

# SHOTOKAN RYU KASE HA I INSTRUCTORS ACADEMY

## SRKHI A Newsletter 7/04

Dear karateka

We have reached already summer and I suspect that everyone is at the final preparation stage for holidays. However, as devoted budo practitioners we should not forget training. Nobody may speak for serious practice, if he neglects daily practice. According to oriental thinking development should follow the laws of nature. It is in summer when nature is in full blooming, the same should be with our practice. It is really quite interesting to study this way of development, on which I hope I will speak in a future letter.

From September, in a continuous attempt to make this Newsletter a beneficial one for our members, a new column will start. Mike Fedyk sensei, member of the Shihankai, will present a series of articles on coaching. These articles have been presented in the ESA Newsletter as well and Mike sensei was very kind to make them available for Academy members. Mike Fedyk has a BSc in Sports and I am sure that everybody will be benefited from his experience and knowledge.

### **Kase sensei illness:**

There is no further news, however updated information may be found at the Mullheim dojo web site [www.shotokan-ryu-kase-ha.de](http://www.shotokan-ryu-kase-ha.de)

### **Budo Themes:**

According to oriental way of thinking life is a circle. There are many examples to that, the closer to us being that of our karate obi, belt. It starts white, signifying innocence, as progress through training is achieved, it becomes darker and darker to become black. As practice continues the obi, traditionally not being replaced as it is the case with the karategi, is frayed and becomes again white thus closing the circle, however reaching another dimension of white that of emptiness of the mind. The mind of a beginner is full of thoughts, that of a master is empty; empty your mind, a common phrase in martial arts.

Emptiness or Void is described in the fifth chapter of Miyamoto Musashi's Gorin no sho, a classical martial arts book. The entire text of this chapter, translated by Victor Harris (The Overlook Press, Woodstock, New York), is provided below:

### THE BOOK OF THE VOID

The Ni To Ichi Way of strategy is recorded in this Book of the Void.

What is called the spirit of the Void is where there is nothing. It is not included in man's knowledge. Of course the Void is nothingness. By knowing things that exist, you can know that which not exist. That is the Void.

In the Way of Strategy, also, those who study as warriors think whatever they cannot understand in their craft is the Void. This is not the true void.

To attain the Way of strategy as warrior you must study fully other martial arts and not deviate even a little from the Way of the Warrior. With your spirit settled, accumulate practice day by day, and hour by hour. Polish the twofold spirit heart and mind, and sharpen the twofold gaze perception and sight. When your spirit is not in the least clouded, when the clouds of bewilderment clear away, there is the true void.

Until you realise the true Way, whether in Buddhism or in common sense, you may think that things are correct and in order. However if we look at things objectively, from the viewpoint of laws of the world, we see various doctrines departing from the true Way. Know well this spirit, and with forthrightness as the foundation and the true spirit as the Way. Enact strategy broadly, correctly and openly.

Then you will come to think of things in a wide sense and, taking the void as the Way, you will see the Way as void.

In the void is virtue, and no evil. Wisdom has existence, principle has existence, the Way has existence, spirit is nothingness.

Twelfth day of the fifth month, second year of the Soho (1645)

SHINMEN MUSHASHI

## **Reports**

The Academy's annual Gashuku took place on 5<sup>th</sup> and 6<sup>th</sup> June in Hasselt. The Gashuku was attended by 50 members from many countries (Belgium, the Netherlands, Luxemburg, Germany, Sweden, France, Portugal, Spain, Ireland, England and Scotland from UK, Greece). Unfortunately Kase sensei was not able to attend, however Shihankai's full presence ensured proper training.

First session was taken over by Velibor Dimitrijevic sensei. Vebo sensei emphasized on proper breathing and its implementation during techniques. The group went through basic and advanced techniques, with the emphasis given on proper breathing and application of power through tension of the correct muscle groups.

Pascal Lecourt sensei continued with the practice of open hand techniques for defence and attack. He insisted on attobaya principle not only in physical terms but mentally as well; to maintain "mental pressure" on the opponent at all times. The group practiced the application of the techniques with partners.

