



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

SRKHI A Newsletter 3/05

Dear karateka,

More information concerning our activities are included in this Newsletter. The regular articles on Coaching and Training Principles, which have been really appreciated by members, information on Seminars, Courses etc and more. I dare to say that the inputs I am getting, about the Newsletter and the way it is accepted by members, puts a certain burden on my shoulders as far its content's quality is concerned. And in this context your assistance, in providing articles, information, reports, is always greatly appreciated.

Coaching and Training Principles by Fedyk Michaylo 6dan, Shihankai member Hello Fellow Karateka,

The five newsletter articles featured to date have been based on the scientific issues related to physical and psychological development and the principles of best practice coaching methodology.

It was important to cover these topics in relation to the forthcoming article, where an understanding of **Coaching & Training Principles** will enable a beneficial practice for both athlete and coach.

In this and future issues of the newsletter we are going to commence a scheduled **Programme of Training** for an athlete / karateka who wishes to gain peak physical and mental condition for a targeted event.

The information given for this article is very extensive and features 8 chapters of varying topics and essential to the successful outcome of the Training Programme in mind.

Introduction

Any athlete regardless of their specific sport needs to make adequate preparation for participation in a chosen event and competitive environment.

Perhaps the most important aspect is to agree and set clear objectives of what it is that is to be achieved.

The objectives must be agreed between the athlete and their coach. This agreement is essential and relative to the design of an appropriate plan of action. A schedule of progressive and scientific method of training over a set period of time will as a result help to ensure that the athletes' potential for maximum peak performance will be attained at the right moment in time.

The training plan which will take place over a one year period leading up to the targeted event may be broken down into four specific phases of training which includes **Pre-season, Early season, Competition season** and **Post season**.

Within these phases a number of specific training cycles exist usually lasting between four to six weeks.

This is otherwise known as **Periodization** where the principles of training i.e. **strength, flexibility, speed** and **endurance** are applied within each specific training cycle and may be broken down into training goals for **conditioning, general basic, specific basic** and **maintenance**.

The **type, intensity, volume** and **duration** of training will be appropriate to the specific phase of training where a progressive and positive change of performance will be a result of the graduated training phases.

On completion of the targeted event full recovery from the stress of a prolonged training period will be required. This phase of **transition** must be designed to ensure a minimum loss of accumulated training benefits.

Regardless of what sport and what event preparing for, the principal of **Periodization** can be adapted to suit individual needs.

The training programme being designed in this instance is for a karateka who is preparing to take a senior grading examination at 4th Dan level. The examination-waiting period between 3rd Dan and 4th Dan level is four years. A training schedule of specific design to run between years three and four is the main objective.

Three karate specific areas - Kihon, Kata and Kumite are of major importance and it is these areas that will necessitate maximum peak performance at the set date for examination.

Top athletes from many different sports utilise Periodization training to peak for major competitive events. Although a karate grading is not based on partaking in a true competitive environment, the personal drive and motivation to attain a recognised and prestigious level of achievement testing oneself both physically and mentally under immense pressure does ultimately require a very personal and competitive approach to the set task.

Chapter One: Identification of Fitness Demands

Prior to the design of the training programme identification of the physical skill requirements for completion of each of the three specific but related stages of karate must take place.

The three stages of **kihon, kata**, and **kumite** are a compulsory and fundamental aspect of the grading examination and are completed in consecutive mode. Within each element a variation of time appliance and skill application exists which emphasise different physical demands on the components of fitness and will have influence on the energy system or systems being applied.

The notational analysis of the physical skill requirements was completed by use of a tally chart for each of the three stages. Each chart displayed the basic skills and movements required and being applied. Information on the time taken to complete each skill application and completion of each examination section was also noted.

The **kihon** and **kata** sections are performed to a set written syllabus; therefore recognition of the skills required and to be performed is fairly straightforward and was easily applied to the tally chart with or without visual analysis. The skills to be applied include punching, striking, kicking, blocking, jumping, forward, side and backward directional movement. The interesting factor for these stages was the time taken to

complete each skill application within each section and the rest periods taken between each skill application up to completion of each section.

Observing the test subject in a mock examination enabled analysis completion for these factors.

The **kumite** section is different in the fact that there is no set criterion of techniques to be applied. It is a freestyle application where a variation of offensive and defensive actions takes place over a period of time between 2 to 3 minutes per fight and a minimum of three fights against consecutive and equally skilled opponents.

