



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 3/06

Editor: Spiros G. Drossoulakis, SRKHI A Secretary

Contact: spirosd@otenet.gr

From the editor

Dear friends,

There are many information in this Newsletter, as usual. However I want to draw your attention on one thing. As you know Academy's Spring Gasshuku will take place in Israel from 1 – 3 June 2006. Every member planning to attend the course should fill the form at the end of this Newsletter and return it, by 20 March 2006 to Farkash sensei. Farkash sensei and KSK Israel are taking a great effort to organize the course. By providing the required information we help them to better organize the event and make our stay more convenient. Please remember that and return the form on time.

Academy Gasshuku 2006

You have been already informed about the details of Academy's Spring Gasshuku 2006 in Israel. You will also find all details below, once more. However I want to point out that, if you plan to be there, send the Participation Form, found at the end of this Newsletter, to Farkash sensei by 20 March 2006. In this way KSK Israel and Farkash sensei will assist you the most and they will be able to better organize the event. PLEASE SEND THE FORM ON TIME.

The Academy Spring Gasshuku 2006 will take place from Thursday 1st June to Saturday 3rd 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, 6th dan and the KSK Israel.

Program and Time table			
Day	Time	Subject	Remarks
Thursday 1 June 2005	19:00 – 21:00	Opening Session	Amal Hall
Thursday 1 June 2005	21:30 – ???	Organized Supper	"Mul Haiam" restaurant
<u>Note</u> : "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
<u>Note</u> : "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
<u>Note</u> : 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:

There are certain activities attached to the Gasshuku, which may be taken advantage by SRKHIA members participating to the Gashsuku and wanting a longer stay in Israel.

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, thus taking advantage of the local Karate activities as well.

4 – 5 June 2005 :

Following the Gasshuku, KSK Israel organizes a special trip to Jerusalem, Masada and the Dead Sea. KSK Israel would like to make the most of member's 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 is going to 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 and make them as soon as possible.**
- Trains which 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 people who will arrive 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
- For more details contact Farkash Arie sensei.
 - Phone: +972 528360555
 - Skypy user name is ariefakash
 - E_mail arie@sskai.com
 - Address: 135B Herzl St Nahariya 22448, Israel

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

Chapter Four: General Basic

4.1: Introduction

This phase of training is a crossover from the preparation and general conditioning phase through to the specific basic phase of training employed in the pre season competition period.

Testing of the subject using the base fitness tests established in the conditioning phase will be required during the first week of training. Any lack of improvement in specific components of fitness will necessitate further conditioning prior to application of the next level of training.

The intensity and volume of training is steadily increased throughout this next macrocycle phase of approximately fourteen weeks, hence adequate conditioning is essential to the achievement of progressive adaptation and avoidance of unnecessary injuries.

All being well the first week of training should be utilised to acclimatise the subject to any new exercises being introduced, without the overload training principle. It is a preparation for the higher workload to come within this phase of training.

During this phase of general basic training these aspects will formulate the basis of training methodology:

- Maximum strength development.
- Flexibility development.
- Speed enhancement.
- Maintenance and development of aerobic and anaerobic endurance.
- Skill development within the above components and karate specific.

An appropriate period of recovery via a reduction in volume and intensity of training for one week will be required at the end of every fourth week

4.2: Strength - General Basic

4.2.1: Rationale

A steady development of the functional and general strength of the whole muscular system produces the foundation for the more sport specific maximal strength training

to be encountered as training adaptation progresses towards the desired athletic level.

Many of the skills applied in the disciplines of karate require maximum stability and static muscular control enabling techniques to be held in position for a set time, whilst other skills require a fast dynamic highly co-ordinated action displayed within and sometimes beyond the normal range of movement.

Exercises applied for development of core muscle groups during the strength-conditioning phase may be maintained, however at this stage exercises to develop the muscles / prime movers essential to karate skill performance must be implemented into the training programme.

