

# Karel "Wollie" Wolmarans

**Senior Professor Dr. Karel "Wollie" Wolmarans** is a South African martial artist, academic, and health practitioner. He is known for his extensive contributions to traditional and modern martial arts across Africa, as well as for his academic work in complementary and alternative health sciences. Wolmarans holds multiple senior ranks in various martial arts systems and is the founder and chief instructor of several African martial arts organizations.

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## Early life and martial arts beginnings

Wolmarans began his martial arts training at the age of five, studying **Karate, Aikido, Ju-jitsu, Goshin-jitsu, Judo, Kubu-do, Atemi** all under **Shihan Ronnie Sin Hidge Sensei 6<sup>th</sup> Dan, Shihan Neil Scheepers Sensei 6<sup>th</sup> Dan, Shihan Des Westernburg Sensei 6<sup>th</sup> Dan and under Sensei Johnny Gouws 6<sup>th</sup> Dan, Sensei Jan Calitz 6<sup>th</sup> Dan senior students of Prof. Jack Robinson 10<sup>th</sup> Dan (Undefeated World Judo Champion)** as his foundational disciplines. Over the decades, he expanded his studies to encompass a wide range of traditional and modern martial arts, achieving senior master ranks in several styles.

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## Martial arts ranks and titles

Wolmarans holds the title of **Hanshi** ("Grand Master") and has been awarded the ranks of:

- **10th Dan Shihan**, Shotokan Karate – Chief Instructor, All Africa Shotokan Karate; World Technical Advisor
- **10th Dan Shihan**, Yoshinkan Aikido – Chief Instructor, All Africa Yoshinkan Aikido
- **10th Dan Shihan**, Kodokwan Aikido – Chief Instructor, All Africa Kodokwan Aikido
- **10th Dan Shihan**, Kickboxing
- **10th Dan Shihan**, Gojukan Aiki-jitsu – Chief Instructor, All Africa Aiki-jitsu
- **10th Dan Shihan**, Kodokwan Ju-jitsu – Chief Instructor, All Africa Kodokwan Ju-jitsu
- **10th Dan Shihan**, Kodokwan Judo – Chief Instructor, All Africa Kodokwan Judo
- **10th Dan Shihan**, Gojukan Goshin-jitsu – Chief Instructor, All Africa Goshin-jitsu
- **10th Dan Shihan**, Kodokwan Kubu-do – Chief Instructor, All Africa Kubu-do
- **10th Dan Shihan**, Gojukan Kubu-jitsu – Chief Instructor, All Africa Kubu-jitsu
- **10th Dan Shihan**, Gojukan Atemi-jitsu – Chief Instructor, All Africa Atemi-jitsu
- **10th Dan Shihan**, Gojukan Nogi-jitsu – Chief Instructor, All Africa Nogi-jitsu
- **Chief Instructor 3rd Dan**, Tenshikan Karate
- **Chief Instructor 3rd Dan**, Funakoshi Karate
- **Chief Instructor 3rd Dan**, Budo-Ryu Karate

Wolmarans is the **only South African** to have received the distinctions of **Shihan** ("Master of One Art"), **Shinan** ("Master of Few Arts"), and **Shiran** ("Master of Many Arts").

Shihan Dr. Karel “Wollie” Wolmarans Sensei was promoted to 10<sup>th</sup> Dan by Shihan Reynosa Rashihsho Sensei 10<sup>th</sup> Dan. Wollie also travelled and trained in Japan, where he trained in Karate, Aikido, Ju-jitsu, Judo, Kubu-do, Kubu-jitsu and also trained under Soke Gozo Shioda 10<sup>th</sup> Dan.

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## Competitive record and representative achievements

Wolmarans has a long and distinguished record as both a competitor and coach, representing various South African provinces and national teams in karate, aikido, and kickboxing. His achievements include:

- **1967** – Junior *Eastern Province Colors*
- **1969** – Senior *Eastern Province Colors*
- **1972** – *Transvaal Colors*
- **1973** – *Eastern Transvaal Colors*
- **1983** – *Northern Transvaal Colors*
- **1984** – *Northern Transvaal Kickboxing Colors*
- **1984** – Member of the *South African Karate Team vs. U.S. Karate Team* (Tenshikan Karate)
- **1984** – Competed in *South Africa vs. U.S.A. Karate Test Match* (Cape Town)
- **1984** – *World Karate Champion* (Tenshikan Karate)
- **1986** – *World Karate Champion* (Shotokan Karate)
- **1987** – Competed in the *World Karate Championships, Taiwan* (Shotokan Karate)
- **1987** – Competed in the *World Aikido Championships, Taiwan* (Yoshinkan Aikido)
- **1987** – *World Aikido Champion* (Yoshinkan Aikido)
- **1987** – *Coach and Captain*, South African Karate & Aikido Team
- **1987** – Awarded *20 Gold Medals* representing South Africa across international martial arts competitions

Wolmarans is also a **two-time World Grand Slam Champion** in both **Karate** and **Aikido**, with competitions held in **Taiwan**.

