



# SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

## SRKHI A Newsletter 5/05

Dear karateka,

Before you proceed with the contents of this Newsletter I want to underline two points. First the conclusion of the renewal of membership for 2005, and second the conduct of the Gasshuku 2005 from 3 to 5 June 2005 in Athens Greece. The time to apply and reserve accommodation within the Sport Camp where the activity will take place closed on 1/5/2005. If you are planning to come and you have not made arrangements up to now, please contact now Dimitrijevic sensei (contact details to be found in the Recommended Courses section of the Newsletter) to confirm your participation and reserve accommodation within the complex.

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

Following on from my previous article '*Fitness Testing*' published in issue 17 I would like to discuss the results of each test completed within the identified core fitness components essential to development of a karate athlete. The knowledge base established within the test results is essential to the progressive training programme known as **Periodization**.

Due to limited editorial space the 1st stage of training in the **Periodization** programme, the '**Conditioning Phase**' will commence in the next issue.

#### **2.3: Discussion** (Based On Actual Test Results of a High Level Karateka)

##### **Body Composition**

The subject had an acceptable body fat percentage and at this stage no further consideration to this fitness component is required. A balanced nutritional diet should be maintained.

##### **Flexibility**

A good range of movement (ROM) in the hamstrings and hip flexors is an essential aspect of the application of kicking techniques in karate.

The rating of flexibility was at a high level of ROM albeit just below the desired level indicated in the personal profile chart. A slightly lower ROM existed in the left leg and therefore further attention to flexibility training and maintenance as part of the overall plan should not be neglected.

A point of interest regarding ballistic kicking action was that the subject was able to kick to his own head height, this is quite adequate but there may be a need to kick even higher if fighting an opponent of greater height. Unless a tactical change of

fighting strategy is undertaken a continuation of training to improve **Range of Movement** will be required.

### **Speed**

**Punching** - The results of the test showed that the subject was performing one punch every 0.2 of a second. This may be considered as a good rate of velocity, however a comparison against other tested athletes would be required to evaluate if it was actually fast enough. Another point to be considered is the fact that the test involved a consecutive rhythm of movement with one true start and finish between each set of ten punches. A test to find out the velocity of one individual punch would highlight any performance difference and indicate a true velocity of technique against the ten-punch result.

**Kicking** - A similar scenario to the punching test with the subject averaging over five kicks, a time of 1.1 seconds per kick. This on the surface appears to be quite quick, however a factor that probably affected the speed of kick was that a return to base had to take place prior to the next kick. Application of five consecutive kicks in competitive action is not the norm. Tactical positioning prior to kicking action is important and in all probability the kick will be performed as a fraction of 1 second. Again it may be necessary to do individual kicking tests to enable true measurement of velocity.

In both the punch and the kick, accurate time measurement of individual movement would require specialist equipment; this is why an average of performance was taken in these particular tests.

The success of application for both techniques in a safe mode requires a very fast and co-ordinated movement of limbs and associated muscle groups.

A continuation of speed development should therefore form part of the training plan.

### **Agility**

The test results indicated that the subject had an acceptable degree of agility compared to the requirement indicated on the personal performance chart. The **adapted** test itself was not too different from the test described as the **Illinois shuttle** run.

However the time taken to complete the adapted circuit was some ten seconds longer than the good rating on the scale identified as a norm of performance by the designers of the Illinois test. The increase in time completion was due to the nature of the karate technique being applied. The time completed by the subject would be the base level for comparison against future performance testing.

Agility is a key element of importance within the disciplines and performance of karate especially in the application of advanced kata routines and the positional movement and evasion skills required during kumite practice. A continuation of training for such movement will be required throughout the plan. Good agility will also help to reduce injury risk.

### **Power**

The subject displayed a good level of leg power against the norms and would not require too much work to achieve the requirement displayed in the personal profile. The test held for arm power was karate specific and the subject set a personal base for future testing. A comparison of results against a heavier or lighter person would be required in order to calculate and evaluate relative strength as a norm. The important factor concerning power application of both the kick and the punch is the

explosive starting action and the impact effect as the technique is completed. A power training plan is essential and should include a programme of plyometric training with the exercises designed and applied to the karate specific demands. An important point to note is that plyometric training is potentially dangerous. The athlete should possess a good strength base prior to any such training.

### **Strength**

Both test results indicated an average performance of strength ability. This was below the estimated requirement displayed on the personnel profile chart

Strength in general is a vital element that contributes to performance efficiency and may be divided into three specific classifications. (Dick. 89 p 171)

**Maximum strength** - The greatest force the neuromuscular system is capable of exerting in a single maximum voluntary contraction.

**Elastic strength** - The ability of the neuromuscular system to overcome resistance with a high speed of contraction i.e. speed / power movements.

**Endurance strength** - The ability or capacity of the whole organism to withstand fatigue.

Each of these classifications is of importance to the karateka in the application of the three disciplines of karate, with each discipline utilising all aspects of strength in different ways.

