



# SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

## NEWSLETTER 2/06

Editor: Spiros G. Drossoulakis, SRKHI A Secretary

Contact: [spirosd@otenet.gr](mailto:spirosd@otenet.gr)

### **From the editor**

Firstly I would like to wish all of you a happy and prosperous 2006. As I have already mentioned a problem in my PC didn't allow the proper edition of Newsletter 1/2006, while has slow down certain Academy work. Now everything is back in order and business run as usual. However this Newsletter has been affected as well but I am looking forward to your understanding. I hope, with your help, from the next Newsletter everything will be fine. At this point I would like to take the opportunity to ask you to contribute the edition of our Newsletter, with articles, reports news from seminars or other activities you participated in, or whatever you consider worthy to be shared with other members. I look forward to your positive reaction.

### **Membership status:**

The renewal of annual memberships for 2006 is on going and will be closed on 1<sup>st</sup> March 2006

*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: 60-05-06  
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: 60-05-16  
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. Renewal of membership should be completed by 28<sup>th</sup> February 2005.

I would like to draw your attention to the fact that if you have not paid your membership for 2005, thus being in Dormant status, you should pay the 2005 membership as well.

**New applications for membership**

The procedure for the submit of applications for new members closed on 31<sup>st</sup> December 2005. The following applications were received:

CLARK William, UK/Scotland - COWIE Linda, UK/Scotland - GALLEN Toni, Finland – JACOBZS Karen, South Africa – POSCHL Abi, Germany – PER Holmen, Sweden.

Shihankai is currently examining these applications for approval and acceptance of the new applicants as Academy members.

## Academy Gasshuku 2006

The Academy Spring Gashuku 2006 will take place from Thursday 1<sup>st</sup> June to Saturday 3<sup>rd</sup> June 2006 in Nahariya, Israel. Nahariya is located in the north of Israel, by the sea and 10 km from the Lebanon border. The Gasshuku will be organized by Farkash Arie sensei, 6<sup>th</sup> dan and the KSK Israel.

Here are all details:

<b>Gasshuku Program and Time table</b>			
<b>Day</b>	<b>Time</b>	<b>Subject</b>	<b>Remarks</b>
Thursday 1 June 2005	19:00 – 21:00	Opening Session	Amal Hall
Thursday 1 June 2005	21:30 – ???	Organized Supper	"Mul Haiam" restaurant
Note : "Mul Haiam" Pub/Restaurant is a local well known restaurant on the beach. The food is great and the atmosphere is great. Ideal for understanding more about us.			
Friday 2 June 2005	16:00 – 19:00	Two Classes	Amal Hall
Friday 2 June 2005	20:00 – 24:00	Barbeque on the pool	Kibutz Kabri
Note : "Kibutz Kabri" is a typical social settlement. We will organize a barbeque at the pool of the Kibutz. The Idea is nice food, drinks and fun.			
Saturday 3 June 2005	10:00 – 13:00	Two Classes	Amal Hall
Saturday 3 June 2005	13:30 – 17:00	Dan gradings	Amal Hall
Saturday 3 June 2005	19:00 - ???	Party	Special surprise
Note: We are organizing a Special Mediterranean event. We will all drive together to a "Druz" village and enjoy the local hospitality. Fun is promised!			

### **Special activities:**

#### **31 May 2005 (20:00 – 21:30):**

There is a special karate class with the seniors of KSK Israel at KSK Israel Honbu Dojo. KSK Israel strongly recommends to try and come to Israel a day or two earlier and acclimatize. The best way to do it is to take advantage of the local Karate activities.

## **4 – 5 June 2005 :**

After the seminar KSK Israel organizes a special trip to Jerusalem, Masada and the Dead Sea. KSK Israel would like to make the most of members trip and visit some special and attractive places in Israel.

The tour will leave Sunday morning to Jerusalem, visiting the old city. The Guide will take us to the most Holy Places in the world like the wall, Via Delarosa, and the Arab market.

Afternoon the trip will hit the road to "Ein Gedi" Park reserve next to the Dead Sea for supper and rest. The next morning (5 June 05) will go up to "Masada". This will be an unforgettable experience.

On the way down for "Masada" the group will visit the spectacular "Ein Bokek" reserve.

The last experience for this great event will be to swim and float in the Dead Sea.

## **Prices**

- KSK Israel has organized a special price with the local 4 stars Plaza hotel. The prices are:  
45\$ per night (4 people in a room).  
55\$ per night (3 people in a room)  
60\$ per night (2 people in a room)  
110\$ per night for single room.  
The hotel includes free country club with sauna, gym and pool, free entrance to the private beach. The web site of the hotel is [www.parkplazanahariya.co.il](http://www.parkplazanahariya.co.il)
- "Kibutz Kabri" barbeque 10 EURO
- "Mul Haiam" restaurant, very fair prices and excellent food and drinks
- "Druz Surprise evening. This will be the closing event. Great time for 14 EURO per person.
- Train fees from Airport to Nahariya and back 14 EURO
- Two day trip to Jerusalem, Masada and the Dead Sea, including transportation, hotel, entrance fees, food and guide (for two days), about 115 EURO per person if we have about 40 people, about 125 if there will be 20 – 30 people. If there will be less the 20 people KSK Israel can work out a different deal for almost the price.

