



日本松涛館空手協会

JAPAN SHOTOKAN KARATE ASSOCIATION
ITALIA



Is honoured to present, the
7th Jska World Karate Championship

Master Course and Referee Course
for Juniors, Seniors and Veterans
Open to all traditional Shotokan Karate - ka

14-19 May 2014
Terni - Italy

CONI

AICS



**The Shotokan way
continues...**



7th Jska World Karate Championship
Terni - Italy



Gichin Funakoshi Sensei, is widely considered to be the father of modern day karate due to him introducing the Okinawan art to Japan. Funakoshi was born the son of a samurai in 1868 , in Naha City, Okinawa. At the age of 11 he began to study with the two great masters of the time, Azato and Itosu. He became so proficient that he took up all the major styles of Karate in Okinawa. In 1913 he became chairman of the Okinawan Shobu kai and in 1916 gave a demonstration to the Butokuden in Kyoto, Japan. In 1922 he moved to Japan and eventually merged all the Okinawan Styles into Karate-do, this method became known as Shotokan, literally meaning the clan of the house of Shoto, Shoto being Master Funakoshi's pen name for his poetry he wrote. He passes away at the age of 88 in 1957.



Masatoshi Nakayama Sensei, direct student of Funakoshi Sensei's , is an internationally renowned Japanese master of Shotokan karate. He helped establish the Japan Karate Association (JKA) in 1949, and wrote many textbooks on karate, which served to popularize his martial art. For almost 40 years, until his death in 1987, Nakayama worked to spread Shotokan karate around the world. He was the first master in Shotokan history to attain the rank of 9th dan while alive, and was posthumously awarded the rank of 10th dan .



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Italian national Juniors team competitors in Jska world championship in Portugal 2010

Shihan KEIGO ABE, born 28/10/1938 in Japan, started his karate school in 1953 under the guidance of a master of Shito Ryu Okinawa. In 1958 he went to study at Nihon University and simultaneously began to practice karate in the fabled Hambu Dojo of JKA under the direct guidance of Sensei Masatoshi Nakayama where he grew to be one of the best instructors. He and his collaborators became technicians of world renown.

Abe Sensei was also an accomplished competitor and took 3rd place in the first JKA National Championship and was the Japanese team's captain at the second Wuko World Championship in Paris France. He won 1st place in the team competition at the 1973 JKA International Friendship Tournament; and took 1st place in both the second and third JKF National Championships as a representative of Tokyo.

Sensei Abe, besides practicing karate for 50 years, also studied LAID (sword), which influenced much of his karate spirit, that is, to make a real karate (road), one must practice karate for physical and mental strength to defend oneself in times of need. During his youth he became famous as a fighter in the JKA, where he was also the head referee.

During his study of karate, he taught in many countries and participated whole heartedly in spreading karate throughout the world. In 1990 he became technical director of the JKA (matsuno section).

And in 10/2/1999 he founded the JSKA (Japan Shotokan Karate Association) based in over 50 countries. He is currently 9th Dan chief instructor of JSKA worldwide and is one of the legendary living masters of Karate.



7th Jska World Karate Championship
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Saint Peter's (the Vatican, Rome)

Dear Karate Friends,

All of the Jska - Italian members are honored to welcome you to the
“ 7th Jska World Karate Championship “

It was an honor and a privilege for us to be chosen and that is why we have accepted with enthusiasm, knowing that the organization of a world championship is a challenge that will be a prestigious confrontation.

Our efforts will be aimed at achieving objectives of reliability, impartiality and competence, so that the winner will come out from Karate.

It comforts and encourages us to have the certainty of having on our side so many friends and many experienced Sensei, who have helped make the history of our discipline. We are also grateful to have their valuable advice and their invaluable support.

Thank you for your participation and friendship. We wish you many victories and hope you will enjoy yourselves at this event .

Taghva Khosro



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14-15-16-17-18 May 2014
Terni - Italy

General information:

Responsible Organization

a.s.d., Jska - Italy
Viale Curio Dentato, 9
Terni - Italy
Tel.: +39 - 0744 425023
Fax : +39 - 0744 435823
Mob.: +39 - 336 770344
www.jska.it
e-mail taghva@jska.it

Jska - Italy President

Taghva Khosro

Place of Championship

Arena Palatennistavolo
Via Del Centenario - Terni

Climate

Nice spring temperatures, in Terni
in May are about 20°- 25°

Language

Italian (is the official language),
english and french

Currency

The Italian currency is the Euro and banking
hours are from 8,30-15,30 from Monday to
Friday. International credit cards are accepted
everywhere .

Airport

In Rome there are two large airports

- Fiumicino (Leonardo da Vinci)

- Ciampino

they are about 100 km from Terni and

about 45 km from each other. There are also

many Trains and buses that arrive and depart from Terni to the airports.

The participants can find up to date schedules in our web site www.jska.it

from January 2014

Hospital

“S. Maria “ - Terni

Via Tristano di Joannuccio

Tel. 0744 - 2051

Police

Tel. 112 - 113

Red cross

Tel. 118

Fire Men

Tel. 115

Transport into Terni

All participants transportation from the hotel to the Arena and

back to hotel are guaranteed by Jska-Italy. For any

other information you can contact our secretary at our

website www.jska.it or e-mail [taghva @ jska.it](mailto:taghva@jska.it) for updating.