Sunday's first session was given by Pascal Petrella sensei, who continued with breathing exercises and applications while executing techniques. Practice included, once more, training with partner.

Last session was instructed by Mike Fedyk sensei. It included a variation of Ten no kata, in which techniques were applied without returning to the initial position, while movement was carried out mainly in diagonal directions (naname). Again participant exercised in pairs through predetermined movements, applying the practiced combinations.

During first day, Sachiko Kase, daughter of Kase sensei, addressed the participants, on behalf of her father. Her message has been reported in the previous Newsletter. At the end of the course participants gave their next appointment, which includes absent members as well, in the first weekend of June 2005 in Athens Greece.

The course is considered as a successful one. Apart from its training part provided also a very good opportunity for participating members to meet and exchange views, to socialize inside and outside the dojo (a rumour that high dan grades were awarded for beer drinking is not true), thus strengthening the existing bond among Academy members.

## **Recommended Courses:**

Dick Fieret will organize monthly seminars on Kobudo and Kobujutsu on 18/9, 16/10 & 27/11, in Terneuzen, the Netherlands. Also a seminar on Karate and kobujutsu

under the instruction of Dirk Heene, 7dan Dick Fieret, 5dan and Gertjan Fieret, 4dan, will be held on 14 November 2004 in West Kappele in the Netherlands.. More information Dick Fieret 0031 115 696383 or 695072, e-mail [dfieret@zeelandnet.nl](mailto:dfieret@zeelandnet.nl) .

If you find it interesting to combine Karate training with travelling here is the case. Gomez Marco Alfonco will direct a seminar on 6,7,& 8 August 2994 in Fusagasuga/Cundinamarca, Colombia. If you are interested please contact the organizers, Héctor M. Limaz /Instructor Club de Karate **SHOTOKAN RYU KASE HA** Fusagasuga Cundinamarca, Teléfono (1) 680 45 52- Bogotá, E-mail: [zensho@starmedia.com](mailto:zensho@starmedia.com) [marcoalf@terra.es](mailto:marcoalf@terra.es) or Miguel Ciendua Salazar, NIDAN/FCK, Telefono (1) 867 28 32- Fusagasugá

The Pershore and Redditch Karate Club is organizing a seminar on 26 & 27 September 2004 in the Forest of Dean, under Williams Slater sensei, 6dan, Beasley Geof sensei, 5dan and Barron Paul sensei, 5dan. If you are interested to be there please contact Slater Williams [slater@karate.wanadoo.co.uk](mailto:slater@karate.wanadoo.co.uk) .

If you want to combine holidays with budo training, Dave Wilkins, 5th Dan SRKH, will run a course with Derek Ridgeway, 6th Dan Shito Ryu, in Tenerife - Monday 1st November to Thursday 4th November with specially reduced rates at a 4 star hotel in Playa De Las Americas. For anyone interested, email Dave Wilkins, [www.leicesterkarateclub.co.uk](http://www.leicesterkarateclub.co.uk) for more details.

If you want to be informed about various courses in different countries by any or particular instructor you must visit [www.kamikazeweb.com](http://www.kamikazeweb.com) and then follow the links for events. Our colleague Frank Schubert has a quite updated data base.

Last but not least; if you want to train with Dirk Heene sensei, at Honbu Dojo Limburg, throughout the year, you are welcome to stay in the dojo (sleeping bag is necessary). Price per day: 7 euro including: 2x training a day; use of showers, sanitary, kitchen. Buffet-restaurant is 5 minutes away.

Be reminded that all Newsletters may be found in [www.shotokan-ryu-kase-ha.de](http://www.shotokan-ryu-kase-ha.de) , Pascal Petrella's dojo site on SRKHIA. The site includes many other useful Academy information as well.

Before closing I would like to take this opportunity to invite you to contribute to this Newsletter by providing articles, seminar reports etc. Be reminded that this is not my Newsletter, it is our Newsletter.

There will be no Newsletter in August. The next Newsletter should be expected in the first week in September 2004. Till then, enjoy time and do not forget, Stay strong and Train hard.

Oss

Spiros G. Drossoulakis