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## Organizational leadership

Wolmarans serves as:

- **Founder, President, and Chief Instructor**, *All Africa Combat Martial Arts South Africa (CMASA)*
  - ICMAUA Registration: #025033-CMA-FC / #025042-CMA-OM

- **Founder, President, and Chief Instructor**, *Japanese Karate & Kickboxing International (JKI)* (established 1989)
- **Founder, President, and Chief Instructor**, *Yoshinkan Aikido Foundation South Africa (YAFSA)* (established 1989)
- **Founder, President, and Chief Instructor**, *Kodokwan Ju-jitsu & Judo Association (KJJA)* (established 1989)
- **Founder, President, and Chief Instructor**, *Aiki-jitsu South Africa (AJSA)* (established 1989)
- **Chief Instructor**, multiple All Africa martial arts federations
- **Co-founder**, *Aiki-Sambo South Africa (ASSA)*, holding the 10th Dan Red Belt
- **Co-founder**, 10th Dan Gold Belt Physical Intervention Private Security Self-Defence Program
- **Member**, *International Combat Martial Arts Unions Association (ICMAUA)*
  - International registration and affiliation numbers: #025032-CMA-OM / #025046-CMA-HMRC

He was also involved in establishing the **10th Dan Gold Belt** system within the *A.F.K.A.K.* (Afrikaans Kombat or Close Combat Self-Defence), of which there are only two holders in South Africa.

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## Academic background and healthcare career

Wolmarans holds a **Ph.D. in Health Care (USA)**, a **Master's degree in Counseling (USA)**, and a **B.Sc. in Health Care (UK)** with a diploma in **Iridology** from Pretoria. He is qualified as a **Chiropractor** and **Shiatsu practitioner** (Japan/Taiwan) and practices as a **Homeopath**, **Herbalist**, **Iridologist**, **Health Nutritionist**, **Aromatherapist**, **Reflexologist**, **Bio-Puncturist**, **Reiki Master**, **Body Sync Therapist**, and **Electro-Acupuncturist**.

He is registered with the **ANMA** (Reg: LCHPD08313) and holds several professional credentials, including:

- GP 021/2001 Bio-Puncture-KMP
- CIT 03/03/0013/R00200

Wolmarans has authored **eight medical books** covering subjects such as visible and invisible trauma counseling, healthcare, acupuncture, shiatsu, reflexology, iridology, sclerology, child psychology, and HIV/AIDS counseling.

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## Military and security service

A former **Sergeant Major** in the South African military, Wolmarans served in **Special Forces** as an instructor in **Close Quarter Combat (CQC)**, **Unarmed Combat (UAC)**, and **Hand-to-Hand Combat**.

He also taught **Combat Knife Fighting (CKF)** and has worked as a **bodyguard** and **air marshal**.

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## Personal and professional recognition

Wolmarans has been recognized for his contributions to martial arts and healthcare education throughout Africa. His nickname, "**Wollie**," is commonly used by students and colleagues.

## Martial Arts Career and Leadership

- **Chief Instructor**, multiple *All Africa Martial Arts Federations*
- **Co-founder**, *Aiki-Sambo South Africa (ASSA)* — 10th Dan Red Belt
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Dr. Wolmarans played a key role in establishing the **10th Dan Gold Belt System** within the A.F.K.A.K. (Afrikaans Kombat or Close Combat Self-Defence), of which there are only two holders in South Africa.

## Training and Mentorship

Wollie trained in:

- **Boxing, Wrestling, and Brazilian Jiu-Jitsu (BJJ)** under *Coach Izack Schoombe* (3rd Dan)
- **Yoga** under *Coach Oma Shakayori*
- **Eastern Medicine, Aikido, Ju-Jitsu, Judo, Goshin-Jitsu, Kubu-Jitsu, Atemi-Jitsu, and Kubu-Do** under *Shihan Ronnie Sin Hidge Sensei* (6th Dan)

Both *Shihan Ronnie* and *Wollie* studied **Eastern Medicine** under *Dr. Chang* in Taiwan, where they were **awarded the Key of the City** by the **Prime Minister of Tai-Cung Tai-Nan, Taiwan**.

