

With talent and posting...

from Guy Sahri ©

At a time when globalization impact of increasing our environment and our societies, between a virtual and unreal that I can no longer distinguish the struggle to reduce inequality between north and south is only beginning. How to resign when it sees surplus of one who is without limit, while most of others is not even satisfied... How should we admit all this while it is unacceptable. Mankind is aware of these facts, need to share the truth increases significantly. However I have traveled in countries plagued by poverty, in countries where communities are struggling to survive in places ravaged by war where all hope seems lost, suddenly, a balloon appears, made of plastic bags or newspaper is born and the hopes and dreams in which there is an irreversible process where you can still indulge in magic, the « *Sport* ». I believe in abundance but I finally discovered the rarity. Sport is everywhere in the world. It is still possible to travel by foot, horse or sailboat and learn to manage multiple facets of our size, to find who we really are, but we should not imagine that a man of brimming' energy projects, former member of Team France Karate rich charts to several international titles, is a survivor of a lost city in the world... Kill off shots is part of objectives of Hassan Fekkak. It is not from France but in region of Casablanca in Morocco, which he left at the age of eighteen to engage in Paris Management Studies. His skills lead him to highest level of practice. In the early 1990s, through campaigns to promote sport in the neighborhoods great challenges, champion discovers a universe, that of the suburbs. Integer and demanding, it does not satisfy these actions publicized sprinkling of good intent. Constantly battling and « *Get out war* » without borders it educates as well as possible approach of Karate and citizenship in this Martial Art is a vehicle for interpersonal and social values more than any other sport and physical activity. Indeed, practice of a Martial Art allows an awareness of concepts of respect, discipline, authority, punctuality and finally learning to life in society by internalizing the rules of « *living together* », live and accept others. Looking for another that is often different and sometimes filled with uncertainty. This is what Plato in The Republic appoints learning of citizenship after acquiring the basic « *read, write and describe* » and knowledge and know-how...

Hassan Fekkak is also the man of all changes when « *integration requires something more than words : work, training, accommodation* ». Graduate of the Ecole Supérieure de Commerce CNAM and the Ecole Supérieure de Commerce HEC in Coaching Management, Consultant International Business Coaching, 6th Dan FFKDA, National Technical Director of the Moroccan Royal Federation of Karate and Associated Disciplines – FRMKDA, founder of numerous organizations he has been recently rewarded for his faithful commitment, his career in French politics and the city. The insignia of « *Chevalier de l'Ordre Nationale du Mérite* » was awarded by President of the French Republic. As for technical side, he is responsible ago this year by putting up with the President of Moroccan Royal Federation of Karate and Associated Disciplines – FRMKDA, 6th World Junior and Cadet Karate Championships that will held in Rabat from 12 to 15 November 2009. The edition will lists no fewer than 100 countries. The last edition in 2007 held in Istanbul, Turkey, 90 countries had received. Recently at the press conference in Casablanca that large numbers of arrivals, was explained by the fact that Cadets and Juniors will be accompanied by their parents. This opens a new era in terms of responsibility is not only a fact, but also a value, value of our lives...

Guy Sahri: What puts Hassan Fekak ?

Hassan Fekak:

It's very simple... The love of life, the human being and that of our existence !...

« New fragrances, new faces... »

Guy Sahri: The fact of traveling through many countries did it more open about the difficulties we encounter in our society ?

Hassan Fekak:

The trip is a school of life. It is an open mind and a unique enrichment. I repeat a famous quote from Johann Wolfgang von Goethe : « He who knows to enjoy the moment, this is the wise man ». I try to live the journey through eyes of a child, amazed, every day reveals something new. When I go to a foreign country, I love noticing culture, lifestyle, new fragrances, new faces, a different environment, discover the world, discover what moves us closer. Somewhere the real journey is an adventure of discovery consists not in seeking new landscapes but in having new eyes. Do not travel with stereotypes or fixed gaze. You must have an open mind, just with a detachment, sensitivity and above all be attentive to everything that arises. It is a unique school of life... This encounter sharing and taste. We realize that every corner of the earth has its joys and its difficulties. It is an endless magic...

Guy Sahri: With its differences ?

Hassan Fekak:

(Laughters) Yes and with its differences...