An age-old concern of the karateka and strength development is that of becoming muscle bound, the fear of loss of flexibility and range of movement being the main focus of worry. Ebben and Blackard (1997) dispute this claim and suggest "**Correctly applied weight training can aid antagonist relaxation**".

In order to minimise increase in muscle bulk and enhance maximum strength gains via fast twitch fibre recruitment Ebben and Blackard consider Isotonic training as the ideal, using high load and low repetition exercise.

Isotonic training utilises concentric and eccentric muscle contractions. The training effect is best achieved via use of specialised machines however the exercises can also be applied using free weights, a training partner / spotter will be required to aid correct application and ensure exercise safety.

"Tension in the muscle can be attained by, overcoming gravity or by opposing gravity, dynamic contraction takes place as a result". (Bompa, 1996).

Bompa believes resisting the force of gravity, which causes an eccentric contraction, is the most effective method of strength development. This may be achieved simply by lowering a weight slowly and yielding to the force of gravity.

An alternative method encourages lifting a weight to full extension as a fast concentric action, Dick (1989) believes this method is ideal for development of muscle groups relevant to sport specific performance.

Bompa states these training methods place high demands on the nervous system and should never be applied more than three times per week.

4.2.2: Training Schedule Weeks 6 - 21

Week 6 used as a recovery week from conditioning phase and used as acclimatisation to new exercise regime.

The isotonic method of strength development will be utilised over this training period and will include exercise application of both eccentric and concentric muscle contractions as previously described.

Training Protocol Week 7 - 21

- Exercise Sets 5 - 8.
 - Exercise Low Volume - Repetitions 4 - 8
 - Exercise Intensity 85 - 100% MR.
 - Performance Rhythm slow to moderate.
 - Pyramid System - multiple sets per exercise / increase weight / decrease reps.
 - Circuit System - alternating muscle group exercises include.
1. **90 Degree Squats** - (Quads, hamstrings, hip flexors).
 2. **Bench Press** - (Pectorals, deltoids, triceps).
 3. **Leg Press** - (Quads, hamstrings, hip flexors, glutes).
 4. **Alternate Incline Dumbbell Press** - (Anterior, middle, posterior deltoids).
 5. **Leg Extension** - (Quads).
 6. **Shoulder Press** - (Deltoids, triceps, trapezius).
 7. **Leg Curl** - (Hamstrings).

The circuit design includes a greater ratio of leg exercises, as it is this area of development that is essential for the base stability required and future specific training for performance of strong dynamic kicking techniques.

Schedule Weeks 7 - 10

Circuit application as described and utilising the concentric training method and completed three times per week. Start with three circuits at 85% of 1RM and 1 - 4 reps per exercise; ensure adequate rest minimum 2 - 3 minutes is taken between each circuit. By week 9 increase the circuits to 4 completions per session at the same intensity and increase volume from 4 to 6 reps.

Week 10 is a recovery period, revert back to 3 circuits and 1 - 4 reps.

Schedule Weeks 11 - 14

Continue circuit as above starting with 4 circuits per session and 1- 4 reps with an increase in intensity to 90% of 1RM. By week 13 increase the circuits to 6 per session and 4 to 6 reps per exercise, maintain the 90% intensity.

Week 14 is a recovery period, revert back to 4 circuits and 1 - 4 reps as week 11.

Schedule Weeks 15 - 18

A change of training strategy utilising the eccentric training principle and an adapted version of the pyramid training system will at this stage offer an interesting variation and perhaps serve to further motivate the subject to maximise their training.

Machine or free weights may be used to apply the same exercises used in the previous circuits however a training partner will be required to hold the weights in position prior to rep completions.

Weeks 15 -16 each exercise will be completed x 4 at 85% - 90% of 1RM. The exercise is not a lift as completed in the concentric application; it is a slow lowering of the weight resisting the force of gravity. On completion of each rep the spotter must assist in returning the weight to starting position.

Week 17 increase the load to 95% of 1RM maintain the described exercise protocol.