Masters Training course

The training courses are under direction of Sensei Keigo Abe 9th dan,

one of the important karate masters in the world and assisted by

other top jska senior instructors Shihankai's sensei's.

Jska Referee course

The Referee and judges course are always directed by

Abe sensei and the Shihankai's senseis .

Referee wear

The Referee, judge and officials must wear the jska uniform

(dark blu jacket ,grey trousers,short- sleeved white shirt,

Jska tie and personal whistle)

Arbitration

- Abe sensei will be the Technical Director of this championship
- Taghva sensei will be the Head Referee
- Each delegation may send the maximum referees, judges, and table officials

Championship

- will be run in six Tatami
- the competition is regulated by JSKA official rules
- each delegation must provide its national flags

Registration

Deadline for definitive registration date is **15 March 2014**

Important

- The competitors themselves must ensure that they have adequate insurance, the event organizer or the associations (Jska Japan/Jska Italy) are not responsible for any injury that may occur during the tournament itself or during your stay in Italy.
- The event organizer or the association (Jska/Jska-Italy) accepts no responsibility if the monies fail to be transferred to the championship organization.



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Championship's Program :

Wednesday, May 14

Arrival and Hotel registration, assignments of numbers and identification card to all participants

Thursday, May 15

10.00 - 11.00

Master Training course

11.00 - 12.00

Referee course

15.30 - 16.30

Master Training course

17.00 - 18.00

Dan examination **conducted by Abe sensei**

Friday, May 16

10.00 - 11.00

Master training course

11.00 - 12.00

Referee course

15.30 - 16.30

Master training course

17.00 - 18.00

Referee course

20.30

Coaches Meeting

All courses will be conducted by Abe sensei and his shihankai's senseis in separate classes

Saturday, May 17

08.00 - 08.30

Reception of Referees, and all officials and Tatami assignments

08.30 - 09.30

Opening ceremony

09.30 - 12.30

Eliminations and finals of individual categories Kata/Kumite

13.30 - 18.30

Eliminations and finals of individual/team categories Kata/Kumite

18.30

Awards Ceremony

Sunday, May 18

08.30 - 09.00

Reception of Referees, and all officials and Tatami assignments

09.00 - 12.30

Eliminations and finales of all individual category's Kata/Kumite

13.30 - 18.30

Eliminations and finales of all team category's Kata/Kumite

18.30

Awards Ceremony

Monday, May 19

Departures



7th Jska World Karate Championship
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CHAMPIONSHIP CATEGORY'S (Individuals)

Yellow - Green Belt

Ages	Kata	Sanbon Kumite
7-9	(01) Mal - (02) Fem	(03) Mal - (04) Fem
10-11	(05) Mal - (06) Fem	(07) Mal - (08) Fem
12-13	(09) Mal - (10) Fem	(11) Mal - (12) Fem

Blue - Brown Belt

Ages	Kata	Jiyu Ippon Kumite	Jiyu Kumite
10-12	(13) Mal - (14) Fem	(15) Mal - (16) Fem	(17) Mal - (18) Fem
13-14	(19) Mal - (20) Fem	(21) Mal - (22) Fem	(23) Mal - (24) Fem
15-17	(25) Mal - (26) Fem	(27) Mal - (28) Fem	(29) Mal - (30) Fem

Black Belt

Ages	Kata	Jiyu Kumite
11-12	(31) Mal - (32) Fem	(33) Mal - (34) Fem
13-14	(35) Mal - (36) Fem	(37) Mal - (38) Fem
15-17	(39) Mal - (40) Fem	(41) Mal - (42) Fem
18-24	(43) Mal - (44) Fem	(45) Mal - (46) Fem
25-39	(47) Mal - (48) Fem	(49) Mal - (50) Fem
40-50	(51) Mal	(52) Mal
+51	(53) Mal	(54) Mal

(Teams)

Blue - Brown Belt

Ages	Team Kata	Team Jiyu Kumite
11-14	(55) Mal - (56) Fem - (57) Mix	(58) Mal - (59) Fem - (60) Mix
15-17	(61) Mal - (62) Fem - (63) Mix	(64) Mal - (65) Fem - (66) Mix

Black Belt

Ages	Team Kata	Team Jiyu Kumite
11-14	(67) Mal - (68) Fem - (69) Mix	(70) Mal - (71) Fem - (72) Mix
15-17	(73) Mal - (74) Fem - (75) Mix	(76) Mal - (77) Fem - (78) Mix
18-24	(79) Mal - (80) Fem - (81) Mix	(82) Mal - (83) Fem - (84) Mix
25-39	(85) Mal - (86) Fem - (87) Mix	(88) Mal - (89) Fem - (90) Mix
+ 40	(91) Mal - (92) Mix	(93) Mal - (94) Mix

**** The numbers into Brackets () are indicate the categorie's number**



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Competition rules :

. ALL COMPETITION WILL BE REGULATED BY JSKA OFFICIAL RULES

KATA INDIVIDUAL JUNIORS (kyu)

- Elimination (Heian Shodan to Heian sandan) up to 5^o kyu, flag system
- Elimination (Heian shodan to Tekki shodan) up to 1^o kyu, flag system
- Final (Best 4) Jiyu Kata competitor's choice, Point sistem

KATA INDIVIDUAL JUNIORS, SENIORS, VETERANS (dan)