« A tool to maintain the body, mind... »

Guy Sahri: With the many responsibilities you have you still have time to train ?

Hassan Fekak:

(Laughters) Yes... I take the time to train. In fact this is not a matter of time. People say « I do not have time to do this, do that », not « there » question. In my opinion the real question we should ask is a question of « priority ». The training is somehow a tool for maintaining the body, mind, emotions and regulates them. So regularly, even if I do not train over the same way as when I was younger, I practice Yoga, relaxation sessions of Stretching and breathing when I can, I take the time to practice my karate. In June, I prepared my 6th Dan with my brother Abdou and was pure bliss ! ...

« It was not always the right answers... »

Guy Sahri: You hold an important place in society as you develop educational projects both in assisting troubled youth in the social world of Elite Sport. How do you reconcile two activities ?

Hassan Fekak:

I cannot reconcile two activities; two are complementary in some way... In my life I had three courses. I had a first term that began with Karate with some results of Team France. At one time I participated in Morocco National Team in international competitions, also with UNAAK, which later became European Federation of Traditional Martial Arts – FEAMT with as representative Mr. Patrick Tamburini. Then I was World Champion FSKA in 1994 in Bournemouth, England with organization of Sensei Kenneth Funakoshi, 9th Dan, leader of Funakoshi Shotokan Karate Association – FSKA. It is a non-political organization with through World of Dojos whose philosophy is to promote goodwill while respecting principles and values of practicing Karate. We can therefore say that I played the

Elite Sports. This taught me many things as discipline, work, and confrontation with oneself, relationship with some success and relationship to fail. It is very important and rewarding... My diploma from Ecole Supérieure de Commerce enabled me to attend functions and Commercial Manager and team with my status as an Elite athlete and my sports scores, I was asked by the government French to intervene in problems of suburbs. At the time when I spoke to young people by telling them: « Make the Sports you will be better integrated », I immediately realized that I was lying to those young people ! Somewhere there is not enough to kick a ball or make a boxing glove to say it is I'm a champion I'm going out ! Young people especially need support from a roof, a solid education and especially highly regarded. So I turn 190° degrees and I am involved in an official and professional to be Education and Director of Educational Social Structure in support of these young people very difficult to reintegrate into our society. It must be emphasized that the lives of these young offenders is often characterized by painful personal stories, in a chaotic family. The lack of recognition and positive life plan isolates a child in a world of distrust of others. Without social cues or moral values, these young people are confronted with the harsh realities of survival, never acknowledging that their peers, more violent themselves. The only recognizable values in relation to each other are balance of power and submission. The only requirement is the satisfaction of immediate needs, whatever nature. In response I am inspired by high performance sport, Martial Art and it allowed me to hone my teaching and educational approach to these kids. Obviously it was not just because being Sport Educator and be Director of Social Structures require other qualities, other knowledge about oneself and it is also realizing that one has not always the right answers that we would have...

Guy Sahri: What are the difficulties you encountered ?

Hassan Fekkek:

In fact, I think it depends... In sport I have encountered many difficulties on several levels. I immediately realized that problems were an opportunity for progress and kicking back on itself. In middle of the education, I would say in management « educational », I encountered problems of stigmatization of persons in administration with a very passive compared to responses that were not adapted to situations troubled youth social... So we had, at times, fighting against mountains on administrative grounds delicate and sensitive and most believe with great conviction for more than just ideas and develop projects ! As I repeat often enough « whatever does not kill me strengthens »...

Guy Sahri: That you he enriched spiritually ?

Hassan Fekkek:

The spiritual aspect in this kind of case takes another dimension. Spirituality is something that is accessed much more slowly... On the spiritual level that allowed me to tame my ego and get back completely in question, relative to acceptance of social differences. It really learned meaning of life, liberty and fraternity...

« The duty of the well-being through Sport... »

Guy Sahri: To initiate and prevention are they essential in our society ?

Hassan Fekkek:

« Initiation to what and over what ? » Preventing yes... I would say it is indispensable. Better to « be safe than sorry ». And it's true that people who have great difficulties in their lives, consume-all will sleep medication to relax to be better. Finally if there was a preventive health and welfare the world would work much better. I think approach of Sport is an educational approach in relation to health through prevention and responsibility for the well-being. We must inform people in a process or other world works for commercial and excessive consumption. For this we have the right and duty to teach

wellness through Sport and Martial Arts, empower practitioners on their way to be. That is also preventing my humble opinion...