Wollie also trained under:

- *Shihan John Chuang Sensei* (7th Dan, Republic of China Aikido Expansion Training Association – **ROCAETA**)
  - Awarded the title **International Honorary Representative and Ambassador for ROCAETA in South Africa**
- *Kancho Mamoru Miwa* (10th Dan, Founder of Tenshikan Karate) — awarded **3rd Dan at the Honbu Dojo in Japan**

He was appointed **Judge, Referee, and Point Coordinator** by *President Shihan Jan Viljoen Sensei, Ring Contact Fighting International Association South Africa (RCFIASA)*.

Wollie was awarded **South African Colors** for *Karate, Aikido, Gymkhana, and Parashooting*.

## Notable Students

Dr. Wolmarans has trained numerous accomplished martial artists, including:

- **Shihan Ben Bekker** (5th Dan)
- **Sensei Sarel Marais Snr** (5th Dan)
- **Sensei Raymond Phillips** (2nd Dan)
- **Sensei Jacque Bosch** (2nd Dan)
- **Sensei Johan Haywood** (2nd Dan)
- **Sensei Albert Lategan** (5th Dan)
- **Sensei Jacques van der Westhuizen** (3rd Dan)
- **Sensei Otto Pretorius** (3rd Dan)
- **Sensei Barry Neville** (2nd Dan)
- **Sensei Terence Teraine** (3rd Dan)
- **Sensei Martinus Smit** (3rd Dan)
- **Sensei Mariska Botha** (2nd Dan)
- **Sensei Johan Pretorius** (4th Dan)
- **Sensei Renier Wolmarans** (4th Dan)

A particularly notable student, **Shihan Dr. Guido Weisinger** (3rd Dan Aiki Aikido, 3rd Dan JKA Karate), began training under Wollie after witnessing a demonstration. Years later, he achieved **7th Dan Yoshinkan Aikido** and **7th Dan JKI Karate**, and established the *Aikido Yoshinkan & Shotokan Karate Honbu Dojo* in Eilat, Israel. His son, *William Weisinger (3rd Dan)*, now serves as Chief Instructor.

Dr. Guido also trained the **Israel Military Aiki-Jitsu**.

Wollie also trained under **Sensei Jack Mileham** (5th Dan, Aiki-Jitsu).

## Ranks and Qualifications

Before joining the military, Dr. Wolmarans already held:

- **6th Dan Karate**
- **6th Dan Kickboxing**
- **6th Dan Aiki-Jitsu**
- **6th Dan Aikido**
- **6th Dan Ju-Jitsu**
- **6th Dan Judo**
- **6th Dan Kubu-Jitsu**

## **Affiliations**

Wollie's national and international affiliations include:

- *Republic of China Aikido Association (ROCAA)*
- *All Africa Tenshikan Karate-do (AATKD)*
- *Federation of All Karate Association of South Africa (FAKASA)*
- *Sport Karate of South Africa (SKSA)*
- *Eastrand Japanese Karate International (EJKI)*
- *South African Karate Board of Referees (SAKBR)*
- *Sport Karate Eastern Authority (SKEA)*
- *Karate Association of South Africa (KASA)*
- *National Amateur Karate Association (NAKA)*
- *World Association of Kickboxing (WAKO)*
- *Confederation of Martial Arts (COMA)*
- *South African Martial Arts Council (SAMAC)*
- *Shotokan Karate-do South Africa (SKDSA)*
- *Japanese Karate International Border (JKIB)*
- *Japanese Karate Tenshikan Karate Shinankai (JTKTS)*
- *Japanese Funakoshi Karate-do South Africa (JFKDSA)*
- *Budo-Ryu Karate South Africa (BRKSA)*
- *South African Aikido Association (SAAA)*
- *Martial Arts Association of South Africa (MAASA)*
- *Japanese Karate & Aikido International Association (JKAIA)*
- *National Aikido and Martial Arts Federation of South Africa (NAMAFA)*

## **Academic Background and Healthcare Career**

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- **Ph.D. in Health Care (USA)**
- **Master's Degree in Counseling (USA)**
- **B.Sc. in Health Care (UK)** with a **Diploma in Iridology** (Pretoria)

He is qualified as a **Chiropractor** and **Shiatsu Practitioner** (Japan/Taiwan) and practices as a: **Homeopath, Herbalist, Iridologist, Health Nutritionist, Aromatherapist,**

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He is the **author of eight medical books** on topics including visible and invisible trauma counseling, healthcare, acupuncture, shiatsu, reflexology, iridology, sclerology, child psychology, and HIV/AIDS counseling.

## **Military and Security Service**

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- **Combat Knife Fighting (CKF)**

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## **Recognition**

Dr. Wolmarans has received numerous honors for his contributions to martial arts and healthcare education across Africa. He is widely known by his nickname, "**Wollie**."