



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 4/06

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From the editor

Dear friends,

I want to draw your attention on one subject, the Academy's Gasshuku in Israel, from 1-3 June 2006. Your early notification to the organizer, Farkash Arie sensei, will assist their proper preparation. If you have not do so, please do it now. More detailed information in the appropriate section of the Newsletter.

Academy Gasshuku 2006

All details about Academy's Spring Gasshuku 2006 in Israel are found below, once more. As you have already been told, **you should have sent the Participation Form (in case you plan to participate in the Gasshuku) to Farkash sensei by 20 March 2006**, thus allowing KSK Israel and Farkash sensei to assist you the most and be able to better organize the event. If you plan to attend the Gasshuku and you have not, for any reason, send the Participation Form **PLEASE SEND THE FORM NOW**. The Participation form may be found at the end of this Newsletter.

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 |
| 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:

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

Budo Themes: Spirit in Budo, the one legged Swordsman

We all claim and advocate in our discussions that budo training is for the creation of strong spirit and mind. And everything is fine when we are fit and healthy. But what about if something goes wrong? How easy is to maintain your spirit?

The article below is excerpted from Black Belt magazine, January 1962 issue and it refers not to an imaginary person but to a real one. It shows to my opinion a unique example of strong spirit. It is not, may be, the only one but is worthy, I believe to read.

The One-Legged Swordsman

by George Asawa, excerpted from Black Belt Magazine -January 1962 issue.

Kendo, or Japanese fencing, is a sport developed from the ancient art of swordsmanship. The participants wear protective equipment weighing about 30 pounds: gauntlets (kote), a head protector (men), chest protector (do), hip pads (koshiate) and a skirt (hakama). The points scored during Kendo matches are well-defined; there are four point-areas: in front or either side just above the ear, throat, hand or wrist, and side of chest. Each point-area must be called out just before being struck. Each Kendo movement must be decided on split second notice and once made carried to completion. As quickly as a point-area is struck another blow must follow almost simultaneously. A kendoist never forgets that his fencing stave or shinai, four sections of bamboo fitted together, represents a live blade.

From 1865 when Bean from the British Consulate staff took up Kendo until 1937, a very few outside of the Japanese ever studied, let alone mastered, the techniques of Kendo. Gordon Warner, a social studies major at the University of Southern California, was attracted to the Japanese martial arts. Besides taking an active part in USC's athletic program, the 6'3" Trojan varsity swimming team captain pursued the training of Judo and Kendo at a local hall. Upon his graduation, June 1936, he received the Gimble medal for attitude, scholarship, and sportsmanship. He was also commissioned as a 2nd Lieutenant in the U.S. Marine Corps.

Warner took his training at the Marine Basic School in Philadelphia following graduation. This proved to be a turning point in his life. At the school the new 2nd lieutenant met two famous Marines. The foremost hand-to-hand combat instructor and a renowned fencer was Lieutenant Colonel Anthony J. Drexel Biddle. The next Marine officer to change the course of Warner's life was Captain Lewis B. Puller who later became the most decorated man in the Marines. Today, Lieutenant General Puller wears four Navy Crosses. Both officers urged Warner to continue his study of Japanese martial arts after noting how a kendoist could parry any attack skillfully during bayonet practice.

In 1937 Warner returned to Los Angeles to make arrangements to study Kendo. At this time a young Japanese attending USC was exciting the Japanese community in Los Angeles with his skill and technique in the art of Kendo. Warren met Torao Mori, a sensational kendoist who had entered the university as a business major. The two became great friends. Mori recognized that Warner showed a keen insight into the

philosophy of Kendo. "With his speed and drive and proper training Warner would make a good kendoist."

With an invitation to Mori's fencing school in Japan, Warner sailed for Tokyo on the S.S. Chichibu Maru, September, 1937. He presented a letter of introduction from Mori to Seiji Noma, President of the Kodansha Publishing Company. Warner learned that the Kodansha Dojo was one of the most famous fencing schools in Japan. Moriji Mochida, a National Champion and a most skillful kendoist and Shinsuke Masuda, also a top ranking fencer of national fame, were to be his teachers. With some fifty kendoists, Warner began his training.

After three months of physical conditioning and instruction in the history as well as philosophy of Kendo, Warner donned his Kendo equipment and began the first movements with the fencing stave (shinai). He was also taught the point-areas which must be struck during a match, etiquette of a school, procedures of striking a blow, and so forth.