« An intellectual distinction between sacred ritual... »

Guy Sahri: How through Sport do you manage to reintegrate these young people and give them a taste of work ?

Hassan Fekkak:

In some ways it's very simple... Sport can be rules, framework and most of these young people who commit acts of delinquency are young people who have not known or who do not part of the Company. In Sport, we set the framework in making them aware that there are rules, ethics, and not a pre-conditioning. They said they can understand difficulties, overcome them and begin to better accountability in relation to itself. By sharing and respect I transpose these elements to the parallel between our lives and our suffering and I am the wonderful example of Martial Arts where there are many rituals. Rituals are an integral part of human experience. They are now reported because they are linked exclusively to religious experience and its excesses, but if you take the ritual, it is actually not limited to traditional spiritual practice. It may possibly make an intellectual distinction between sacred ritual and secular ritual, but this division does not reflect the essential aspect of this phenomenon : human being needs the ritual in his life, whatever the label that he appends to save face... Unfortunately it disappears more and more in our society for some time. The fact of ritualized work with these young people that leads them gradually to create a package to impose a framework structure that respects everyone and it helps to address elements they did not know before and to share with thoroughness and courtesy to achieve an objective. This may seem small but I think if we give importance to these young people if we can bring these young troubled look friendly, support, friendship, we can achieve outstanding results, really exceptional !...

« The challenge was to establish reliable records... »

Guy Sahri: 1 year ago about you just been appointed National Technical Director of the Moroccan Royal Federation of Karate and Associated Disciplines – FRMKDA. What did you Difficulties encountered in organizing the 6th World Junior and Cadet Karate Championships ?

Hassan Fekkak:

Frankly I would not call it difficult. I would rather an ambitious and madness ! It's a joy ! On a daily basis is not easy with complications that it requires, but it is a joy unparalleled... I also stated that I am not alone in organizing the World Championships, there is a whole team, the President Mr. Mohamed Mouktabil which invests heavily in that organization and answered questions from audience of journalists on the preparation. Putting green elements of the Moroccan National Team, selection methods, the psychological preparation of young Karateka, premiums and amounts allocated for the preparation takes place in optimal conditions. All the technical aspect was scrutinized. Nevertheless Morocco had never before hosted a championship of this magnitude. It took form teams with a communication structure entirely new with Clubs, Leagues. The « challenge » was also appointed officials' at all levels, developing athletes and implement a « staff » technique and organization. There are more than 70.000 practitioners of Karate in the kingdom. What makes our discipline among the first sports practiced in Morocco. The World Championship is an opportunity to show the world economic development and urban Morocco and ability to host events of international dimension. It is a very ambitious project and fun to make...

Guy Sahri: This difficulty did her helped better identify real problems that occur during preparation of such events ?

Hassan Fekkak:

Yes because it allowed us to bring us closer to each other to better understand difficulties and needs of each while having a more realistic approach to our problems. This allowed us to better structure enabling the Federation to obtain grants from the Moroccan Ministry of Youth and Sports, the Wilaya of Rabat and the Office of Tourism. Karate in Morocco is not as publicized as Football, Tennis. Our wish is to see the present Karatekas Olympics someday. We also wish to give to an educational event for young adolescents. In karate there is not enough sponsors, so there has been from our President substantive work with a very important communication very sharp and realistic marketing emphasis from Companies on educational aspect in letting them know, in explaining origin and functioning of Karate. The challenge was to establish reliable records showing them on a large scale that Karate could bring in terms of image and impact in relation to media. Thank God it worked ! What I remember is that this is an ambitious project that brings much happiness since it is a project that is based on the exchange of cultures and peoples through the practice. This gives us much joy and pleasure...

« If I agree to be in the system... »

Guy Sahri: In 2007, Quebec, a young girl was expelled from a Soccer tournament for refusing to remove her Islamic veil, it has created a major controversy in Sports world. For Beijing Olympics a young Iranian, Champion Taekwondo, wearing the veil and been granted a bonus, the helmet. To this end the Olympic Charter clearly states in its Article 51 that « any kind of political propaganda, religious or racial grounds is allowed on an Olympic place ». Do you believe in global events, question of the veil « hijab » in Karate should remain within framework of individual freedom, as long as it does not harm the safety, or general values prevailing in society ?