Observation of the test subject in live kumite action took place and all skill application was later ratified by video analysis of the same action.

Consideration to the number of power techniques completed in each fight and the mean time for all such actions was noted as was multi directional movements and obvious rest intervals.

As already stated performance of the three key elements of karate has a similar and complimentary base of skill applications, however due to the different technical requirements of each section a different demand on energy system usage will be initiated. The dominant energy systems utilised and the percentage of energy application for each element of karate have been assessed via the notational observation results and are displayed in pie chart format.

Through the notational observation of each section of the grade examination and a summary of all the information gathered it is clear to see that the main energy system being applied is the **ATP-PC anaerobic galactic system**. This has been identified by the **ballistic power** type actions that formulated the majority of skill application in all three elements during the test examination programme. These **short burst high-energy** actions are typical of karate and make best use of the very rapid energy requirement that the **ATP - PC system** provides. The mean time taken to perform them throughout the total test was also an indicator of prime usage of the **ATP - PC** system.

The **anaerobic lactic system** was also a fundamental energy source that provided enough rapid energy to sustain the physical activity required during the performance of the kihon combinations and application of the kata. This system provides enough energy for **high intensity activity for approximately two minutes** prior to sign of **fatigue**. This was ample energy supply for completion of each section of kihon and kata. The breaks between each skill performance enabled sufficient replenishment of energy for the next stage of activity.

The **aerobic energy system**, which provides energy at a slower and more sustained level, was not as important to the application of kihon and kata. It would however be of significance within the prolonged kumite action and should not be neglected in the training programme design. The **main benefit of aerobic training** for the karateka would be to **aid quicker recovery** between each application of each section and maintain maximum performance for the duration of the grade examination.

Most serious karateka train four to five times a week for a minimum of two hours each session, it is hear that aerobic endurance and muscular endurance would be a useful asset.

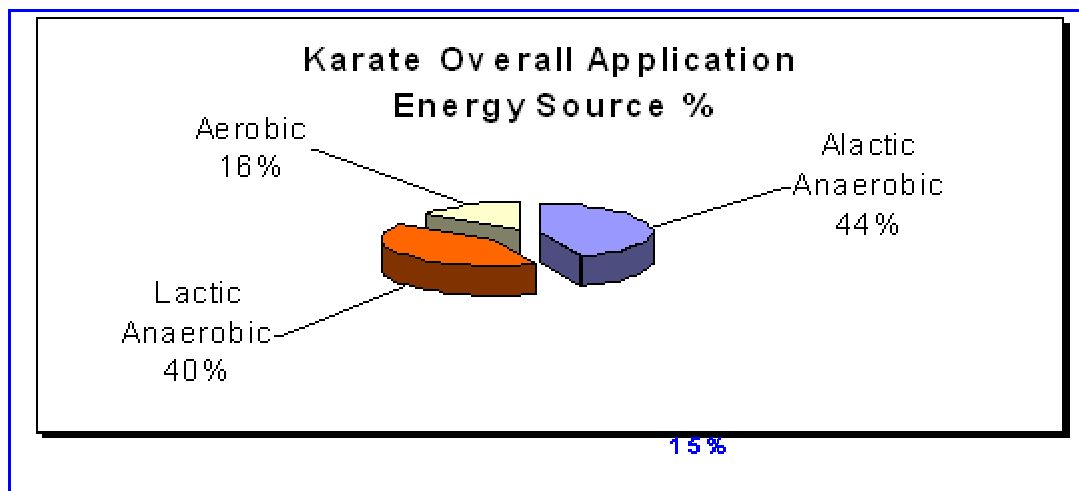
Having identified the applicable energy systems, it is essential to identify what fitness components are of most importance during the skill applications.

This will have a two-fold benefit:

1. It will enable specific fitness testing to be initiated.
2. The results of the fitness test will identify what components need to be worked on more during the training programme in order to bring the fitness level up to the required standard.

