



Confirmed by the Ministry of Economic Development
Italian office patents transcription no.602017000014373
with protocol no. 186837

44/45 WJF / WJKO International Congress 1976 (24-26 September 2021)



The Jū Jitsu is an original Japanese martial art whose name derives from jū which means flexible, yielding, soft and jutsu (art, technique, practice) and was practiced by bushi (warriors lords). Jū Jitsu is the art of self-defence which bases its principles on the roots of the original Japanese saying *Hey yo shin kore do*, or "The soft wins the hard". The strength that is needed comes from the opponent itself; the more you try to hit hard the more force will backfire. The basic principle, therefore, lies in applying a certain technique in the very last instant of the attack suffered with softness and flexibility, so that the opponent does not see any defence and finds, in front of him, the void.

The Event and Congress will be held on Lake Iseo (BS) Lombardia Italy (24-26 September 2021), as a reminder of the great international resonance obtained by Christo's floating piers, for the launch of post-pandemic activities, the reactivation of social relations between the sports groups of our Federation and to give young people a stimulus to restart, both physically and mentally.

Below we list the modalities:

- 1- rediscovery of the inherent values in the spirit of Martial Arts, specifically respect, sharing, sociability, healthy competition and sharing
- 2 – The goal is to convey the values of the area and local beauties to all the delegations that will participate with a focus on local culture and traditions.
- 3 - Programme - On Friday a welcome drink will be organized in a location in Iseo with a lake view. Approximately 500 participants are expected with their companions; if possible, because of Covid, from at least 10/15 countries plus Australia / USA / Africa). It will continue with an opening ceremony in front of the authorities and a traditional dinner, to enhance the flavours of the territory, in a Franciacorta winery with music and folklore.



Head Quarter – Founder Office GENERAL SECRETARY WJF/WJKO 1976

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4 - Saturday morning stage for students, divided into practice areas, in order to learn Ju Jitsu from Masters of various nationalities - followed by a Mini Cruise on Lake Iseo with a visit to Monte Isola. There will be a Congress with an *aperitivo* with a “federal” dessert where the grade parchments will be delivered: Knights and level(dan), titles (denshi) in a Villa in the heart of Franciacorta with the Grand Gala accompanied by live music.

5 - On Sunday morning there will be Kata competitions that will be performed by skill demonstrations of bare hands, with single and pair weapons. Kick Jitsu competitions (Sebino Cup) open to children / adolescents and adults and the Psychology Seminar - methodologies for instructors and Masters to deepen and acquire skills in the psychomotor field, a toolbox of the Master, which finds the psychological aspect to strengthen ties with their current and future learners, to follow the International Congress, in the presence of the delegates of the various Associations, with analysis of the past season and the related problems due to Covid-19 and future projects for the dissemination of the Martial Art - Ju Jitsu. Delivery of honours, diplomas, parchments, competition awards and a traditional local bag containing a bottle of oil, one bottle of Franciacorta wine and a book of the area. In the afternoon visit to the Regional Park of the Pyramids of Zone and to the peat bog nature reserve of Sebino.

6 - Rediscovery of the territory and local culture - This section is dedicated to companions. There is the intention to involve the local *pro loco* (promotional agency) which will provide tourist guides and translators. While the activities for the companions will be organized the following trips will be organized: point 1) Guided tour of lake Iseo with its characteristic alleys, a city on the southern shore of the homonymous lake, where in the medieval centre there is the paved Piazza Giuseppe Garibaldi, surrounded by buildings with colonnades, including the 19th century Town Hall. The square also houses a statue of Giuseppe Garibaldi (1807/1882) and the Casa dei Palatini, whose exteriors are decorated with frescoes depicting knights. A former prison, the Arsenale dating back to the 13th century, is now home to a cultural centre. point 2) The train of flavours on the Sebino, where a catering with tasting of Franciacorta wines is planned, with two types of itinerary - a) Train of the Pitoti Camuni is an itinerary to discover the rock engravings of Valcamonica, for a dip in prehistory with arrival in Capo di Ponte and guided tour of the National Park of Rock Engravings of Naquane, Unesco heritage.