Hassan Fekkak:

For my part, I think it's a false debate. It may take a sample from France and Morocco, where I returned to live and where we have more freedom of behavior, each does what he wants since he respects others. The woman who wants to put the veil, « hijab » or the woman who does not want to put the veil, nobody blamed him. We must respect everyone's freedom. By cons in relation to this question is that the image of freedom and rights of women are called into doubt ? I think that from moment it is a personal choice and not imposed, the person is free to do what she wants. If it is imposed it becomes dangerous... The most important is the freedom to choose. In sport, young women of Moroccan National Team Karate I say that we should not fight with the veil, why ? Just because the rules of World Karate Federation – WKF is very clear. It requires us carefully to fight without the veil, « hijab », and fight with equality and parity in competition. Obviously this is not I who established the Global Regulation. I have no power or ability to change it in any case I am obliged to abide by trying to apply the best way. If I agree to be in the system that I must accept the rules. The Regulations are made for all. Personally I have noticed that in some competitions of athletes wearing the « hijab » does not fight at all in the same way than when they were not...

Guy Sahri: Why ?

Hassan Fekkak:

I do not know... I still have not discovered why, but I noticed that when fighting with the « hijab » are less combative; less confident, more reserved than when they are not, it's unbelievable ! It is a personal look. Warning I absolutely does not judge anyone ! Now if there are safety issues in relation to the veil and in relation to propaganda, I am repeating myself, but for me it's a false debate... When

one wants to Sport ago outfits Sport, there are rules, we have the right and duty to comply otherwise it would be anarchy...

Guy Sahri: The wearing of the veil « hijab » is not dangerous in crashes during trauma to the face even with the new Regulations in 2009 ?

Hassan Fekkek:

Yes it may be because it happens that some athletes are sometimes hairpins and misplaced during a technology a little too high and too strong on the head it can cause bleeding. Even at the level of vigilance we are in a Sport « Contact » and sometimes the veil, « hijab » may be dangerous to athlete who may have to adjust and may even, in a fit of projection or defending choke. Create a struggle and has no meaning. In some competitions I've seen athletes lose their veils, « hijab » and fight blind for a few seconds. It's dangerous. Anyway, there are no scientific studies that prove otherwise...

« There will naturally... »

Guy Sahri: Sport promotes gender equality and women's rights, do not you fear some tension or misunderstanding of some participating nations ?

Hassan Fekkek:

Compared to what? I see that I have a Moroccan National team which is fantastic when it is 50% of girls and 50% of boys who are considered on the same footing of equality. They have the same structure, they have the same training schedule, specific to each course, and there is no difference. I find it amazing. There is more in the area of gender, there will naturally...

Personally human terms we are all equal, we are all human beings that we are man or woman we are different with additional enrichment. For us to be intelligent and know how to live with this complementarity in the field of Sport and even in all other areas...

Guy Sahri: Could this cause a problem of misunderstanding with other federations ?

Hassan Fekkek:

Again wearing the veil, « hijab » is totally forbidden so hopefully there will be no tension and it will not bring problems. Moreover, if the political authorities allow us to take the necessary steps to address the problem while respecting the different case by case...

« Karate is an educational tool... »

Guy Sahri: If these championships are successful do you think this will increase significantly number of practitioners ?

Hassan Fekkek:

Oh I am totally convinced ! I hope that these World Championships will be a total success, both sporting and human terms because for 90 or 100 nations over a week with over 3500 athletes and coaches from around the world with their teams in full, c It is a magnificent sports festival that brings people together around the values of Karate. I said that the 6th edition covers categories : Cadet (14-15 years), Junior (16-17 years) and the class (18-21 years) boys and girls. It is also an opportunity to establish trade contacts with the world and for me it is a great success and is something healthy. There will certainly have an impact after the 6th World Championships since they are high profile. The World Championships of Karate will have economic impacts on the city of Rabat. According to a study by the World Karate Federation – WKF championships, with only the press, leading to 185 million entries in the host city, are including 30 million in securities. For 7 days it will attract more than 3500 tourists with strong buying potential. Participants spend an average \$ 1600 per week. This represents

approximately 5 million of expenses, including 3 million occurring in the host city. We have just signed an agreement with media, that is to say with National Television Moroccan 2M which will cover event for four days and broadcast for two hours live per day, 8 hours to live. 2M also committed to promoting the World Championships by the spread of television and radio spots as well as all media 2M. We hope that number of practitioners will increase numerically not to make « sales » but because Karate is an educational tool and is also an element of preventive health when it is practiced intelligently...

