



מוזיאון מכבי ע"ש פייר גילדסגיים

PIERRE GILDESGAME MACCABI SPORTS MUSEUM

תמונה

מס. תיק:	8-1986
מיקום פיזי: ארכיון, מכל:	0343
שם התיק:	TSUNAMI עלון מידע - תשונמי
שם החטיבה:	פרסומי מכבי
מתאריך:	01/01/1996
עד תאריך:	01/01/1996
מס. פריט במחשב:	10687

We offer the following within tsunami and Maccabi clubs:

- systematic group exercises in a training gym in preferred hours, usually in the evening;
- possibility of an individual training—private classes in any place and at any time;
- regular participation in camps with the possibility to take examinations for different students' levels = kyū, and mastery levels = dan;
- training programme centered around the mastery of basic knowledge about efficient self-defence during the first three months with issuing a diploma upon completion of a self-defence course;
- systematic training in hand-to-hand fighting, as well as fighting with the use of various objects, e.g. nunchaku (a flail), tonfa (a baton with a lateral handle), bō (a stick), and tantō (a knife);
- systematic meditation exercises, improving concentration and self-confidence;
- developmental and correctional exercises for children;
- general exercises for adults and seniors;
- slimming exercises for women to improve the shape of the body and boost attractiveness.

Tsunami camps in Poland

At the initiative of Maccabi clubs, the International Tsunami Federation organizes regular camps in Poland for people of a Jewish origin from different countries.

The camps last 14 days and are always organized in the same periods:

July 1-14 and August 1-14

Poland has a mild climate at that time, which is very advantageous for such camps.

The camps are located in a small and beautiful spa, Kazimierz Dolny, at the Vistula river, about 120 km from the capital of Poland, Warsaw, between three historic places for Jews: Warsaw, Lublin and Majdanek, as well as Cracow and Auschwitz.

The town of Kazimierz Dolny is famous for Jewish traditions: the majority of its inhabitants were Jews for over 600 years till the Second World War. There are numerous Jewish monuments: typical Jewish houses from the 18th and 19th centuries, a cemetery with 5 thousand Jews murdered by the Nazis, as well as an one of the oldest brick synagogues, which has been excellently preserved.

Kazimierz Dolny is also famous for its extraordinary, picturesque landscapes, numerous class 0 monuments, museums (there is also the only museum of jewellery in Europe with a big collection of Judaic exhibits) and this is the reason why it has attracted numbers of tourists from different countries, as well as famous actors, painters, architects, and other artists for over 200 years.

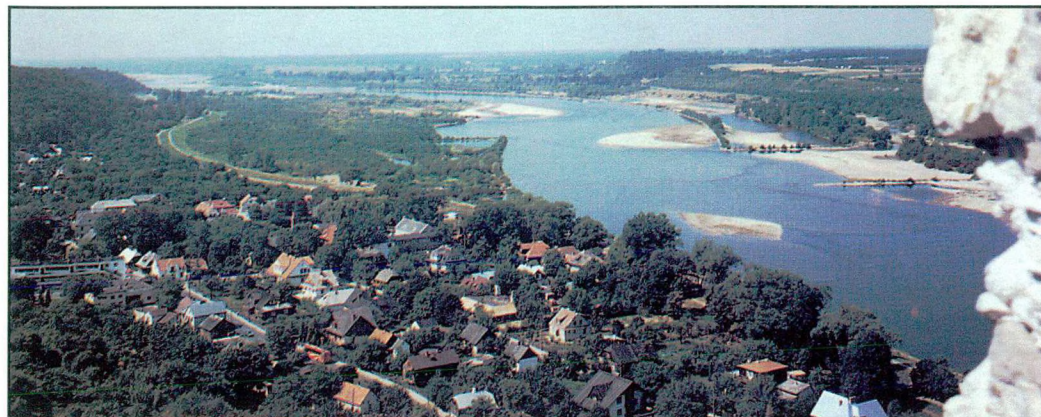
During the camps there are held theoretical classes (lectures) as well as training sessions in the gym and in the neighbouring picturesque mountains, forests, canyons, in a 14th century castle, on the beach, etc.

After proper preparation, participants of the camps take examinations on different levels: for students = kyū, and mastery = dan. They also receive proper certificates to confirm the exams. The said examinations are conducted by the President of the International Tsunami Federation, Richard Murat, during the camps.

Participants of the camps are also prepared to carry out training in their home countries as instructors and they receive due instructors' documents.

If a participant of the camp already possesses a kyū or dan degree, he prepares for the following, higher level.

Richard Murat - President of Renmei
(International Tsunami Federation)



View over Kazimierz Dolny with the Medieval castle, which was constructed by the King of Poland Kazimierz Wielki (Casimir the Great) for his Jewish lover, Esterka, in the 14th century according to legend. A group of persons doing tsunami in the one of the beaches.