- 1th Elimination until Best 16 (Heian Shodan to Tekki Shodan) , Flag system
- 2nd Round Best 16 to Best 4 (Bassai-dai, Jion, Empi, Kanku-dai), Flag system
- Final Best 4 (Jiyu kata including sentei kata) competitors' choice, point system

KATA TEAM

- Elimination to Final point sistem (Team of 3 people)

KUMITE INDIVIDUAL JUNIORS (kyu)

- Sanban Kumite: up to 5^o kyu, Elimination to Finals flag system (Draws are not allowed)
- Jiyu ippon Kumite: From 4^o kyu up to 1^o kyu Elimination to Finals flag system (Draws are not allowed)
- Jiyu Kumite: (Ippon shubo 2 minutes) From 4^o kyu up to 1^o kyu Elimination to Finals

KUMITE INDIVIDUAL JUNIORS, SENIORS, AND VETERANS (dan)

- Jiyu Kumite Juniors, Elimination to Final (Ippon shubo 2 minutes)
- Jiyu Kumite Seniors/veterans Elimination (Ippon shubo 2 minutes)
- Jiyu Kumite Seniors/veterans Final (3 minutes Sakki dori, Nihon kachi two ippon to win)

KUMITE TEAM JUNIORES, SENIORS, VETERANS (kyu/dan)

- Jiyu Kumite Ippon shubo (Team of 3 competitors + 1 reserve)

KUMITE TEAM MIXED (kyu/dan)

- Jiyu Kumite Ippon shubo, Team of 3 competitors (2 male + female)

**** All Kumite competitors must wear white gloves (1,5 cm thickness), groin protection (for the boys), chest protection (for the girls), and tooth protection .**



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Tecnical clarification :

KATA

- Both contestants will perform the nominated kata simultaneously and a winner will be determined by the referee's show of flags.
- Changes to the basic Shotokan Kata are not allowed .
- Unnatural breathing will be penalized .

SANBAN KUMITE

- Aka step back with right leg in to basic gedan-barai kamaete, attacks (Giodan, Ciudan, Maegeri) Shiro defends (age- uke, soto- uke, gedan - barai) with a ghiacu-zuchi counter attack.
- Evaluation of this kumite will be based on form similar to kata events, plus mastery of distance;
- Effectiveness of defense and offensive techniques will determine the winner.
- Basic techniques will receive more credit.
- The winner will be determined by the judges shows of flags, (draws are not allowed).

JIYU-IPPON KUMITE

- Both fighters step forward into jiu-kamaete. Aka will nominate each attack (jodan, chudan, mae-geri, yoko-geri and mawashi-geri) Shiro will defend and counter attack with any technique. Shiro must now nominate and attack (jodan, chudan, mae-geri, yoko-geri, mawashi-geri), must follow in same fashion as Aka.
- No variations of the sequence will be allowed. Evaluation of this kumite will be based on mastery of timing and distance;
- Effectiveness of defense and offensive techniques will determine the winner.
- Basic techniques will receive more credit .
- The winner will be determined by the judges shows of flags, (draws are not allowed).

OTHER MATTERS

- Refereeing of above mentioned kumite will be the same maner of jiyu kumite .
- Officially appointed doctors and staff will be present to administer first aid.
- The doctors retain the authority to decide if any injured contestant can continue or should withdraw from the event;
- Each contestant must carry their own healthcare and is responsible for his/her own healthcare.
- The event organizers, staff and Jska-Italy and Jska-Japan, will not accept any responsibility for injury, loss of personal affects, illness or other situation out of their control .



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Registration Dates and Details :

In order to ensure a more simple and proper organization in the registration and payment, the Organizing Committee has thus decided:

P re-registration Time

Pre-registration A (From January 2013 till June 2013 . It is sufficient to have the numbers of participants without their details)

10 % discount on packages fee

Pre-registration B (From July 2013 till December 2013. It is sufficient to have the numbers of participants without their details)

5% discount on packages fee

Definitive registration Time

The definitive registration must be sent no later than 15 March 2014
(With all details of participants, name, category kata/kumite, etc...)

Limit of important dates

Partecipation letter: 30th June 2013

Pre-registration A : 30th June 2013

Pre-registration B : 31th December 2013

Definitive registration: 15th March 2014

It is absolutely imperative that the above mentioned dates be respected in order to guarantee admission to the championship

The Accomodation Details :

- **Package 1**, accomodation in high quality hotels (**4 Star and 3 star Hotel**), for five nights (Wednesday, Thursday, Friday, Saturday, Sunday)
- **Package 2**, accomodation in high quality hotels (**4 Star and 3 star Hotel**), for four nights (Thursday, Friday, Saturday, Sunday)
- **Package 3**, accomodation in high quality hotels (**4 Star and 3 star Hotel**), for three nights (Friday, Saturday, Sunday)
- **Package 4**, accomodation in high quality hotels (**4 Star and 3 star Hotel**), for Accompanying people

The packages include :

- All Trasport from the hotels to arena and arena to hotels
- Bed and all the meals (breakfast, lunch, dinner and soft drink)
- Master's Course Directed by Abe Sensei and Shihankai's Senseis
- Referee Course Directed by Abe sensei
- Free registration in the competition (kata and kumite/individuale and teams) .