« This complementarity... »

Guy Sahri: In August we have again lost the bid for 2016 Olympic Games, the emergence of some World Karate Federations may not does not cause rejection of a new Olympic Committee ?

Hassan Fekkek:

Certainly it will complicate things more !... Do not forget that the history of Olympism is something very complex. All I want is that all Karatekas worldwide could one day participate in this celebration of Olympism !

Guy Sahri: In your opinion why is there such a division between Karate « Traditional » and Karate « Sports » ?

Hassan Fekkek:

Frankly, for my part I do not understand this division between Karate « Traditional » and Karate « Sports »... What is Sport Karate ? What is Traditional Karate ? For me the competition is a year of Karate. The practitioner will, if desired, the competition during a specified period. Her life will be completed by the side « Traditional » which involves Kihon, Kata, and Bunkai etc., is complementarity. Karate « Sports » is an exercise of Karaté-dō !...

Guy Sahri: Yet there are more and more clubs who call themselves « Traditional » and others who call themselves « athletes ». Do you think this can bring conflict ?

Hassan Fekkek:

No I do not think, finally I do not want... Maybe people love conflict of interest or even political. Everyone is free to do what he wants while respecting each other. If we have a club that wants to develop far more « Traditional » look and do not wish to participate in competitions is their right and we must respect. On the other hand we have sports clubs wishing to compete is a timing that people thrive in their practice, that's the most important. We cannot say that one or this one to reason over another. We can take an example with Dominique Valera who has practiced for many years competing in Karate in full contact with what he liked that. This involved only him and nobody else ! Today, at age 62 he continues to practice well and royally... Karate and Karate Contact !

« The downside... »

Guy Sahri: You've lived through years of competitions and obtained excellent results, that he brought more to your current approach ?

Hassan Fekkek:

It was a path and a very interesting experience that gave me the medal and introduced me to his side... How to manage it the downside ? It is a difficult issue because it raises the problem of felicity a while, joy of winning, whether managing a defeat, failure and the eyes of others. This allowed me to meet people, to acquire knowledge that probably without the karate I would not have acquired. This gave me very great moments of emotion and it allowed me to step back from myself to things and

beings that I love. This allowed me to realize that the medal is not an end in itself but only one step in a journey. While competition is a great exercise to challenge but he did not let that become a vice inherent in the practice and confuse what we do with what one is. I was competing because I like that. I win competitions and I lose competitions. One day I win one day I lose, but I do not lose my value, what I am, I lose a game... That's the gamesmanship that is not « the » whole person we see. It is a parenthesis in the life of a person. The danger lies when creating this confusion between what we are and what we do and then it's hard to get out and see the end of road..

« I refuse to be indoctrinated... »

Guy Sahri: As a practitioner and teacher, they were your disappointments, your mistakes ?

Hassan Fekkak:

As a teacher I have had no disappointments, but a lot of happiness, happiness transmit, share with the people who trusted me and with whom I have done an excellent track record both on the Sport human. As a practitioner, at a time I'm too scattered, that is to say that I was competing in Kata and Kumite in several International Federations. I refused to be indoctrinated... I chose not to have a linear career in some way and to participate with various federations to just see the differences. Perhaps it was a mistake on my part. Maybe I should have, at some point, less scatter me fix myself a rather objective and thus go further. To summarize I would say that I had only moments of happiness...

« It brought us together a lot... »

Guy Sahri: How did you come to Karate ?