The 14-day-long programme of the camps in Poland includes:

1. arrival at the airport in Warsaw and a welcome by organizers;
2. transfer from the Warsaw airport to Kazimierz Dolny and an accommodation in the hotel;
3. participation in tsunami training sessions in Kazimierz Dolny for 10 days;
4. during the last few days: tourist excursion by coach to historic places for Jews under the guardianship of qualified guides and Jewish assistants: Lublin and Majdanek, Cracow and Auschwitz, Warsaw;
5. transfer, departure by plane from the Warsaw airport.

The fee for the camp includes travel in Poland, accommodation, meals, assistance, and training. Information about the amount of the fee for the camps in the given year and all other information is available by telephone or fax:

(48-22) 636-99-40 or (48-22) 47-77-92

The registration form can be sent by fax or by means of an agency. You should remember to include information about your diet: kosher, vegetarian?

Candidates to the camps can apply to our numerous agencies, Maccabi clubs, Jewish organisations, as well as Jewish tourist offices.

WE INVITE YOUNG PEOPLE AND ADULTS OF BOTH SEXES.



Camp in Kazimierz Dolny. Going out for a training session.



תשונמי
TSUNAMI
VERSATILE
SELF-IMPROVEMENT
SYSTEM



W. Parfieniuk 4 dan, tsunami instructor of the Maccabi club in Warsaw,
does yoko-geri-kekomi (Japanese: lateral ramming kick)
in front of the Palace in Wilanow

津波

Ideograms of tsunami

TSUNAMI

Japanese: "Big Wave"

VERSATILE
SELF IMPROVEMENT
SYSTEM

תשומי

津波



Sign of the tsunami system

Idea and goals of tsunami

TSUNAMI is a unique system of a versatile self-improvement in two aspects:

- psychological;
- physical.

It is the art of the hand-to-hand fighting.

The goal of tsunami is to improve and maintain fullest possible state of the psychological and physical health, as well as to protect against the loss of life or health during a possible assault.

Self-improvement means the gradual achievement followed by development of two psycho-physical states within the tsunami system;

- bodai = harmony of the soul with the body;
- nehan = harmony with the environment.

Methods of self-improvement in tsunami

The following activities are applied in the field of the psychological development:

- **meditation exercises** developing the concentration;
- **theoretical classes** for intellectual development;
- **auto-suggestion exercises** developing self-discipline and self-confidence.

The following activities are applied in the field of the physical development:

- **general physical exercises** increasing physical ability and the state of health;
- **hand-to-hand fighting without armaments** developing self-defence capability;
- **fighting with the use of different objects**, e.g. nunchaku (a flail), tonfa (a baton with a lateral handle), bō (a stick), and tantō (a knife).

Tsunami art of fighting

In the field of the fighting, the tsunami system possesses the widest scope of efficient techniques selected from various styles. Besides, there are special strategic methods = senryaku and fighting tactics = gihō.

Here are the following features of tsunami: techniques realised in a extremely strong way, a great diversification of techniques, and a stress put on a complete elimination of the enemy with the help of a series of various hits, kicks, tripping up, throws, etc.

Thanks to it, members of tsunami can achieve a high level of efficiency in hand-to-hand fighting in a very short time.



There are two instructors of the Maccabi club in Warsaw during a training session. W. Parfieniuk 4 dan, does tobi-yoko-geri-kekomi (Japanese: lateral ramming kick in a jump). His partner, G. Zvolinsky 3 dan, defends himself with the help of soto-ude-uke (Japanese: blockade with the forearm from outside) with a simultaneous soto-naga-shi-uke (Japanese: leaving the attack line outside) in front of the Palace in Wilanow.

Initiation levels

The tsunami system offers a way of self-improvement divided formally into stages, called steps. They are marked with belts of different colours. Thus in this classification the students' levels are distinguished = kyū, from the mastery levels = dan.

The students' levels assume a mastery of all required materials from the theoretical and practical point of view. The mastery levels develop efficiency in fighting and a strengthening of the capability to teach others.

Thanks to systematic requirements in different levels, a clear methodology, and training conducted in clubs and groups, an average person can achieve the black belt (the first level of dan) if he, of course, works systematically.



Za-zen (Japanese: sitting meditation) during the 11 taikai, tsunami congress in Warsaw. There are numerous Maccabi instructors participating there.

Development of tsunami

Thanks to the simplicity and attractiveness of its assumptions and an efficient organization, the tsunami system is practised on all continents, and it has even become the most popular karate system in some countries. This is why many instructors of other styles join tsunami. The tsunami system is practised in numerous Maccabi clubs by persons of a Jewish origin.

You can also become an instructor of tsunami and conduct training in your country or in other countries.

This is why, you should get in touch with Renmei (International Tsunami Federation). Its main office is in Warsaw, Poland.

POLISH UNION OF MACCABI CLUBS

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POLAND

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Robert Tchaikovsky
President
Polish Union
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