A most important aspect is the development of maximal and relative strength. Without this strength base any training to develop the elastic or speed strength required for the sport specific explosive power movements cannot effectively be achieved and it may also increase the likelihood of serious injury. (Dick. 89 p178)

It is quite clear then that the subject needs to establish a good base level of strength. The subject must ensure progression of training in this area is included as a continuing aspect of the training programme

### **Endurance**

**Anaerobic** - The subject achieved a reasonable test result, however there is still room for much improvement. The application of all karate techniques is based on very strong abdominal tension and strong exhalation of air at the point of impact / technique completion. This muscular tension is also a necessary component that contributes to the ability of the karateka to absorb strong impact to the body.

A continuous development of the abdominal area will be very beneficial to the karateka and must be maintained in the training programme.

**Aerobic** - The subject achieved a high level of performance in the test. The relevance of aerobic capacity during the overall performance of karate is associated with the ability to recover energy levels as quick as possible after the high energy appliance of the short burst power techniques typical of karate.

Continuation of endurance training should form part of the maintenance programme.

**In the next issue - Chapter 3 Conditioning (Preparation Phase)**

## **Membership Information:**

As you know the membership renewal for 2005 closed on 1<sup>st</sup> April 2005. 118 members renew their membership or became members for first time, 43 did not pay so they are considered as Dormant members and 28 did not pay for second time, so they may be considered as no members. Pending approval by the Shihankai the final draft membership list is attached:

## **Academy Dojo directory:**

Are you travelling abroad, away from your place or country? Do you want to train in the place you are visiting but you do not know a relevant place? Do any of your students find him in this situation? No problem. You may visit [www.kamikazeweb.com](http://www.kamikazeweb.com) ; follow the links for *Dojo List* and you will find all information you need. Or you may ask from the SRKH Secretariat, [spirosd@otenet.gr](mailto:spirosd@otenet.gr) and you will be provided with all appropriate information.

## **SRKHIA News**

### **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](http://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 important Academy's activity. In brief, the course will take place in the Sport Camp Loutraki, [www.sportcamp.gr](http://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 due since 1<sup>st</sup> May 2005. If you have not booked yourself for the course but you want to participate, please contact as soon as possible Dimitrijevic sensei, at [vebo@otenet.gr](mailto:vebo@otenet.gr) , to ask if this is still possible. For any further information please contact the Secretary of the Academy at [spirosd@otenet.gr](mailto:spirosd@otenet.gr) or Dimitrijevic sensei at [vebo@otenet.gr](mailto:vebo@otenet.gr)

The Belgian Karate Shotokan Academy Spring Course will take place from 13 to 15 May 2005 in Hasselt, Belgium. Dirk Heene, 7dan, Jim Martin, 6dan, Pascal Lecourt, 5dan, all members of the SRKHIA Shihankai and Mario Vanroy, 5dan, will teach on this course. A grading also for Shodan to Sandan will take place on 14 May. The venue is the well known, I think, Sportshall KTA1, Vildersstraat 28, 3500 Hasselt. For more information, [www.bksa.be](http://www.bksa.be) , [bksa.honbudojo@pandora.be](mailto:bksa.honbudojo@pandora.be) , tel/fax: +32-11-72.70.68 (BKSA Honbu Dojo, Dirk Heene).

Dick Fieret, 5 dan organizes his monthly Kobujutsu seminars on 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 4dan. For more information please contact Dick or Gertjan Fieret, at [dfieret@zeelandnet.nl](mailto: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 the Sport Camp Loutraki,

[www.sportcamp.gr](http://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](mailto: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 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](mailto:zensho@starmedia.com) or [marcoalf@terra.es](mailto:marcoalf@terra.es)

Lecourt Pascal sensei, 5 dan and member of the Shihankai and Stevens Marc sensei, 5 dan, will conduct a seminar on 8, 9 and 10 July 2005, in Dublin, Ireland (Loughlinstown Leisure Centre). For more information contact Jerome Dupuch, at [info@dublinshotokanacademy.com](mailto:info@dublinshotokanacademy.com) , website [www.dublinshotokanacademy.com](http://www.dublinshotokanacademy.com)

Shotokan Ryu Kase Ha Israel will held its Summer Course from 28 July to 2 August 2005, in Nahariya, in the northern Israel, 10km from Lebanon border, where SRKH Israel Honbu Dojo is. Farkash Arie sensei, 6<sup>th</sup> dan and Lecourt Pascal, 5dan, member of the Shihankai, will teach in this course. You may combine your visit with staying a couple of days more in Nahariya. If you are interested to travel to Israel, contact Farcash sensei, [arie@sskai.com](mailto:arie@sskai.com) tel (972) 528360555, for more information.

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](http://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 directly the Event Coordinator, Karien Jacobsz at [kjacobsz@polka.co.za](mailto: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](http://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](http://www.shotokanryukaseha.com) Martin Fernandez's site, includes a lot of information on Kase sensei and SRKHIA as well; [www.kamikazeweb.com](http://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, it will be put in the Newsletter, so all members will be informed.

### **Quotation of the month**

"An arrow that has been shot, cannot come back"

Confucius

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

Oss

Spiros G. Drossoulakis