## **Please take in consideration:**

- In Israel the resting day is Saturday (like Sunday in Europe)
- **This weekend is a religious Holiday so this will be a very busy time in Israel With lots of fun. So, we will have to book flights, Hotels, Buses,**

**Restaurants, Halls ect, well in advance. Please hurry up with your bookings**

- The trains that are the most comfortable way to get to Nahariya are not operating from the 1 of June 14:00 until 3 of June 18:00.
- It is strongly recommended to extend your stay or come a bit earlier and taste the spirit of Israel. KSK Israel members are organizing a tour to the "Sea of Galilee" and "Nazareth" on the 31 of May. As well as many other fun activities. This is the opportunity to mix Karate and pleasure.
- For the people that will come earlier KSK Israel can organize Home stays. This will give a great opportunity to mix with the locals and understand more about Israel and the Middle East culture.
- Israeli people are welcoming you to have the best time ever in Karate and fun. Use this opportunity and make the most of it
- How to contact Farkash Arie for more details:
  - Phone: +972 528360555
  - Skypy user name is ariefakash
  - E\_mail [arie@sskai.com](mailto:arie@sskai.com)
  - Address: 135B Herzel St Nahariya 22448, Israel

## SRKHIA News

### Reports

#### International January Course in Luxembourg 14.-15.1.2006

Sensei Pascal Lecourt gave a weekend course in Luxembourg for the 9<sup>th</sup> year in a row. The Salle Omnisport Beggen was once again full of karatekas from all over Europe.

Thanks to a training schedule made to fit in-coming travellers, we received participants from anything between the North of Finland and the South of Spain. Large groups came from Belgium (headed by Dirk Heene), Germany, the Netherlands and France, and we also saw old friends from Ireland and Great Britain. Saturday's first training session started at 13.30 and on Sunday we finished at 14.15.

The programme of the weekend was challenging on many levels. The two Saturday sessions were based on *Kanku dai*. We first practised the *kata* (*omote* and *ura*) and Pascal gave detailed clarifications for junior belts. The main focus during the three hours was on *oyo bunkai* of the *kata*. It was tough and demanding for both body and mind. At the end of the training Juan Pablo Delgado Herrera from Cádiz gave us a demonstration with his student Rafael Garcia Trujillo of how to do it properly. In the evening we had a relaxed dinner together.

On Sunday morning we started with open hands' training. We learned in four combinations how not to kill, but to destroy the opponent's all four limbs. During the last session we practised techniques into four directions, first with one, and ultimately with four opponents. We used different reactions towards an opponent: *gono sen*, *tai sabaki*, *sen no sen* and *deai*.

The main goal of the training on Sunday was to turn the different reactions into reflexes in order to use them in various combat contexts and strategies. This is really necessary because, as Pascal Lecourt says, the reaction in a combat context often depends on the personality of the person. Learning these different aspects of defence helps us to face any situation without being limited by our own emotions. In this way we improve our strengths and strengthen our weaknesses, which is one aspect in the development of our personality.

Some pictures of the demonstrations of Pascal Lecourt with Jérôme Dupuch, Dublin, Ireland, and with Juan Pablo Delgado Herrera, Cádiz, Spain, can be admired on our web page <http://www.telematique.org/karate/>.

Anne Rasimus

## 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.

Gomez Marco sensei, 5 dan, assisted by Carrion Nelson sensei, 5 dan ITKF, will teach a course on 4 and 5 February 2006, in Polideportivo UPC, Universidad Politecnica di Cataluna, Barcelona. For information contact Marco Gomez tel 659 593 598, e-mail [marcoalf@terra.es](mailto:marcoalf@terra.es)

The Eagles Karate Club and Bruwer Rudi sensei, Academy member, are organizing the Centurion Karate Tournament on 25 February 2006, at the Matsport Centre, Ireland Rd, Eldoraigne, Centurion, South Africa. The tournament includes Kata and Kumite divisions, in ages and belt groups. For more details look at [www.eagles.co.za](http://www.eagles.co.za) or contact Rudi Bruwer tel 0927 72 532 9999, e-mail, [karate@eagles.co.za](mailto:karate@eagles.co.za)

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will teach a course in Jagodina, Serbia, from 24 – 26 February 2006. It is an open course for all levels, with separate sessions for Instructors only. The aim of the course is to promote Kase Ha Shotokan Ryu Karate-Do in the area of central Serbia an is organized by the Karate Club "HAIKEN. For more information you may contact Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com) or Cedomir Vucicevic sensei tel/fax: +035 24 22 77, e-mail: [msja@jovatel.net](mailto:msja@jovatel.net)

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)

Heene Dirk sensei, 7 dan and Shihankai member will direct a course in London, UK, on 25 & 26 March 2006, organized by the English Shotokan Academy. For details on this course contact Alan Armstrong tel 0044 1684 773022, e- mail [alan@armstrong-associates.net](mailto:alan@armstrong-associates.net)