The most difficult part of Kendo is learning to slide the feet on the wooden floor. The kendoist, being barefooted, must endure blistering and bleeding of his feet until toughened to floor friction. As the training sessions became more complicated and various techniques required greater instructions, Warner reflected on the parting words of his friend Shinso Kagawa . . . "Remember Gordon, Kendo is a way of life." Kendo was indeed a rough and ready life, but it was an exhilarating sport. The early morning practice and the late afternoon training paid early dividends as Warner, under the watchful eyes of the Kodansha teachers, made progress. After two years of practice Kodansha awarded Warner the rank of 1st degree (Shodan). Later he was instructed in the use of blade in lai.

When asked why he studied Kendo, Warner replied: "One never completely learns all the facets of Kendo. Each day one is rewarded with something new. And, with the new discovery he obtains a deeper insight into the Japanese culture." Warner returned to Honolulu in 1939 where he continued his Kendo training at a fencing school in Manoa Valley. He taught at Punahou Academy and later at Maui High School on the Island of Maui.

In 1941 Warner received orders to report to the United States Marine Corps Schools at Quantico Virginia. Here, he became an instructor of hand-to-hand combat, following in the footsteps of his great friend, Colonel Biddle. The swift movements of war found Warner in the South Pacific and through various landings- the Battle of Bougainville will remain particularly vivid in his memory. On November 1, 1943 while under enemy fire, Warner raised the first American flag on the island. The historical flag was later presented to the Commanding General, Allan H. Turnage USMC the former Commandant of Basic School.

Five days later Warner led his company in an attack against a large Japanese force which had penetrated the left flank of the Third Marine Division perimeter dug in on the beach. Beginning at 6:00 A.M. the battle raged. Artillery, air strikes, and sea bombardment coordinated from his position hammered the enemy. In the final hour of the day Warner led an attack, over-running the hastily-dug positions of the enemy. As

the chattering, deadly rhythm of a machine gun added its staccato voice to the full-throated roar of battle, Warner took command of a tank from the outside. Giving directions to the driver, they roared through the clearing. A covey of deadly enemy machine gun nests skillfully deployed in the dense damp jungle opened fire on the lumbering tank. In the midst of the clearing the tank received a hit. At the same time the clatter of three bursts of machine gun fire had found their mark. Captain Warner would fight no more. His left leg had been shattered by the blast.!

A personal letter from his division commander, Major General Tumage, reveals this passage: "you had hardly been evacuated from the area when we recommended you for the award of the Congressional Medal of Honor, which you truly deserve."

Through the long hospitalization after the amputation of Warner's left leg, just below the hip, there was no sign of his being dispirited. During hospitalization Warner managed to attend classes and a year later on November 1, 1944, he obtained an M.A. degree from the University of Southern California. Deciding on a teaching career Warner enrolled at the University of California at Berkeley in 1950. While studying for his doctorate, Warner was convinced by his old friend Torao Mori that it was not impossible to again practice Kendo with an artificial leg. Warner had been practicing with a wooden sword to keep the sharpness of balance he had attained before the loss of his leg. (This had also given him a necessary physical ruggedness to undergo five years as a "guinea pig" suction socket test pilot for the Northrop research project.) Mori believed that Warner could accomplish the feat. Together, they worked with the very basic movements and in a short time the old skill and reflexes returned to normal. Warner organized a Kendo club at the University of California with his friend Ben Hazard. Ben had received his training in Japan while on occupation duties. The two obtained full support from Dr. Stone, Director of Physical Education at Berkeley.

In 1954 Warner obtained his doctorate from the University of California Berkeley and the following year became an Assistant Professor in Education at Long Beach State College. In 1956 the Japanese Kendo Federation awarded Warner with the rank of 3rd Degree (Sandan) in Kendo. At this time Warner was requested by Dr. Junzo Sasamori, Member of the Upper House of the Japanese Diet to attend the America-Japan Kendo matches to be held in Tokyo, Yokohama Kyoto and Osaka in November. He made the trip as a member and advisor of a team.

The long years of training proved rewarding. Warner was concerned as to what the reaction might be in Japan upon his first visit since the war. His fears were quickly dispelled as his old teachers greeted him warmly at the airport. During the matches Warner tied twice, lost one and at Osaka he won his final match. The victory was not over the opponent but over the loss of a limb. There was no stopping in the training schedule now. There was so much more to overcome.