Package 1

- This option is appropriate to those who arrive Wednesday p.m. and leave on Monday.

Package 2

- This option is appropriate to those who arrive Thursday p.m. and leave on Monday.

Package 3

- This option is appropriate to those who arrive Friday p.m. and leave on Monday.

Package 4

- The accomodation for family and accompanying people .

Packages Fee :

- **P 1 : € 680**
- **P 2 : € 580**
- **P 3 : € 480**
- **P 4 : 20% Discount in any (P 1 - P 2 - P 3) - Children under 4 years are free**

Family /accompanying people

All accompanying people or family members will follow the requirements and conditions as laid out for the delegates/competitors. These will include;

- The accompanying people must register their relationship with the competitors and must be listed in the **Form A** and in the **Form E** with their name and the competitor (name, age and rank) .

Hotel accomodation

Stipulated rooms are twin-bed rooms, double rooms or triple rooms. A single room has an increased cost of € 15,00 a night.

P.S.

In hotel accomodation will first occupy all the 4 star hotel rooms, and then the 3 star hotel rooms .

- The expenses not included in the package are considered extra costs; therefore, these will not be the responsibility of event organizers or Jska - Italy or Jska - Japan.
- Registration payment must be paid in advance, in full and proof of payment sent to Jska -Italy together with all application forms (pre/or definitive registration), otherwise the registration will not be considered.
- Please note that the payments are non-refundable.



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The payments :

The fees must be paid and submitted together with the application forms pre /or definitive registration date (see pag.16 ; the limit of registration time) and must include a copy of transfer of payments to Jska - Italy, otherwise the registration will not be considered.
Please note that the payments are non-refundable .

Please transfer the money to the account indicated below:

ACCOUNT NAME: **a.s.d. Jska - Fuskai Fujiyama**

SECRETARY ADDRESS: **viale C. Dentato , 9 - 05100 Terni - Italy**

BANK: **Unicredit Bank**

ACCOUNT NUMBER: **102122626**

IBAN: **IT 44 S 02008 14413 000102122626**

BIC/SWIFT: **UNCRITM1J96**



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CHAMPIONSHIP'S FORMS

A / B / C / D / E



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FORM A

Letter of the participating delegations

Country _____
Organization _____

Number of participants

Athletes _____
Referees _____
Supporters _____
Family _____
Total _____

Contacts

Head of Delegation _____
Head of Organization _____
Secretary _____

Mobile Number _____
Telephone Number _____
Fax Number _____

E-mail _____
Signature _____



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FORM B

Details of Travel

Country _____
Organization _____

Arrival Information

Plane

Arrival Date _____ Time _____
Airport _____ Flight Number _____
Airline _____ Number of persons _____

Train

Arrival Date _____ Time _____
Station _____ Number of persons _____

Departure Information

Plane

Departure Date _____ Time _____
Airport _____ Flight Number _____
Airline _____ Number of persons _____

Train

Departure Date _____ Time _____
Station _____ Number of persons _____

Head of Organization _____
Signature _____
Date _____

**** For more information about update time of train /bus for arrival in or departure from Terni, please
contact our website www.jska.it or our e-mail taghva@jska.it from January of 2014 .**



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FORM C

Athletes list

Country _____
Organization _____

Athletes	Name	Passport Number	Rank	Age
1	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
8	_____	_____	_____	_____
9	_____	_____	_____	_____
10	_____	_____	_____	_____
11	_____	_____	_____	_____
12	_____	_____	_____	_____
13	_____	_____	_____	_____
14	_____	_____	_____	_____
15	_____	_____	_____	_____
16	_____	_____	_____	_____
17	_____	_____	_____	_____
18	_____	_____	_____	_____
19	_____	_____	_____	_____
20	_____	_____	_____	_____
21	_____	_____	_____	_____
22	_____	_____	_____	_____
23	_____	_____	_____	_____
24	_____	_____	_____	_____
25	_____	_____	_____	_____
26	_____	_____	_____	_____
27	_____	_____	_____	_____
28	_____	_____	_____	_____
29	_____	_____	_____	_____
30	_____	_____	_____	_____



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FORM D

Officials,Referees and Table Officials

Country _____
Organization _____

Officials,Referees and Judges	Name	Rank	Date of birth
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
9	_____	_____	_____
10	_____	_____	_____
11	_____	_____	_____
12	_____	_____	_____
13	_____	_____	_____
14	_____	_____	_____
15	_____	_____	_____

Table Officials	Name	Rank	Date of birth
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
9	_____	_____	_____
10	_____	_____	_____

Date _____
Signature of Coach _____



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FORM E

Accompanying people

Country _____
Organization _____

P N°	Accompanying Name , surname		Accompanied Name	Age	Rank
_____	_____	Competitor	_____	_____	_____
_____	_____	Referee	_____	_____	_____
		official	_____	_____	_____
P N°	Accompanying Name , surname		Accompanied Name	Age	Rank
_____	_____	Competitor	_____	_____	_____
_____	_____	Referee	_____	_____	_____
		official	_____	_____	_____
P N°	Accompanying Name , surname		Accompanied Name	Age	Rank
_____	_____	Competitor	_____	_____	_____
_____	_____	Referee	_____	_____	_____
		official	_____	_____	_____
P N°	Accompanying Name , surname		Accompanied Name	Age	Rank
_____	_____	Competitor	_____	_____	_____
_____	_____	Referee	_____	_____	_____
		official	_____	_____	_____
P N°	Accompanying Name , surname		Accompanied Name	Age	Rank
_____	_____	Competitor	_____	_____	_____
_____	_____	Referee	_____	_____	_____
		official	_____	_____	_____
P N°	Accompanying Name , surname		Accompanied Name	Age	Rank
_____	_____	Competitor	_____	_____	_____
_____	_____	Referee	_____	_____	_____
		official	_____	_____	_____