Week 18 is a recovery week, revert back to exercise as completed at week 15 but reduce the intensity to 85%.

The normal mode of pyramid training is to first push lightweights and perform many reps and gradually increase the weight and lower the reps for each set performed (Pauletto, 1991).

Schedule Weeks 19 - 21

Week 19 may be used to assess the strength gains, a comparison against all 1RM testing will indicate any significant gains. If gains are not adequate continue as weeks 15 -16 and retest at week 21 and use the rest of week as a recovery period.

If testing indicated gains were adequate.

Weeks 19 - 20 use to return to the training as applied from week 7 to 14 with a gradual increase in intensity and volume of exercise.

Week 21 use as a recovery week with a slightly different emphasis of application of the same circuit exercises. The load intensity may be dropped to 50 to 60%, here the emphasis will be on preparation for the next stage of training and development of sport specific strength and fast delivery of movement. All repetitions, 6 per exercise should be performed at maximum rate, if this load is too easy gradually increase the load % but do ensure that fast reps are still possible.

In the next issue

Chapter 4.3 Flexibility General Basic

During this phase of training the static stretching practised during the conditioning macrocycle will be maintained as a general basic stretching procedure. A look at and introduction of PNF Neuromuscular Facilitation stretching methodology will also be covered as an alternative part of the training schedule.

Budo Themes:

KARATE-DO, the essential meaning, by Funakoshi Gichin, founder of Shotokan Karate

Up until about 1900, it was highly fashionable in Okinawa to have anything or to do anything associated with the Chinese. Thus the character commonly used for Kara in Karate meant "Tang" and referred to the Tang dynasty of China. Later, around 1935, Funakoshi Gichin made a courageous and revolutionary step, he first suggested in newspaper articles and later in his book, *Karate-Do Kyohan*, that Karate-Do had in fact become a pure Japanese martial art. In an effort to correct the interpretation of Karate-Do as a Chinese art and at the same time to more clearly indicate the nature of the art as a way of life, Funakoshi changed the character for Kara from *Tang* to *Ku*. *Ku* is also pronounced Kara, and is found in the Hanyu Shingyo, a Buddhist sutra containing the phrase, *Shiki soku ze ku, ku soku ze shiki*. In this phrase the essence of Karate-Do is contained. Literally it means, "Form becomes emptiness, emptiness becomes form".

Shiki is the visible physical form of things. It is the outward appearance of anything, such as a technique or a kata.

Ku is a term similar to the *mu* in *Mushin*, and it means "emptiness". But **mu** is a specific term relating to the thinking processes of the mind, while **ku** refers more generally to the state of being, without any regard to form. **Ku** acknowledges existence, but describes an absence of form in that existence.

Ku is difficult to describe, but easy to feel. For example, in our daily routine, there is a larger process occurring all around us which we never examine, but which we notice and accept. That larger process is the change of seasons. As spring turns to summer, the weather becomes warmer, and one day we notice that it is uncomfortably hot outside. As summer turns to fall and then winter, we become aware of the changes in temperature, and suddenly we realize that it is cold. This change from season to season is *ku*; the seasons and the changes exist, but they do not rely on conscious action, and has no actually visible form or *shiki*.

In Karate-Do, the meaning of *Kara (Ku)* is the same. For example, when a student first learns kata, he must concentrate on the movements, involving him completely in conscious attention to every detail. A great deal of conscious thought is required, and complete attention must be given to *shiki*, the physical form of the kata. After many repetitions, however, the student does not consciously think so much about physical nature of the movements; they become more natural, and the body remembers the sequence. The form, *shiki*, is becoming emptiness, *ku*. **Shiki soku ze ku.**

After thousands of repetitions (Funakoshi believed that at least three years of solid practice was necessary to master a kata), the kata becomes part of the nature of the student. When we watch a master perform a kata, we sometimes feel that he is moving in another plane of existence. He is no longer doing the kata; the kata is "doing itself" on his body.