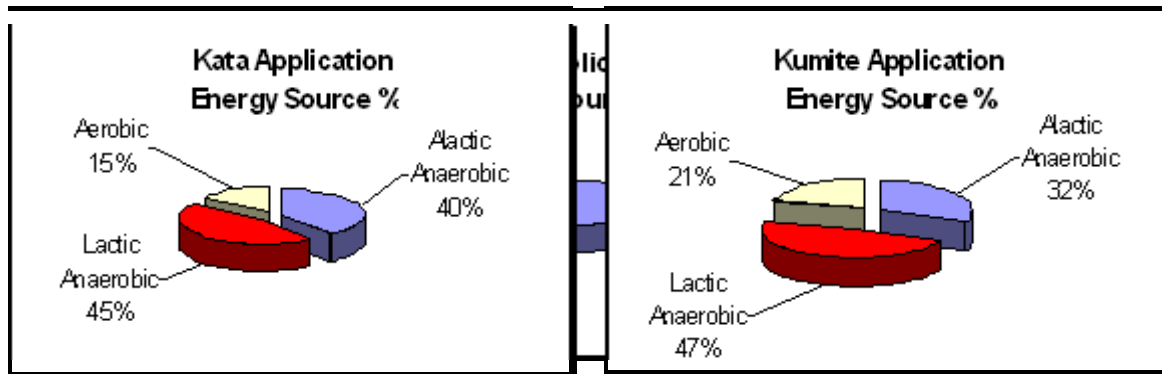
Power has already been identified as a major component, complimentary to this is muscular **strength** with out this the power movements may not be applied. **Flexibility** is a very important component; good flexibility will enable full range of joint mobility and safe completion of the fast and co-ordinated movements especially when applying high kicking techniques. **Speed** is a very important component; successful completion of technique against an opponent is reliant on a fast-power action. **Agility** is important in particular when applying the kata sequences, these sequences have many directional changes and some 180 and 360-degree jumps. **Aerobic endurance** and **body composition** have a lesser importance but should still be considered during the fitness testing and future programme planning.

Assessment of the fitness requirement and order of importance has been evaluated in part by the results of the notational observation, a personal experience of thirty two years martial art practice and referral to the work completed on this subject by the National Coaching Foundation (Davies, J. 1995). Charts displaying the relevant components of fitness for the karateka and their order of importance on a rising % are displayed below.



This chart has been calculated as an average of the three disciplines.

Breakdown of Energy System % for the Three Disciplines of Performance



These charts have been calculated as an estimated % of energy source appliance using the information gathered from the notational analysis of performance of the three disciplines.

In the next issue

Chapter 2 Fitness Testing.

(Specific testing essential to identifying base level of fitness and thus the design of a specific and progressive training programme).

Budo Themes: ORIGIN OF THE DAN GRADING SYSTEM, by S.G. DROSSOULAKIS, 4TH dan

Every martial arts practitioner is fully aware of the dan ranking system and the required qualifications of each rank in his system. However it is questionable how many are aware of the origin of this system and how it has been developed.

It is rather surprising to listen that organized budo training in Japan dates centuries back in time (the Nen Ryu dates from the 1300s, Kashima Shin ryu, Kashima Shinto Ryu and Katori Shinto Ryu are not much younger), while the dan grading system (used throughout gendai –modern- budo) dates only since the end of the 1800s. Prior to the dan grading system, all budo ryuha used a system of scrolls and licenses. Specifically, when a student was recognized as having learned a specific portion of the curriculum, he or she was awarded a scroll called "Okuri Sho", or "Entry To Inner Teachings Scroll" which detailed what had been learned. When they had achieved a degree of mastery over more advanced curriculum, they were awarded "Sho Mokuroku" or "Beginning Registry List" which was listing all of the kata learned (do not forget that in traditional budo, kata was the exclusive method of teaching. That was also the initial teaching method of G. Funakoshi sensei when he started teaching in Japan). This, in certain cases, was considered as the first teaching license, allowing the recipients to teach students of their own up to a certain level. The next scroll was the "Go Mokuroku" or "Later Registry", listing the further sections of the curriculum learned, and was often considered as allowing recipients to teach students more of the curriculum. The last scroll awarded was the "Menkyo" or "License" which was awarded when the student began learning the most secret part of of the ryu (remember at that time certain part of the curriculum was reserved for a

restricted only part of students). At this point he was considered ready to teach the whole of the non-secret curriculum. When he had learned that last part, he was awarded Menkyo Kaiden, as having mastery of the entire curriculum of the Ryu, as well as the right to award all of the scrolls of the system. Normally in each ryu only one Menkyo Kaiden was awarded at a time, thus ensuring continuity of the ryu.