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KATA REGISTRATIONS



7th Jska World Karate Championship
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Kata Individual Juniors
Orange - Green Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
7 - 9	_____	_____	_____
(1)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
10 - 11	_____	_____	_____
(5)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
12 -13	_____	_____	_____
(9)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

7 - 9	_____	_____	_____
(2)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
10 -11	_____	_____	_____
(6)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
12 -13	_____	_____	_____
(10)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

**** The numbers into brackets () indicate the category number**



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Kata Individual Juniors
Blue - Brown Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
10 -12	_____	_____	_____
(13)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(19)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(25)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

10 -12	_____	_____	_____
(14)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(20)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(26)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



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Kata Individual Juniors
Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
11-12	_____	_____	_____
(31)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(35)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(39)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Female/ Age			
11-12	_____	_____	_____
(32)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(36)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(40)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Kata Individual Seniors and Veterans
Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
18 -24	_____	_____	_____
(43)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 - 39	_____	_____	_____
(47)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
40 -50	_____	_____	_____
(51)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
+ 51	_____	_____	_____
(53)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

18 - 24	_____	_____	_____
(44)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 - 39	_____	_____	_____
(48)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Kata Team Juniors

Blue - Brown Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
11-14	_____	_____	_____
(55)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(61)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Female/ Age			
11-14	_____	_____	_____
(56)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(62)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Mixed/ Age			
11-14	_____	_____	_____
(57)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(63)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Kata Team Juniors

Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
11-14	_____	_____	_____
(67)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(73)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Female/ Age			
11-14	_____	_____	_____
(68)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(74)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Mixed/ Age			
11-14	_____	_____	_____
(69)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(75)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Kata Team Seniors

Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
18 -24	_____	_____	_____
(79)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 - 39	_____	_____	_____
(85)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Female/ Age			
18 -24	_____	_____	_____
(80)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 -39	_____	_____	_____
(86)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Mixed/ Age			
18 -24	_____	_____	_____
(81)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 - 39	_____	_____	_____
(87)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Kata Team Veterans

Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
+ 40	_____	_____	_____
(91)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Mixed/ Age

+ 40	_____	_____	_____
(92)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



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KUMITE REGISTRATIONS



7th Jska World Karate Championship
Terni - Italy

Sanbon Kumite Individual Juniors
Orange - Green Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
7- 9	_____	_____	_____
(03)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
10 -11	_____	_____	_____
(07)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
12-13	_____	_____	_____
(11)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Female/ Age			
7- 9	_____	_____	_____
(04)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
10 -11	_____	_____	_____
(08)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
12-13	_____	_____	_____
(12)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Jiyu Ippon Kumite Individual Juniors
Blue - Brown Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
10 -12	_____	_____	_____
(15)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(21)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(27)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

10 -12	_____	_____	_____
(16)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(22)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(28)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Jiyu Kumite Individual Juniors
Blue - Brown Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
10 -12	_____	_____	_____
(17)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(23)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(29)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

10 -12	_____	_____	_____
(18)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(24)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(30)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Jiyu Kumite Individual Juniors
Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
11-12	_____	_____	_____
(33)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(37)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(41)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

11-12	_____	_____	_____
(34)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
13 -14	_____	_____	_____
(38)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(42)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

**Jiyu Kumite Individual Seniors and Veterans
Black Belts**

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
18 -24	_____	_____	_____
(45)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 -39	_____	_____	_____
(49)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
40 -50	_____	_____	_____
(52)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
+ 51	_____	_____	_____
(54)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

18 -24	_____	_____	_____
(46)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 -39	_____	_____	_____
(50)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Jiyu Kumite Team Juniors

Blue - Brown Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
11-14	_____	_____	_____
(58)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(64)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Female/ Age			
11-14	_____	_____	_____
(59)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(65)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Mixed/ Age			
11-14	_____	_____	_____
(60)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
15 -17	_____	_____	_____
(66)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Jiyu Kumite Team Juniors

Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
----------	------	------	---------------

11-14 (70)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

15 -17 (76)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Female/ Age

11-14 (71)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

15 -17 (77)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Mixed/ Age

11-14 (72)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

15 -17 (78)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Jiyu Kumite Team Seniors
Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
18 - 24	_____	_____	_____
(82)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 - 39	_____	_____	_____
(88)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Female/ Age			
18 - 24	_____	_____	_____
(83)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 - 39	_____	_____	_____
(89)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Mixed/ Age			
18 - 24	_____	_____	_____
(84)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
25 - 39	_____	_____	_____
(90)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



7th Jska World Karate Championship
Terni - Italy

Jiyu Kumite Team Veterans

Black Belts

Country _____
Organization _____

Male/Age	Name	Rank	Date of birth
+ 40	_____	_____	_____
(93)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Mixed/ Age

+ 40	_____	_____	_____
(94)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____



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**THE JSKA-ITALY
THANKS**



7th Jska World Karate Championship
Terni - Italy



The Jska shihankai's senseis that were present in Portugal world 2010 from left: Pretorius S., Naito T., Muller H., Nagaki M., Vilaca P., Abe K., Taghva K., Flindt D.

