitor or official.
- Show appreciation of volunteer officials and administrators. Without them, the event could not take place.
- Note that all Referees and Judges are not only volunteers but complete a Refereeing Accreditation course on a regular basis.
- Respect official's decisions and teach children to do likewise. You may not always agree with how a Judge awards a kata bout, or a point in kumite, but they are trained to understand and focus on the many factors that draw these conclusions.
- If you have a concern, approach the ring's administration table immediately after a bout and speak with the Senior Referee. This excludes whether you feel a Referee awarded a point correctly.
- Note that we do not review video footage to determine if a point was incorrectly judged. We will only review video footage where someone feels the ring's administration table failed to properly recognise the Referee's awarding of a point.



**GEOSNAPSHOT**

*Capture your World Cup memories forever*

We are excited to be able to offer this year's World Cup Competitors the opportunity to purchase photos of the tournament taken by our wonderful GKR Official Photographers.

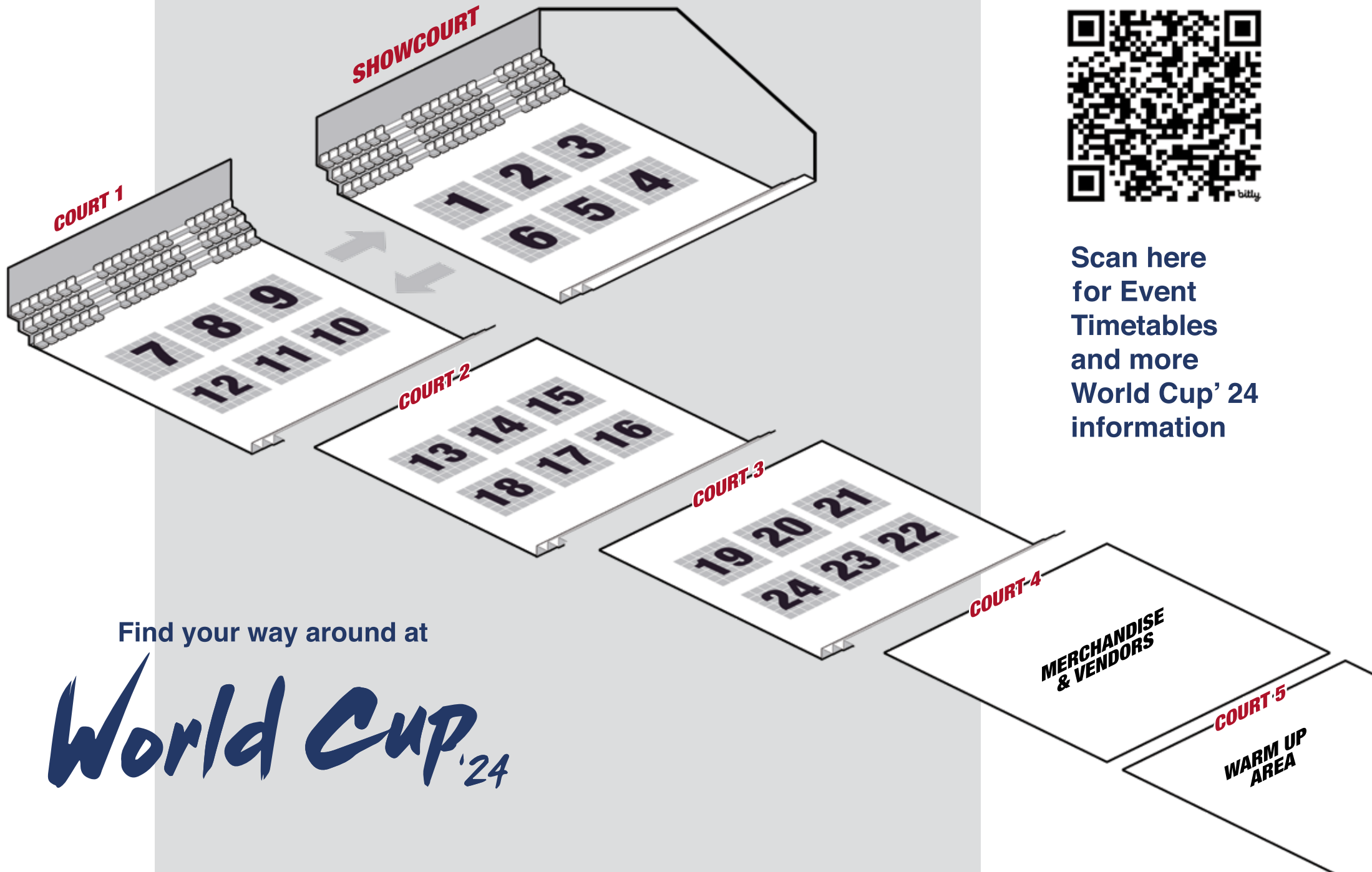
Photographers will be taking photos on the rings and at the medals podium, which will be uploaded to the GeoSnapShot platform post-event for you to purchase.