No conscious thought is given to the physical form of the kata. The complete emptiness *ku* is the same emptiness involved in change of the seasons. No conscious thought is involved, and the *shiki* (the different season or the techniques of the kata) is expressed through his emptiness. ***Ku soku ze shiki.***

In the kata Kanku Dai, the first movements are visual representations of *shiki soku ze ku, ku soku ze shiki*. The hands move together and rise above the head to look at the sky, and then break apart, moving in wide arc to come back together again in front of the center of the body. Together they are form; apart they are emptiness. Then they come back together.

Form becomes emptiness, emptiness becomes form.

Membership status:

Renewal of annual memberships

Closing time for the renewal of annual membership was the 1st March 2006. However due to certain communication problems, which happened in January, the period is extended till 1st April 2006. By that time you are invited to have completed the necessary arrangements.

Be reminded that *the annual membership fee 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: 60-05-16

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: 60-05-16

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. 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 members

Shihankai has approved the membership applications for CLARK William, UK/Scotand - COWIE Linda, UK/Scotland - GALLEN Toni, Finland – JACOBZS Karen, South Africa – POSCHL Abi, Germany – PER Holmen, Sweeden. We all extend a warm welcome to the new members of our family and we look forward training together.

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 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.

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

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

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

Dimitrijevic Velibor sensei, 6 dan and Shihankai member will direct a course from 28-30 April 2006, in Alba Asti (near Torino), Italy. For information on this course contact Milos Jovanovic sensei, tel: +39 3476362214

Belgian Karate Shotokan Academy's Annual Course will take place from 12 – 14 May 2006 in Hasselt, Belgium, organized by the Honbu Dojo. This year guest instructor is Lecourt Pascal sensei, 5 dan and Shihankai member. For further information please contact the BKSA Honbu Dojo and Heene Dirk sensei, tel/fax 0032 11 727068, e-mail bksa.honbudojo@pandora.be

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

The Module 3 of the Kase Ha Shotokan Ryu Karate Do Basic Training Course is organized and conducted by SRKHIA members Lorenzo Marti, Martin Fernandez and Frank Schubert in Spain, will be conducted on 28 May 2006..

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. 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: 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: 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: 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 and Module 2 have been conducted on 5 Nov 2005 and 25 Feb 2006 respectively. Module 3 will be conducted on 28 May 2006. If you want to participate or you want more information please contact Frank Schubert, info@kamikazeweb.com or Martin Fernandez, martin.fdez@yahoo.es

Are you interested in kobujutsu? Dick Fieret, 5 dan, organizes a series of kobujutsu trainings on 25/3, 22/4, 20/5, 24/6. In addition Budo club Fieret organizes its annual Budostage in Terneuzen, the Netherlands, on 9 and 10 December 2006 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, tel: 0031 - 115-696383 of 695072.

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 the site of Belgian Karate Shotokan Academy, leaded by Dirk Heene; www.vebodo.com the site of Velibor Dimitrijevic, 6 dan and Shihankai member; 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 of the English Shotokan Academy; 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 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

"Why always wander the flat course, when there is the possibility to climb higher level and see wider and farther!"

Kase Taiji sensei

A last word before closing; your contributions to the Newsletter, articles, reports, news, seminar information etc, as well as your comments and proposals for the improvement of the Newsletter, are always welcome.

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

SPRING GASSHUKU 2006 PARTICIPATION FORM

Hello Hello Hello Academy Member.

Please fill in this form and send it to arie@sskai.com

1. Name _____
2. Date and time of arrival _____ Flight _____
3. Date and time of departure _____
4. Where are you going to stay? _____
5. If you stay at Plaza Hotel, what kind of room would you like?
 - 4 people in the room
 - 3 people in the room
 - 2 people in the room
 - Single room
6. Do you wish to join the tour to Jerusalem and "Massada"? Yes/No .

Do you need anything else that we will take care of?

Please give us as much details as possible in order to make your stay as comfortable as possible.