The Jska-Italy thanks all the technicians, referees, athletes and accompanying people who will participate in the 7th World Championship and who will support us in this event.

We thank :

The Mayor of the City in Terni, Sen. Leopoldo Di Girolamo

the Councillor for Sport in the City of Terni, Mr. Renato Bartolini

the Councillor for Tourism in the City of Terni, Mr. Roberto Fabrini

the Councillor for Sport in the Province of Umbria, Mr. Filippo Beco

the Councillor for the Budget in the Province of Umbria, Dr. Vittorio Piacenti Ubaldi

the Councillor for Sport in the Region of Umbria, Dr. Fabrizio Bracco

the National Director of Sport Promotion Aics - Coni, Dr. Ciro Turco

We also thank :

All karate friends and great technician of the Jska World :

Sensei Abe Keigo	9 th Dan World Jska chief Instructor
Sensei Nagaki Mizuno	8 th Dan Assistant chief instructor
Sensei Flindt Dieter	7 th Dan Chief Instructor of Germany
Sensei Vilaça Pinto	7 th Dan Chief instructor of Portugal
Sensei Behrami Mohmed	7 th Dan Chief Instructor of Iran
Sensei Mueller Hans	7 th Dan Chief Instructor of Switzerland
Sensei Pretorius Soon	7 th Dan Chief Instructor of South Africa
Sensei Naito Takashi	6 th Dan Administration Director of Jska
Sensei Dranik Alexandr	6 th Dan Chief Instructor of Russia

Thanks to all the Jska Italian technical staff ,who has followed us for years and has demonstrated constant professionalism, spirit of sacrifice, skills and reliability.

Thanks to all the sponsors who helped to make our great event and for giving everyone an opportunity .

Thanks to all the journalists and the local television stations.

Thanks to all the staff who helped us in facilitating our event .

**See you at the next Jska World Karate Championship
in Swizerland 2016 !**

Oss !!
Taghva Khosro



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Terni - Italy

TURISTIC INFORMATION



7th Jska World Karate Championship
Terni - Italy

Terni, a city of 112,589 inhabitants, is the capital of the central Italian province of the same name. It is situated in the ancient heart of that province, in a wide valley of the Apennines formed by the river Nera. A modern city and one of the most industrialized in Italy, it was largely rebuilt after the destruction suffered in the last world war.

Terni is also known as the “City of Lovers”, because of Bishop (Saint) Valentine, whose remains rest in a sanctuary there. Valentino da Interamna (born Interamna Nahars 176 – died Rome 273) is one of the most famous martyrs of Christianity and patron saint of Terni.

According to tradition, his martyrdom was because he conducted the marriage ceremony of a Christian girl with a pagan Roman soldier, forbidden by law.

But above all, St. Valentine refused to recant his faith and openly tried to convert Roman emperors from Claudio the Goth to Aurelian. Because of this history, no one in Terni is indifferent to the date of February 14.



Terni Palazzo Spada



Terni Duomo

Piazza della Repubblica, along with Piazza Solferino and Piazza Europa, are the center of the city. Palazzo del Podestà is located in piazza della repubblica and was reconstructed in Neo-Renaissance style in 1878 as the town hall. The Church of St. Peter Trivium, from the 14th century, contains frescoes by the Umbrian and Tuscan schools of 1400's and 1500's. Adjoining the church is a cloister from the 1300's, largely rebuilt in the 1500's. Palazzo Carrara, near St. Peter's, is the seat of the civic library and an interesting reconstruction of late-medieval Carraran buildings.



Palazzo Provincia



Terni Chiesa San Francesco

The Cathedral (il Duomo) was rebuilt in the 17th century but retains, under the portico that precedes it, a beautiful Romanesque portal with reliefs (12th century) and a second Gothic portal. The Civic Museums are housed in Terni in the palazzo Fabrizi, which reassembles facades of factories from the 1700's. The archaeological collection includes a necropolis from the Iron Age, ancient Roman and medieval inscriptions. The municipal art gallery contains religious works dating from the 14th to the 18th centuries, such as those of Nicholas Alunno, Francesco Melanzio, Domenico Alfani, Arrigo Fiammingo, Benozzo Gozzoli, the triptych "Madonna and Two Saints" by the Master of the Dormitio of Terni, the triptych "Madonna Enthroned with Saints" by Matteo d'Amelia, as well as works by modern artists (Sassu, Miro, Carra, Picasso, Campigli, Severini and painters of the Ternana School, of group of artists working in Terni, 1930-40.



Terni Anfiteatro Romano



Terni Piazza Tacito

Terni's surroundings inspire admiration and awe. Just outside the city, **Marmore Falls** is the highest in Europe, plunging nearly 165 meters in three cascades and creating a fantastic effect of light and sound. Since 1998, the waterfall has been illuminated at night, offering a spectacle that shouldn't be missed. A well-equipped and large park surrounds the Falls, and nearby restaurants allow one to spend pleasant hours among one of the natural highlights of Italy.