Thirteen university students led by Dr. Sasamori and a staff of three teachers returned the matches to the United States in 1957. Long Beach State College was the site of the final match. A 90 piece First Marine Division band was on hand with 1500 Spectators to cheer the contestants.

In 1958 and 1959 Warner visited Japan. Each time between research conferences he would practice sharpening his skill with various masters throughout Japan. In

1959 Warner met Kennosuke Higashiyama, a police inspector in Wakayama, Japan. Officer Higashiyama had lost his right leg just above the ankle, and yet he was the police instructor in Kendo. The two worked out all day trading fencing blows and thoroughly enjoying themselves. The town is still talking about the visit of the "one legged American kendoist."

During his visit in 1959 Warner made a one man training trip around Japan practicing at more than 20 famous fencing halls. The final invitation came from the Imperial Palace Fencing School for Warner to practice with the Imperial Palace guards.

Upon his return to the campus Warner was honored with a "Merit Plaque" by the All-Japan University Students' Kendo Federation for his efforts in behalf of the Japanese university students. Later, the Helms Athletic Foundation presented Warner with a trophy for his contribution to sports and to American-Japanese relations through the sport of Kendo. The All-Japan Kendo Federation conferred the rank of 5th Degree (Godan) to Warner, thus making him the highest non-Japanese in the sport of Kendo. However, Warner is quick to point out "It is not the winning that counts in Kendo today it is your spirit, your attitude and the understanding of an art, which is a sport."

On August 10, 1961 Dr. Gordon Warner left for a sabbatical year in Asia. He is preparing the final draft of a book called "This is Kendo" with his old friend Dr. Junzo Sasamori. During his stay in Japan he plans on doing something which has never been done by a foreigner. As in the days of Miyamoto Musashi, one of the most famous swordsmen of Japan, Warner is undertaking a Musha shugyo, or a knight errant, travelling completely around Japan, visiting various fencing schools and sharpening his skill. Also, there is no doubt that he will spread good will among the Japanese as the "one-legged American kenshi" or the "one-legged Swordsman" on the old Tokaido Road.

Membership status:

The renewal of annual memberships closed on 31 March 2006. At this moment 109 persons have renewed their membership. In the coming days you will receive the detailed list of 2006 members. However at this moment I would like to welcome our new members, CLARK William and COWIE Linda from Scotland, PER Holmen from Sweeden, JACOBZS Karen from South Africa, POSCHL Abi from Germany. A warm welcome to our new brothers and we look forward training together.

I am also taking the opportunity to point out that a membership payment has received with the indication CSK – CLUBE SHOTOKAN KARATE-DO, TV JULIO DINIS, 130 from Portugal. This says nothing to our Treasurer so I would like to ask the colleague who has submitted the above membership to contact Alan Armstrong, alan@armstrong-associates.net in order to inform him about the identity of this membership.

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.

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

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

The Belgian Karate Shotokan Academy organizes the KSK Memorial Kase sensei Course from 12 – 14 May 2006 in Hasselt, Belgium, under the direction of Shihankai members Heene Dirk, 7 dan, Martin Jim, 6 dan, Lecourt Pascal, 5 dan and with Vanroy Mario, 5 dan, as guest instructor.. For further information please contact the BKSA Honbu Dojo and Heene Dirk sensei, tel/fax 0032 11 727068, e-mail bksa.honbudojo@pandora.be or look the appropriate links at www.bksa.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

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will organize and direct the Summer Karate do Camp 2006, from 31 July – 5 August 2006, in the Vlassina Lake, Serbia. The natural environment, combining the lake with mountain, provides an excellent training environment. Accommodation and dojo are found in the same complex. If you want to study the secrets and a genuine approach to Kase ha Shotokan ryu you are invited in the 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, organized and conducted by SRKHIA members Lorenzo Marti, Martin Fernandez and Frank Schubert in Spain, will be conducted on 28 May 2006. Module 1 and Module 2 have been conducted on 5 Nov 2005 and 25 Feb 2006 respectively.

The course aims to introduce the basic principles of Kase ha Shotokan ryu Karate do and is directed to advanced Shotokan students and instructors with a minimum level of brown belt, regardless of association. Its conduct is organized in 3 Saturday intense seminars within one year. Each seminar consists of 4-½ hours practice and 1-½ hours theory, sharing of opinions and discussion. The detailed Course Curriculum 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.

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 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

Clumsy or skilful

Through practice each person

Will develop

And find his own way.

Poem by Miyamoto Mushashi

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 May 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 .

7. 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.