Hassan Fekkak:

At 10 years I have watched many Martial Arts movies with my brother, Abdou, older than me. We lived in a small town in Morocco where there was no Karate Club. One day after returning from film we tried to repeat the same choreography. This lasted some time. At the age of 11 when I started to play football with my friends, I saw my brother from another city, Casablanca, to study and practice karate in a big club. All weekend I waited his return in order to train with him. It was fantastic ! I remember that my brother had made himself his first kimono in bags of flour... I would say it taught me that this vice is Karate. Three years or four years later a Karate Club opened in the city so I could start practicing this discipline. Why I hooked ? I remember at primary school was not easy every day. After the training, I felt much better in school, more radiant and more calm. This allowed me to share with my brother a space where we could settle our disputes in a kimono with a disguised way of course. It brought us together a lot... (Laughters)

Then when I arrived in France, in Paris, I had great difficulty adjusting to this new country, I create new benchmarks. Go enroll in a Karate club, helped me turn the corner. It was actually club Dominique Valera, the famous « Valéra Institute Sports », in rue Broca in the 13th district of Paris. There is a special story ! I got a hand to hand behind, asking Mr. Dominique Valera if he agreed to train although I cannot pay immediately. He lives with me such a determination, such determination and such a desire to practice this discipline he finally accepted... This allowed me to know the top level, so much so that I trained the morning and evening like crazy ! And so I started...

« A relationship of brothers... »

Guy Sahri: What are the important events that have marked your life ?

Hassan Fekkek:

There were more... The first arrived in my in Paris France, with Dominique Valera when I was 18. It was a « Sir » I saw in magazines and sports magazines. When I arrived at club the first time I did not recognize him because I did not know who was in charge of club. Then when I talked more with him he was really impressed by his charisma and ease of being. The second encounter was with Zenaf Youssef in American Boxing, and the meeting with Serge Chouraqui who brought me a lot and when I was in France Team, met with the current President of the Fédération Française de Karaté et Discipline Associée – FFKDA, Francis Didier and Thierry Masci that the current Director Teams France. I also met 2 important people for whom I have great affection. The first, Fumio Demura with whom I attended a tournament in Los Angeles in the United States and then I saw in Paris at several stages. The second person is Kancho Hirokazu Kanazawa, emblematic of Karate world. There are also meeting with Patrick Tamburini, recently died and whose exploits were recognized by his peers because he had climbed in an official expedition to Everest the highest mountain in the world. In fact his ambition was to experience the breathing techniques of Karate test their endurance and prove that the technique of martial arts leads to everything. Of course he did not go to the tip of the summit that is to say more than 8850 meters, but he reached the shoulder of Pumori at over 6000 meters. The meeting with Michael Milon that a meeting was very affectionate and friendly. I knew him when he was 13 years during an internship with Jean-Pierre Fischer. Then we have sympathized more and more having a relationship of brothers... Michael Milon call me « brown bear » and I called « polar bears ». I remember that we trained and did a lot of exhibitions of Karate and I can dedicate an autobiographical book on the medal and the downside...

« The road is not finished yet... »

Guy Sahri: To get started, did you reach this level ?

Hassan Fekkek:

No, not because frankly in my little vile in Morocco when I started at age 11 I do not think any of competition and I thought even less have the opportunity to meet many important people in the world Martial Arts and in life. I trained myself not set any long-term goal. Looking back now I say more I train the more I progress and I must improve. The practice of Karate made me a lot but the road is not finished yet, far from being...

Guy Sahri: How are you feeling today ?

Hassan Fekkek:

(Laughs) I feel good. My philosophy of life is very simple. We are only passing through, I live from day to day, I saw the moment as if it was the last time of my life and I project myself as if I was... I am eternal problems of life as they come and the older I get, the more I am happy in saying that happiness is a journey that we must enjoy every moment...

« Mozart... »

Guy Sahri: Finally I invite you to answer these 10 questions to the famous questionnaire the Actors' Studio and program on French television by Bernard Pivot... You answer if you wish:

What is your favorite word ?

Courage.

What is your least favorite word ?

Cowardice...

What is your favorite drug ?

Sport.

What sound or noise do you love ?

Mozart...

What sound or noise do you hate ?

The sound of the underground... (Laughters)

What is your favorite curse word ?

Freak !

Who would you like to see on a new banknote ?

Mother Teresa... Martin Lutter King...

What profession other than your own would you not like to attempt ?

(Silence for several minutes)... A job where I would be idle !

If you were reincarnated as some other plant or animal, what would it be ?

The animal I would say, a lion and the tree, grass or oak.

If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates ?

You have accomplished your mission on earth...