The founder of Judo, Kano Jigoro, an experienced martial artist, had received teaching licenses in two classical jujutsu ryuha, Tenjin Shin'yo Ryu and Kito Ryu. He founded his Kodokan Judo as a means of preserving the value he saw in these classical systems, but also as a means of physical education, which would develop both sound minds and bodies. Many of the combative kata of Kodokan Judo are taken directly from the classical systems Kano had mastered. His teaching system however was intended to develop student's physical and mental capabilities and included specialized stretching and exercise practices, combined with lectures in order to develop student's moral and social characteristics. He wanted to train the whole of the student, body, mind and spirit, rather than simply training fighters. Being also an educator in the new public school system of Japan, he wanted his Kodokan Judo to be used as a form of physical education in the national school curriculum. Being successful in getting Ministry of Education approval, he began training jujutsu teachers, from other ryuha, in his Kodokan system. As the ranks of Kodokan Judo instructors increased quickly, Kano encountered a couple of problems.

Traditionally, bugei ryuha were small organizations and the head of the system could easily know the name of everyone who practiced in. As Kodokan Judo expanded to a national organization, this traditional method of the teacher knowing the student personally and awarding scrolls and licenses based on his personal level of familiarity became impossible. In addition, the traditional training gear of hakama and uwagi was not suitable for the Kodokan's style of training, which balanced three aspects of training; technique practice, kata practice, and freestyle matches. It is worthy to note that, randori matches were something new as a training method. Kodokan Judo, in its early days, had often been challenged to public matches. Usually, based on its strengths, it won these matches, but when lost, Kano worked hard to discover and correct the weaknesses the losses revealed. In order to better prepare for the challenge matches, freestyle randori training between students was essential. But the traditional uwagi and hakama were not well suited to this sort of training, so Kano and the Kodokan developed the today judogi, which of course required a new belt to keep it shut. This is the origin of the belt worn with judogi, which is different in style from any other used by then.

Kano grappled with the rigors training in his new system, but he also grappled with the problem of how to identify and license his students, whose numbers were constantly increasing, thus making the old Menkyo system ineffective. He found that a new system of licencing students was required, so he created the dan ranking system. He borrowed the "dan" system from the classical game of Go (dan means nothing more than step). In classical Go, there were three dan grades. Kano initially used three dan grades, which were roughly equivalent to the Sho Mokuroku, Go Mokuroku and Menkyo of classical bugei ryuha. "Shodan" or "beginning step", the student had achieved the first level of mastery and recognized as being able to teach, "Nidan", the student would have been a high level student, and "Sandán", the student been considered to have full mastery of the system. Having instructor level students wearing a black obi was a simple way to distinguish them from the mass of

students, as Kodokan Judo was growing extremely rapidly as part of the national school curriculum in Japan.

Kodokan Judo continued to expand and from a small local style in Tokyo became very rapidly a system of training practiced throughout Japan. It was also found useful for training military and police personnel. With this rapid spreading throughout Japan, Kano had to deal with organizational and human problems that no koryu bugei system had ever dreamed of. Over time, the necessity to increase the number of ranks in order to show finer and finer divisions between the level of student and instructors became obvious. So the dan ranks were expanded from 3 to 5, and finally to 10, although today there are practically only 9 (The Kodokan has decided it will no longer award the 10th dan). 8th dan came to symbolize complete mastery of the system, roughly equivalent to menkyo kaiden of the classical systems, which still does today. To achieve 8th dan in Kodokan Judo requires decades of study, and at each rank you are tested on your knowledge of the fundamental kata. The test for 8th dan includes the last of the kata that are taught, the Kodokan Goshinjutsu.

The dan system turned out to be incredibly popular in the rigidly hierarchical society of pre WWII Japan. With just a couple of words everyone can determine their relative position in a group. When kendo was formulated and established as portion of the national education curriculum alongside Kodokan Judo, a dan ranking system was created for it as well. Most gendai budo arts, to include karate as well followed the same system. By the time the Dai Nihon Butokukai was established as the national body overseeing all Japanese martial arts, the dan system was firmly established in the national psyche of Japan, and was widely used as a ranking system in large budo organizations of all sorts. This continued after the World War 2 and the disbanding of the Butokukai.