Waterfalls Marmore



Waterfalls Marmore Italian flag for the 150th anniversary of the Italy unification

San Gemini, an original pre-Roman town called Casventum in Roman times, took on the present name in the 9th century, when a monk called Gemine from Syria began to preach there, instructing and doing so much good that the town became known as the city of "St. Gemine". Enjoying the favour of the Papal State, it became a township, and representing a road junction of vital importance for communication with Rome and the north. The town became a primary center of culture, art and religion. The abbeys of St. Nicholas and St. Gemine, now a cathedral, the churches of St. John with its antique baptistery of the 8th century and of St. Francis (13th century), as well as the Palace of the Citizen's Captain and the mighty city walls, which largely still exist, testify to this fact. The Square of St. Francis, which is the town's largest square, is dominated by the turreted mole of Canova Palace, testimony of the great sculptor's long stay at San Gemini. Numerous other historical remains such as the quiet chapel of St. Mary de Incertis and the churches of St. Mary Magdalen and St. Steven, and architectonic beauties such as mighty towers, tower-houses, steps, arcades, bastions, sustaining small bridges and austere buildings, added to the proximity to the beautiful Roman city of [Carsulae](#) and to the Baths whose mineral waters take the town's name, all contribute to make San Gemini a jewel which makes the visitor, who passes within its small lanes and gradually discovers its various facettes, marvel and filled with admiration. The historical event "Giostra dell'Arme" is the most important manifestation in the town and must absolutely be mentioned.



The Fossil Forest of Dunarobba and Avigliano has been brought to light through work begun 70 years ago and still is unfinished. The trees belong to a species of giant sequoia present in Italy more than a million years ago (in the ancient Quaternary). The forest is unique because the fossilized trees are upright and not horizontal as in other fossil forests, which are rare in general. This verticality fuels the experts' theory that a flood submerged living trees, keeping them as they were in their era. The dimensions of the remains of these trees are imposing: 1.5 meters in diameter and between 5 and 10 meters in height.



Carsulae, an ancient Roman town built along the Via Flaminia, was abandoned in ancient times because a major landslide made it necessary to move this important consular road. Located between Terni and San Gemini, this interesting archaeological site has not yet been fully excavated. However, important structures are already apparent, including the forum with the remains of the basilica and two twin temples, the theater and amphitheater, both fairly well preserved. Finally, located beyond the remarkable arch of San Damiano are ancient tombs and the beautiful medieval church of San Damiano, which was built with archaeological materials found in the area.



Perugia (164,782 inhabitants) is the capitol of the region of Umbria and of the province of the same name. A city of high artistic and historical interest (National Gallery, Archaeological Museum and Cathedral), it was an ancient center controlling the two main roads between northern and central Italy and between the Adriatic and Tyrrhenian Seas. Two main periods are of historical interest, the Etruscan and medieval (proto-Renaissance to 1500). The oldest surviving remains of walls, arches and underground structures are Etruscan. Beginning in the 6th century, BC, they built a city on two hills, Colle Landon, now Piazza Italia, and Colle del Sole, connected by a high valley, now Corso Vannucci – Piazza IV Novembre. The medieval period is represented by imposing civic and religious buildings (Temple of St. Michael, St. Peter's Basilica, the church of St. Francis, the Cathedral, Palazzo dei Priori, the Collegio del Cambio, and the church of San Bernardino). Throughout the city, one can experience this period through the same urban plan of narrow alleys and rough buildings. The strong and severe city is softened by the smile of nature, the bright visions of the Tiber valley, and by the grace of its 15th century painters (B. Bonfigli, the Caporali, Fiorenzo di Lorenzo, etc.) Among these is *Pinturicchino* and *il Perugino*, the sublime master Raphael, who left his fresco in the Oratory Church of St. Severo. In summer and fall, the city hosts major cultural events: Umbrian Jazz (July), the International Festival of Animated Figures (August – September), the Umbrian Music Festival (September), Perugia Classic (September) and Eurochocolate (October). The city center is accessible by escalators and elevators connecting the historic center with the parking garage and Piazza Partigiani, site of the regional and inter-regional bus terminal. From this Piazza, situated next to the complex of Santa Giuliana, a daily migration of tourists and inhabitants rises upwards on the mobile stairs through the subterranean passages of the ruins of the papal fort, Rocca Paolina, to Piazza Italia.



Assisi, was originally inhabited by the Umbrians, a Latin-speaking tribe, but subsequently the city was under the authority of the Etruscans and the Romans. Among the testimonies to the latter influence are the façade of the Temple of Minerva, the remains of the forum, the Roman wall and the amphitheater. After the fall of the Roman city, around 545, first the Goths and then the Lombards took control of Assisi. It was not until the year 1000 that the city became an independent municipality and, during this period, it experienced an extraordinary development mainly due to monastic movements (especially the Benedictines). St. Francis, the most famous citizen of Assisi, was born in 1181 and in 1202, during a war with neighboring Perugia, he was taken prisoner and held for over a year. In 1206, in the public square of Assisi, Francis gave up all the assets he inherited from his wealthy father and dedicated himself to Christ through service and assistance to the poor, living as they did. In 1228, just two years after his death, Francis was canonized by Pope Gregory IX. From 1200 to 1500, the city was constantly torn by internal disputes between the factions of the De Sopra Gate and the De Sotto Gate. During this period, it was a dominion tied to lordships like that of Gian Galeazzo Visconti, as well as the families Montefeltro, Braccio and Sforza Fortinbras. This period lasted until the mid-sixteenth century, when Umbria was conquered by Pope Paul III, builder of the famous Rocca Paolina in Perugia. From 1500 until 1860, the city was an integral component of the Papal States. In the 19th century, Assisi joined the nascent Italian state, along with other Umbrian cities.



