



## SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

### SRKHIA Newsletter 10/05

Dear karateka,

as an introduction to this Newsletter I would like to point out a couple of things; SRKHIA is moving forward with steady pace. Many seminars with Academy instructors are organized in many places and more and more people is introduced or is getting deeper to Kase ha Shotokan ryu Karatedo. Although this may sounds good news, the same time puts on our shoulders a greater responsibility for the proper and further development of our sensei's heritage. Apoint which should never be forgotten.

Also as the end of the year approaches, the time for renewal of our memberships and the acceptance of new members is coming too. At the next Newsletter I will provide with more information on that.

A few words on this Newsletter. Mike Fedyk continues with the his presentation of Coaching and Training Principles, a very interesting series of articles - thank you Mike. Information on various training seminars and courses is available as well.

# Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

Hello Once Again,

As we continue with the 3<sup>rd</sup> chapter, Periodization Training Programme, the today's article covers Speed Conditioning.

## 3.5: Speed Conditioning

### 3.5.1:Rationale

Speed is a determinate factor related to the successful completion of skill application and the dynamic / power movements of karate.

The term speed incorporates three elements: **reaction time**, **frequency of movement per time unit** and **speed of travel over a given distance** (Bompa, 1999).

Fast reaction to stimuli and speed of travel from start point to impact point is vital if the karateka is to be successful in application of offensive or defensive skills.

Ozolin (1971) cited by Bompa implies there are two types of speed:

1. **General** - The capacity to perform any movement in a rapid manner.
2. **Specific** - The capacity to perform a skill at a given speed, which is usually high.

Other factors that may influence speed development include:

- **Heredity** (proportion of red twitch and white twitch fibres)
- **Ability to overcome external resistance.** (Power, the force of muscle contraction)
- **Technique.** (High development of co-ordination required)
- **Concentration & Willpower.** (Mobility and harmonious character of the nervous impulses)

- **Muscle Elasticity.** (Ability to relax the agonistic and antagonistic muscles alternately enables high frequency of movement.)

Specialised speed training at this early stage of the programme would perhaps increase the likelihood of injury and would be best left until the basic strength conditioning phase of training has been completed to the required level.

The traditional methods applied for speed improvement for the karateka which are based on skill specific movements would perhaps be sufficient at this stage of development. The traditional method is based on sequences of fast repetitive action and should be applied during the dedicated time for skill sessions.

As the programme is developed more specific speed training methods will be introduced that although not skill specific will initiate positive physiological training adaptations (NCF, 1995).

The methods to be employed include:

- Sprint training.
- Specific resistive training.
- Plyometrics.
- Speed ball training (Watson, 1995).

*If any reader has a particular question related to any articles published to-date please contact me or forward your query to the editor of the newsletter and I will do my best to give an informative answer.*

## SRKHIA News

### Recommended Courses:

Do you want to stay informed about courses in different countries by any or a particular instructor? 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.

SRKH is reaching the edges (from a European point of view) of the world, in this case Australia. Farkash Arie sensei, 6<sup>th</sup> dan, will conduct a series of seminar, organized by Zanshin Shotokan Dojo, in October 2005. Arie sensei will teach from 14-16 October in Sidney, in a three days Gasshuku for the Association's senior members, from 17 – 18 October in Save, Victoria and from 19-20 October in Melbourne. During these seminars all aspects of Kase ha Shotokan ryu Karate do will be taught and explained.

If you want, on this last moment, to travel to this corner of the world, please contact Farkash sensei, [arie@sskai.com](mailto:arie@sskai.com) tel (972) 528360555, for more information.

Lecourt Pascal sensei, 5 dan and Shihankai member will teach on 22 and 23 October 2005 in the Zeist, The Netherlands, in a course organized by the Stichting Dokan and Andre Brockbernd. For more information or enrolment contact Stichting Dokan Secretariat, Nijenheim 2426, NL 3704 VK ZEIST, The Netherlands, Tel: +31 30 6963479, Fax:+31 30 6963479, E-mail: [stage@dokan.nl](mailto:stage@dokan.nl), Website: [www.dokan.nl](http://www.dokan.nl)

Heene Dirk sensei, 7 dan and member of the Shihankai, will teach a course on 5<sup>th</sup> and 6<sup>th</sup> November 2005, in Cork, Ireland, organized by Olympic Karate Club and Tim Harte sensei. For any information contact Tim Harte at [olympickarate@eircom.net](mailto:olympickarate@eircom.net) or mbl tel ++353 087 6408742, or look <http://homepage.eircom.net/~olympickarate/>

Heene Dirk, 7 dan and Shihankai member, Van Binst Francois, 6 dan and Button Ken, 6 dan, will teach at the 17 International Course in Wijnegem Belgium. The course is organized by Wijnegem Karate Center and Brijon Frans. For further information contact Brijon Frans, 0032 486 572 536, [frans.brijon@pandora.be](mailto:frans.brijon@pandora.be) , [www.users.pandora.be/WKC](http://www.users.pandora.be/WKC)

Lecourt Pascal 5 dan and Shihankai member will teach an open course in Dublin, Ireland, on 19 and 20 November 2005. The course organizer is Dupuch Jerome. For further information contact: Jérôme Dupuch at 00353 (0)87-9893765, [info@dublinshotokanacademy.com](mailto:info@dublinshotokanacademy.com), [www.dublinshotokanacademy.com](http://www.dublinshotokanacademy.com)

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will teach in on 27, 28 and 29 January 2006 in Gandia, Valencia, Spain, in a course organized by Frank Schubert. For more information contact Frank Schubert, e-mail: [info@kamikazeweb.com](mailto:info@kamikazeweb.com)

A rather early announcement for advance planners. The Sei Sen Karate Club Arlon organizes the XVIth International Karate training in Arlon Belgium, on 18 and 19 March 2006. Instructors are Dirk Heene, 7 dan and Shihankai member, Francois Van Binst, 6 dan and Pascal Petrella, 5 dan and Shihankai member. For information contact Lallemand André, 70, rue de Toernich, 6700 Arlon, tel/fax/rép 063/22.34.68, e- mail : [andre.lallemand@skynet.be](mailto:andre.lallemand@skynet.be)

Are you interested in kobujutsu? Dick Fieret, 5 dan, organizes a series of kobujutsu trainings on 25/9, 5/11, 26/11 2005 and on 21/1, 18/2, 25/3, 22/4, 20/5, 24/6. In addition Budo club Fieret organizes its annual Budostage in Terneuzen, the Netherlands, on 11 and 12 December 2005 with guest instructors Dirk Heene, 7 dan and Julian Mead, 6 dan. Are you interested? Contact Enquiries to: Dick & Gertjan Fieret, e-mail: [dfieret@zeelandnet.nl](mailto:dfieret@zeelandnet.nl), tel: 0031 -115-696383 of 695072.

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.

Last but not least. Do you want information on courses that you organize or teach to reach Academy members? Please inform me timely so I can put them in this Newsletter. I see information on many courses related to the Academy in various sites on the Internet and it's a pity that this information never reached our Newsletter.

## **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 and it will be put in the Newsletter, so all members will be informed.

### **Quotation of the month**

"Everyone of us must do one step back, if we want to walk many steps ahead together"

Chinese adage

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

Oss

Spiros G. Drossoulakis