Funakoshi Gichin introduced the dan ranking system in his art. Until his death diplomas were presented with his signature, while he was present during exams. Funakoshi himself had not awarded a rank higher than 5th Dan, Godan. In 1961 the Japan Karate Association, JKA, decided to expand its rank according to Judo and Kendo organizations, so Nakayama sensei was awarded 8th dan (Nakayama later was awarded 9th dan, the higher actual rank which is awarded to its Chief Instructor only – today Sugiura M. sensei-). Shotokai and Shotokan Karate of America (Oshima T. organization) maintain 5th dan as their highest rank. As time was passing every martial arts organization worldwide adopted that system which continues up to now.

(I would like to thank my friend Peter Boylan, of Mugendo Budogu and a vivid martial arts practitioner, who has been the source for most of the above information)

Membership Information:

The renewal of the annual Academy memberships officially closed on 28 February. By that date 81 members, including new applicants, renew their memberships. However a certain number of our members did not do so. If you belong to those who have not decided to quit the Academy but have forgotten to send their membership please do it by 10 April 2005.

In the upcoming days I will send detailed information concerning the renewal of memberships for 2005. This is because I will need some time to compose the current edition of the membership list and I do not want to delay the current Newsletter.

As you know the annual membership fee this is 60 Euro or 36 British pounds. Payments may be done, either by bank transfer to our accounts or by a bank cheque: If you choose bank transfer, here are the details of our accounts:

STERLING ACCOUNT TRANSFER ONLY STERLING (GB POUNDS) TO THIS ACCOUNT

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK
Account Name: Shotokan Ryu Kase Ha Instructor Academy
Account No: 16412087
Sort Code: 60-50-16
IBAN No: GB33NWBK60051616412087
SWIFT CODE: NWB KGB 2L

EURO ACCOUNT TRANSFER ONLY EURO TO THIS ACCOUNT

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK
Account Name: Shotokan Ryu Kase Ha Instructor Academy
Account No: 550/00/08791120
Sort Code: 60-05-06
IBAN No: GB69NWBK 60720308791120
SWIFT CODE: NWB KGB 2L

If you choose a bank cheque or international money order, made them payable to Shotokan Ryu Kase Ha Instructors Academy and post them to our Treasurer, Alan Armstrong, 19 Jubilee Drive, Bredon, Tewkesbury, GL20 7QJ, England, preferably by registered mail (attention, cheques could be either 36 British pounds or 60 euros, whichever is more convenient to members).

In any case you must not forget to mention the name(s) and the year.

Please also note that no further extension for the renewal of memberships will be given.

SRKHIA News

Reports

Bruwer Rudi sensei 4th dan of the Eagles Karate Club (a new member of our Academy from South Africa), organized the 2005 Centurion Karate Tournament in Centurion, South Africa. The results are as follows:

Best Club	Villieria Tigers (Riaan Coetzee)
Strongest Club	Eagles (Rudi Bruwer)
Best Girl	Christie Backhouse
Best Lady	Ansunette Stemmet
Best Boy	Creston Nortje
Best Man	Laurent Gaston-Bellegarde

Men Open Champion Eugene Oosthuizen

Ladies Open Champion Mary Jamieson

For more detailed results please visit www.eagles.co.za The organizer wants to thanks all the contestants, officials and spectators and looks forward to seeing them again at the **Eagles Karate Challenge on 11 August 2005.**

Recommended Courses:

If you want to stay informed about courses in different countries by any or a particular instructor you must visit www.kamikazeweb.com and then follow the links for events.

Our colleague Frank Schubert has a quite updated data base. In any case you may want to pay attention to the following information.

Academy's annual Gasshuku will take place on 3, 4 and 5 June 2005, in Greece. You have already received fully detailed information concerning this activity. In brief, the course will take place in the Sport Camp Loutraki, www.sportcamp.gr, at the famous spa town of Loutraki, 75 km from Athens. The training as well as the accommodation will be at the Sport Camp. Please note that booking is required in advance. Needless to say that, our participation in the Gasshuku is necessary. For any information please contact the Secretary of the Academy at spirosd@otenet.gr or Dimitrijevic sensei at vebo@otenet.gr

Marco Gomez sensei, 5 dan, member of the Academy, organizes a CURSO INTERNACIONAL DE KARATE SHOTOKAN TRADICIONAL on 5th March 2005 in Barcelona Spain. For more information contact Gomez sensei at marcoalf@terra.es or www.kaseha.esp.st