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will teach at the Regular Annual Course for Kase ha Shotokan ryu Karate do Instructors in Serbia, from 7 – 9 April 2006. For more information you may contact Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com) or Bratislav Rujevic sensei, tel: +018 337 153, e-mail: [brujevic@medianis.net](mailto:brujevic@medianis.net)

Lecourt Pascal, 5 dan and Shihankai member will teach a course on 8 and 9 April 2006 in Dublin, Ireland, organized by Dupuch Jerome and the Dublin Shotokan Academy. For more information contact Dupuch Jerome, 00353 (0)87-9893765, [info@dublinshotokanacademy.com](mailto:info@dublinshotokanacademy.com) , [www.dublinshotokanacademy.com](http://www.dublinshotokanacademy.com)

Lecourt Pascal, 5 dan and Shihankai member will teach in two courses, on 21 to 23 April 2006 in Fairfield, Australia and on 25 to 27 April 2006 in Hobart, Tasmania respectively. Both courses are organized by Fenech Paul and the Australian

Shotokan Alliance. For more information please contact Paul Fenech [fenech@value.com.au](mailto:fenech@value.com.au)

Academy's Spring Gasshuku will take place from 1 to 4 June 2006 in Nahariya, Israel, organized by KSK Israel. All necessary information and details are found in another section of this Newsletter.

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will organize and direct the annual Athens Karate do Camp 2006, from 7 – 11 June 2006, in the Sport Camp Loutraki, a seaside city 70 km from Athens. Everybody who wants to follow the spirit of Kase sensei and study the secrets and a genuine approach to Kase ha Shotokan ryu is invited in this five days Camp. For more information you may contact Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com)

An important activity, a Basic Training Course Kase Ha Shotokan Ryu Karate Do, organized and conducted by SRKHIA members Lorenzo Marti, Martin Fernandez and Frank Schubert in Spain.

The course aims to make clear the basic principles of Kase Ha Shotokan Ryu Karate Do and is directed to advanced Shotokan students and instructors with minimum level brown belt, regardless of association. Its conduct is organized in 3 Saturdays intense seminars within one year: 5 Nov 2005, (already done) – 25 Feb 2006 and 27 May 2006.

Each seminar consists of 4-½ hours practice and 1-½ hours theory, sharing of opinions and discussion. The Curriculum in more details is as follows:

Module 1 – 5 Nov 2005 (already done):

Hanmi-dachi (Posture principles) - O-waza, with the example of Zuki-waza: Speed & Kime - Fudo-dachi (Correct development from Kiba-dachi, Comparison to Zenkutsu-dachi) Shuto-uchi / Haito-uchi: Correct execution of individual techniques Basic series of Uke-waza with closed fist (8 blocks) Special breathing to use the energy from the Hara Correct movements with Kae-ashi (Hanmi-dachi and Fudo-dachi, front and back)

Module 2 – 25 Feb 2006:

Centering and ground connection (Posture and breathing principles) From O-waza to Ko-waza with the example of Zuki-waza / San-dan zuki From Hanmi-dachi to Fudo-dachi (Correct development to the front and backwards) Uke-waza with open hands: Correct techniques Basic series of Uke-waza, with open hand blocks Special breathing to use the energy from the Hara and the ground Correct moving with Tsugi-ashi Ten-no-kata (if enough time)

Module 3 – 28 May 2006:

Using of pressure to the ground for your techniques (Energetic and postural principles) - From O-waza to Ko-waza, with the example of Uke-waza, defenses with closed fist - Timing of the defenses - Go-no-sen: Sei-te (closed fist and open hand techniques) Ten-no-kata, Ten-no-kata-ura Projection of energy through the contact



part of our arms/hands into the target Correct moving with Yori-ashi (Suri-ashi)  
Combinations of Kae-ashi, tsugi-ashi and yori-ashi

Module 1 has been a great success with 24 karateka (22 black belts and 2 brown belts) from all over Spain participating (Cadiz, Albacete, Gandia, Alzira, Valencia, Madrid, Barcelona). After finishing the seminar each participant personally found a list of exercises and principles that he will practice by his own, in his home dojo, in the time between module 1 and module 2.

If you want to participate or you want more information please contact Frank Schubert, [info@kamikazeweb.com](mailto:info@kamikazeweb.com) or Martin Fernandez, [martin\\_fdez@yahoo.es](mailto:martin_fdez@yahoo.es)

Are you interested in kobujutsu? Dick Fieret, 5 dan, organizes a series of kobujutsu trainings on 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. Information tel / fax 0032 11 727068

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.bksa.be](http://www.bksa.be) the site of Belgian Karate Shotokan Academy, leaded by Dirk Heene;  
[www.vebodo.com](http://www.vebodo.com) the site of Velibor Dimitrijevic, 6 dan and Shihankai member;  
[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.the-esa.info](http://www.the-esa.info) of the English Shotokan Academy; [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 organization, 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**

The warrior must have patience, persistence and discipline

Don Juan in Carlos Castaneda's novel

The next Newsletter will be edited in the first week in March 2006. Stay strong, train hard and enjoy life.