Nestling at the foot of Mount Ingino, **Gubbio** is one of the oldest cities in Umbria, extremely well preserved throughout the centuries and rich with monuments bearing witness to its glorious past. Confirming its ancient origins are the carved-stone Tablets of Gubbio, one of the most important written works of the early period, and the Roman theater just outside the walls. Dominated from above by the Basilica of St. Ubaldo, which houses the uncorrupted remains of its patron saint, Gubbio is home to architectural masterpieces that recall and symbolize the power of this medieval city-state. At the beginning of the 14th century, a superb city complex was formed by the Palazzo dei Consoli, which became the symbol of Gubbio, and by the Cabinet and the Praetorian Palace Square. Other heritage buildings include the Bargello with its famous fountain, the Capitano del Popolo, and the pure lines of the Renaissance Ducal Palace of Francesco Giorgio Martini. The latter testifies to the importance of the period under the rule of the duchy of Montefeltro, of which Assisi was an integral part. Of great interest are the Cathedral (12th century), the church of Santa Maria Nuova (inside which you can admire the Madonna del Belvedere, painted by Ottaviano Nelli in 1413), the church and convent of St. Augustine (13th century) with more Nelli frescoes inside, the church and convent of St. Francis (13th century), the church of St. John (12th century), characterized by the façade and Romanesque bell tower, the churches of St. Peter, expanded in 1505, and of St. Dominic, expanded in the 14th century. Among the most important events taking place in Gubbio are the Corsa del Ceri and the re-enactment of the Palio della Balestra 2011. The biggest Christmas tree in the world is constructed on the slopes of Mount Ingino, overlooking the city. Made of 800 lights of different colors, linked by 8,500 meters of electric cables, the tree produces a wonderful effect. It was recognized by Guinness World Records in 1991 as the world's largest Christmas tree. This holiday extravaganza can be seen every year from December 7th through the Christmas season until January 10th, between the hours of 19.00 and 20.00.



There are various suppositions about the origins of **Todi**, but one legend tells that the town was built by the “Veii Umbri”, inhabitants of the valley of the Tiber River. As they began to build the town on the banks of the river, an eagle seized the tablecloth where people were eating and dropped it on top of the hill. They considered that a mystical sign and constructed the town there. The origin of the name “Todi” is also mysterious, but many think that it derives from the name “Tutere”, which means “boundaries”, and in fact, Todi dominates the Tiber valley and the border of the ancient territory of the Etruscans. In truth, historical research shows that Todi was built by the Etruscans between the 3rd and 1st centuries, B.C. During this period, the first large city walls were also constructed. In the 1st century, B.C., Todi became a Roman municipality. There are many remains of the Roman period, like the cisterns below the main square. In the Middle Ages, Todi was fortified like a castle and was dominated by powerful feudal lords such as the counts of Arnolfini and Montemarte and the Atti family. In 760, the Longobard king and Pope Paul I agreed that the borders of Todi territory were on the slopes of the Duchy of Spoleto. After 1000, Todi grew prosperous, and commercial activities and crafts flourished again. Todi became a free city-state from the beginning of the 12th century. Jacopone, one of Todi’s most illustrious citizens, was born to a noble family in 1236. Having been an important practitioner of the law, he experienced an episode of madness at age 32. When he regained his faculties, he committed to a life of poverty and monasticism. In the literary works of Jacopone, a major theme is the sense of separation between the human condition and the figure of God. Beginning in the 14th century, Todi went through a period of decline. Later, thanks to Bishop Angelo Cesi, the town began to flourish again. Under his guidance and inspiration, many important urban and architectural works were constructed, including the Fontana della Rua o Cesia, the Church of the Crucifix, and the Temple of Consolation, built after his death.

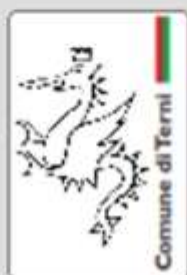


Tradition is the basis of **Umbrian cuisine**, using simple and natural ingredients. The undisputed star is undoubtedly the truffle, of which there are seven varieties, from the black truffle to the white, in a triumph of very special aromas and tastes. Little influenced by neighboring regions, Umbrian cuisine is based mainly on meat and produce, which are used in both grand occasions and daily meals. The simple cookery, with techniques not overly elaborate, preserves the flavors of the raw materials. The roots of Umbrian cuisine lie first in the ancient Umbrian civilization, enhanced by Roman influences, with frequent use of legumes and cereals. Typically, meat may be wild game from the hunt, processed pork, or salami, the latter particularly in the area of Norcia, hence the Italian word "norcino" to indicate the manufacturer and seller of sausages. Umbrian cooking cannot do without its extra virgin olive oil, famous throughout the world.



Notes:

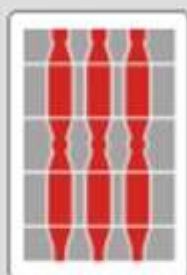
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Terni City Hall



Terni Province



Umbria Region



Coni



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