Dimitrijevic Velibor sensei, 6th dan and Opeloski Mirce sensei, 6th dan, will teach a course on 25, 26 and 27 March 2005 in Malmo, Sweeden. All aspects of Kase sensei approach to the Karate-Do will be studied. Technical characteristics of Kase Ha Shotokan Ryu Karate-Do, applied in kata and kumite, basic principles of developing stability and strong kime, implementation of different breathing methods during the training process in order to arise and control inner energy. The course will include separate sessions for instructors only. For information please contact Opeloski Mirce sensei, e-mail, opeloski@yahoo.se, tel/fax, +46 40 97 13 26, mob, +46 76 20 46 203

Dimitrijevic Velibor sensei, 6 dan and member of the Shihankai, on 8,9 and 10 April 2005 will direct the Regular Instructors Course of the Shotokan Karate-do Academy of Serbia. The course will take place in . If you want more information please contact Dimitrijevic sensei at vebo@otenet.gr

Dimitrijevic Velibor sensei, 6 dan and member of the Shihankai, will teach a course on 23, 24 and 25 April 2005 in Alba Regia Piemonte, Italy. The course is open for all levels. The main aspects of Kase Ha Shotokan Ryu Karate-Do will be studied, with special emphasis on the breathing and Tanden kime development. For more course information contact maurizio.gallizio.lycos.it

Dick Fieret, 5 dan organizes his monthly Kobujutsu seminars on 19 March, 23 April, 28 May and 25 June 2005, in Terneuzen the Netherlands. There is also a stage in Karate and kobudo on 20 to 21 May 2005, by Dirk Heene, 7 dan, Dick Fieret, 5 dan and Gertjan Fieret 4 dan. For more information please contact Dick or Gertjan Fieret, at dfieret@zeelandnet.nl or 0031 115-696383 or 695072.

Dimitrijevic Velibor sensei, 6 dan and member of the Shihankai, organizes on 30 May to 3 June 2005 the Athens 2005 Karate do Camp, in a the Sport Camp Loutraki, www.sportcamp.gr, close by the famous spa town of Loutraki, 75 km from Athens. You have received the leaflet of this course however if you need more info contact Dimitrijevic sensei at vebo@otenet.gr. Please note that this course is just preceding the Academy's Gasshuku, so Academy members have the possibility to combine both courses.

If you look also for long destinations Marco Gomez sensei 5 dan, organizes a Seminario Karate Traditional on 4, 5 and 6 June 2005 in Fusagasusa, Cundinamarca, Colombia. For more information zensho@starmedia.com or marcoalf@terra.es

The English Shotokan Academy organizes its Summer Residential Course, Steve Cattle Memorial on 12 to 14 August 2005 in Lillesshall UK. Dirk Heene sensei, 7 dan, Julian Mead sensei, 6 dan, Mike Fedyk sensei, 6 dan, Alan Armstrong sensei, 5 dan, Roger Hooton sensei, 5 dan, will teach in this course. For more information look at the ESA site www.the-esa.info .

San Pilay, 6 dan, organizes the Kase ha Memorial Seminar on 2, 3 and 4 September 2005 under the direction of Mirce Opeloski sensei, 6 dan and the Championship on 10 September 2005 in Pretoria, South Africa. Championship is open to all ages and levels under different categories. For more information please contact the Event Coordinator directly: Karien Jacobsz at kjacobsz@polka.co.za

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.

Recommended Internet sites

www.shotokan-ryu-kase-ha.de Pascal Petrella's dojo site on SRKHIA. The site includes many useful Academy information, including SRKHIA Newsletters; www.shotokanryukaseha.com Martin Fernandez's site, includes a lot of information on Kase sensei and SRKHIA as well; www.kamikazeweb.com Frank Schubert's site, with many items for on line shopping and information on courses with various instructors. Every member should have them on his Favorites list. Does your club, or you, have a site with relevant information you want to share with other members? Send me the information and it will be put in the Newsletter, so all members will be informed.

Quotation of the month

Karate wa yu no goto shi taezu, natsudo wo ataezareba moto no mizu ni kaeru.
Karate is like hot water; if not given continual heat, it will go cold.
Funakoshi Gichin, from Shoto Nijukun

The next Newsletter will be edited in the first week of April 2005. Stay strong, train hard and enjoy life.

Oss

Spiros G. Drossoulakis