Then a guided tour of the Pieve di San Siro, a characteristic church located in the hamlet of Cemmo di Capo di Ponte, at 410 m a.s.l. The complex, which stands on a spur overlooking the Oglio river, can be reached via a staircase built in the thirties. B) Valle Camonica Roman itinerary in the name of the Roman history of Valle Camonica. Arrival in Civate Camuno and guided tour of the National Archaeological Museum continuing with the Archaeological Park of the Theater and Amphitheater and the historic centre of Civate Camuno. Point 3) Visit of the Bergamo town Lovere located on the north-western shore of Lake Iseo, perched on a hill and surrounded by walls. Inserted among the most beautiful villages in Italy, the village is a concentration of religious jewels such as the Basilica of Santa Maria and civilian ones such as the Civic Tower and the Alghisi. Point 4) Breathing



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techniques section, Qi Gong, in the post-pandemic psychological awakening to regain calm and self-confidence, self-defence techniques all to be carried out in a Franciacorta vineyard.

7 - Participants will be accommodated in local structures divided into different types, hotels, farmhouses, bed and breakfast and camping

8 - There is the intention to establish scholarships for deserving athletes and for international associations an expense fund to contribute to the trip, given the economic difficulties that this historical period has generated, giving the possibility to more groups to participate.

8 - Excursions for those staying beyond the convention: Guided tours in the Lombard cities with the most characteristic places, including Brescia, Bergamo, Milan, Mantova, Cremona, Lake of Garda and Como. Visit to Verona and Venice. Details will follow .

9 - Promotion of the event on the TV, local newspapers and social networks. Organization of transfers from airports (with minibuses / cars) and organization of the internal ones.

10 - Necessary material - Certificates of participation with EurEthICS ETSIA training credits valid for International Qualification according to the European Qualification Framework - Diploma of honour "hall of fame" - Plaque for groups, teachers, guests gold-silver-bronze - T-shirts and gadget - Print invitations, menus, names of people at the table - Flowers for the ladies - Cups / medals



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Convention / Congress (44/45th) 24-26 September 2021 Lake Iseo / Brescia

Under the high patronage of EurEthICS ETSIA – Official Partner of the European Week of Sport an initiative of the European Commission



PRELIMINARY PROGRAMME

Thursday 23 September 2021

Arrival at the hotel, free dinner (package A - 4 nights in the hotel)

Friday 24th September 2021

Arrival at the hotel (package B - 3 nights in the hotel)

Free lunch, 5pm Wjff / Wjko 1976 Congress meeting reserved for Bu / Cho Managers. Presentation and proposals for new federal offices

7.30 pm welcome drink and themed dinner.

Saturday 25th September

Arrival at the hotel (package C - 2 nights in hotel + package D - 1 night in hotel (only on Saturdays))

9.30 am seminar / dan grading

8.30pm / 9pm Gala dinner

Sunday 26th September

9.30 / 14 competitions



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Afternoon dedicated to tourist excursions
Departures or free evening

Monday 27th September
Departures

Airport: Milan (Orio Al serio), Brescia et Verona

Package A (from Thursday to Monday 4 nights) euro 650 per person (without seminar euro 550 per person)

Includes: Arrival on Thursday, 4 nights in a hotel in a double room with breakfast, themed dinner on Friday, gala dinner on Saturday, seminars on Saturday, transport not yet organized

Package B (from Friday to Monday 3 nights) euro 600 per person (without seminar euro 500 per person)

Includes: Arrival on Friday, 3 nights in a hotel in a double room with breakfast, themed dinner on Friday, gala dinner on Saturday, seminars on Saturday, transport not yet organized

Package C (Saturday to Monday - or Friday to Sunday - 2 nights) euro 450 per person (without seminar euro 350 per person)

Includes: Arrival on Saturday (or Friday), 2 nights in a hotel in a double room with breakfast, themed dinner on Friday, gala dinner on Saturday, seminars on Saturday, transport not yet organized

Package D (only on Saturday night in the Hotel) euro 380 per person (without seminar euro 280 per person)

Includes: Arrival on Saturday, 1 night in a hotel in a double room with breakfast, gala dinner on Saturday, seminars on Saturday, transport not yet decided



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