### **SCAN TO GET STARTED**

- **\$12 per photo**
- **photos uploaded 72hrs after the event**



NETBALL CENTRAL:



Scan here for Event Timetables and more World Cup' 24 information



# GKR STORIES

a source of inspiration

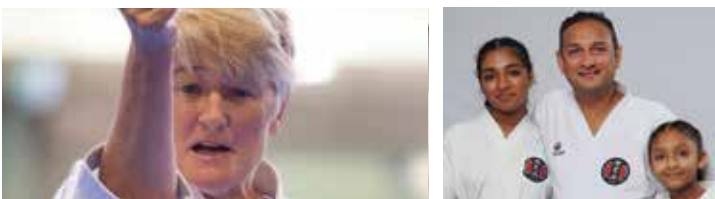
With the launch of GKR Stories this year, we have been privileged to be able to share the exceptional journeys of some of our GKR students. Our aim is to gather and share as many uplifting stories as we can from our community and feature them on our website and social media.

We know that in every corner of the GKR Karate world, there are countless students with an incredible personal story to tell about how karate training has positively impacted their lives.

These unassuming and often humble everyday superstars are an immeasurable source of motivation to those around them, and we thought it was time to recognise their amazing accomplishments.

If you have a great story to tell, please reach out to us at: [go.gkrkarate.com/stories](https://go.gkrkarate.com/stories)

Otherwise, we hope you find some additional inspiration and motivation from the many unique personal journeys that GKR Stories showcases



# Ann Eyes



## COMMEMORATIVE TROPHY

*Ann's character, energy and positivity were matched only by her tenacity and fighting spirit*

As a tribute to one of our most beloved GKR Karate members, we have decided this year to name one of our Black Belt divisions the **Ann Eyes Commemorative Trophy**.

Ann Eyes was a much-loved student and instructor in GKR Karate Wellington, New Zealand for 2 decades. Ann was the closest thing we had to 'GKR Royalty' in New Zealand, and she travelled to many of our international karate events over the years to compete and officiate. As a result, Ann was very well-known amongst the student and instructor group in both Australia and the UK.

In late 2020 and at the age of 76, Ann's many years of training culminated in being awarded her 4th Dan Black Belt at a special ceremony conducted by Renshi Antonie de Bruin.

Sadly, Ann lost her battle with cancer a short time after this, leaving a large void in the spirit of our GKR Karate New Zealand community.

Following Ann's passing, we received requests from some of Ann's fellow competitors who felt that her legacy should be memorialized at our biggest international event. With many thanks to these people (most notably Anne Noonan from ACT), we are excited to award the winners of the 65+ Women's Black Belt Division with an Ann Eyes Commemorative Trophy.

Ann's character, energy and positivity were matched only by her tenacity and fighting spirit and we can think of no better way to honour her contribution to GKR.

*You will always be remembered Ann!*



*RizeUp Australia and GKR Karate Charity Partnership*



This year, we are honoured to partner with RizeUp Australia as our chosen charity to raise awareness and funds for victim-survivors of domestic and family violence.

RizeUp Australia is a community-driven organisation dedicated to supporting the many families affected by domestic and family violence in Australia. They have created various networks and programs to connect victim-survivors to specialist services which include access to counselling, support programs for traumatised children, and logistical support for those fleeing a violent household. Their flagship program furnishes homes for victim-survivors and their families while also providing support for people to help re-build their lives after escaping domestic and family violence.

Our partnership with RizeUp Australia represents our commitment to assisting people in Australia who have experienced domestic and family violence. As a club, we aim to provide valuable advocacy for this amazing organisation as well as deliver both logistical assistance and financial support through our fundraising initiatives.

You can visit RizeUp this weekend near the Merchandise stand to find out more about their life-changing initiatives as well as their 'regular giving' program.



## ***GO PURPLE IN OCTOBER***

We are proud to be running our 'Stop Domestic and Family Violence' campaign this year, with all funds raised providing support for charities that help those affected by domestic and family violence in Australia, New Zealand and the United Kingdom.

As strong advocates for non-violence and anti-bullying, aligning with and supporting charities that assist vulnerable people within our community was a logical choice for our club.

Our Dojo Kun aims to instil the values of courtesy and respect towards others, pursuing the highest standards of personal character, and refraining from reckless or violent behaviour both in and out of the dojo. We believe that our 'Stop Domestic and Family Violence' campaign is a further extension of our Dojo Kun and core values while contributing to building a community supporting those in need.

This weekend is your last chance to order a special 'Stop Domestic and Family Violence' Purple Belt to wear to class in October.

Scan the QR code and follow the prompts for your country to order your purple belt. All belts will be sent out prior to the start of October.



# 40TH ANNIVERSARY MERCH

**SALE PRICE AT  
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Be one of the first people in GKR to show off these brand new items.

Visit our Merchandise Stand to get yours!



**ANNIVERSARY HOODIE \$80**

Available in Kids & Adults Sizes

**ANNIVERSARY T-SHIRT \$35**

Available in Kids & Adults Sizes.  
Features graphics on the front, back and sleeve.



BACK OF T-SHIRT



**ANNIVERSARY CAP \$25**

**ANNIVERSARY BEANIE \$20**

**LAST CHANCE**

**TO ORDER YOUR TEAM JACKET**

Don't miss out on your last chance to order your team jacket.



**SCAN HERE TO ORDER YOURS**

Orders close this weekend



**ANNIVERSARY WATCHES \$60**

4 different designs to choose from.  
Only available while stocks last





# OKINAWA 2025

## EXPERIENCE THE BIRTHPLACE OF KARATE

**As the birthplace of Karate, Okinawa offers a deep connection to karate's history.**

GKR has been organising trips to Karate's homeland every 2 years since 2001. Originally, exclusively for Senior Instructors, the 'Okinawa Experience' has recently been opened up to include all GKR Karate Students.

Our next pilgrimage will take place in 2025 where we will, once again, be training with a range of reputable Okinawan Masters. You will have the opportunity to explore different ideas, principles, training practises, broaden your

overall knowledge and experience as well as train with fellow GKR students from around the world.

Okinawa is a series of tiny islands, and each is its own version of Tropical Paradise. While a number of these islands can be reached by ferry (or even car across a bridge), most domestic airlines offer very reasonably priced airfares to the further away islands. With countless karate-related historical sites, memorials to Karate's forefathers and the only Karate Museum in the World, the 2025 GKR Okinawa Trip is an experience not to be missed.



*For anyone interested in this trip, please join GKR's Okinawa 2025 Facebook page for more information and regular updates.*

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## **ACKNOWLEDGEMENTS & THANK YOU'S**

### **FROM KYOSHI GAVIN SAMIN**

It can often sound cliched to highlight how much of a 'team effort' it is to organise large events, but this World Cup has broken new ground for us as a club as it represents the largest competitive event we have ever staged. Whilst venues were booked some time ago, the last 6 months has seen the many different departments within our club come together to manage the scores of moving parts and systematically chip away at the mile-long and always growing World Cup to-do list. Now that the event has finally arrived, I'd like to acknowledge and thank the following key people that have help put this massive event together (in no particular order):

### **PROJECTS TEAM**

Rebecca Webb  
Anita Andersen

### **DESIGN TEAM**

Francis Fenlon  
Emily Beck  
Farah Bhatti

### **DIGITAL TEAM**

Stafford Pascoe  
Lauren Christensen  
Kiera Tarrant  
Matt Sullivan

### **ADMIN TEAM**

Emma Horton  
Sue Harper

### **MEDIA**

Anthony Ryan  
Laura Sullivan

### **OFFICIALS**

GKR Karate Accredited  
Judge/Referee Team who  
have volunteered their time  
this weekend to officiate

### **SENIOR INSTRUCTORS**

Regional Managers, Zone Directors  
for their student/official  
coaching and overall  
support of the event

### **NETBALL CENTRAL MANAGEMENT**

Many thanks to Tony Curren  
and Deneka Naylor for their  
tireless assistance and  
professionalism throughout  
the entire planning process,  
and to all staff involved at the event.



*Celebrating 40 years*



**GKR KARATE**  
KARATE FOR EVERYONE