



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 6/06

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Academy Gasshuku 2006

The Spring Academy Gasshuku took place from 1st to 4th June 2006 in Nahariya, Israel. First impressions from participants are talking for a great course and experience. A report from the seminar will be provided in the next Newsletter.

For your information the Academy's Fall Gasshuku will take place from 29/9 to 1/10 2006, in UK. Detailed information will reach you soon.

Membership status:

Following relevant announcement in the last Newsletter, the Membership Status list for 2006 was closed on 1/6/2006. On that date 120 members are on the list, meaning they have fulfilled their obligation towards the Academy, 27 Dormant members and 27 persons were left the Academy for any reason.

The Membership List for 2006 is included as an Appendix at the end of this Newsletter. Consequently the distribution lists of the SRKHIA Newsletter will be amended, so from now on only Full and Dormant Members will receive it. Please be reminded that all SRKHIA Newsletters are also found at the web sites www.shotokan-ryu-kase-ha.de and www.shotokanryukaseha.com

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

4.3: Flexibility - General Basic

4.3.1:Rationale

The static stretching practised during the conditioning macrocycle will be maintained as a general basic stretching procedure. This procedure is ideal for individual stretching routines that can be applied at any time and as a reasonably safe means of flexibility maintenance and further increasing the joints ROM

In the overall training programme static stretching will normally be applied during the warm up routine as a preparation conditioner prior to any intensive exercise.

A reasonable degree of all round muscle, tendon and ligament elasticity and joint flexibility / ROM is considered essential for the safe and dynamic performance of karate techniques that are at times applied from seemingly impossible angles, in particular the kicking techniques. However care should be taken that stability of joints is not compromised by the effort to acquire perhaps an over extreme of flexibility and range of movement (Watson 1995).

Training for upper body ROM will be maintained by use of static stretching routines.

For development of lower limb flexibility a specialised stretching routine should be included at this stage if flexibility gains are to be significantly improved.

The training emphasis is based on improving the main limiting muscle groups associated with kicking techniques, the hamstrings, gluteals, adductors and hip flexors.

Alter (1998) has found proprioceptive neuromuscular facilitation (PNF) stretching the most effective method of increasing ROM and it is this method that will be introduced at this stage for lower limb development.

PNF is a technique involving a prior contraction of muscle before it is stretched, it is thought that this initial contraction of muscle sets off a chain of reactions in the nervous system that ultimately results in greater relaxation, allowing a greater degree of stretch in the muscle (Watson, 1995).

PNF has its disadvantages in the fact that a training partner will be required and it is potentially quite dangerous.

Severe muscle pulls may occur if not thoroughly warmed up or if training is applied with an inexperienced partner, there is also a risk of increased blood pressure due to the isometric type contractions.

PNF Training Methodology.

1. **Active stretching** - The muscle is moved slowly to maximum ROM.
2. **Pre tension** - An isometric contraction is exerted against stretch resistance for approximately six seconds.
3. **Passive stretch** - External force moves the stretched muscle further to point of pain and held for a further six seconds.

4.3.2: Training Schedule Weeks 7 - 21

Static Stretching

1. Maintain the routines applied during the conditioning macrocycle, but now only as part of the warm up in preparation for work to come and also after sessions were no specific (PNF) stretching is planned.
2. If needed static stretching may be applied as an autonomous daily routine.

Active Stretching

1. Maintain this method as suggested in the conditioning phase and apply only during the skill-based sessions.
2. Partner assistance may be given to help the subject achieve a technically correct position prior to the stretch hold position effort.

Ballistic Stretching

1. The introduction of specific speed training will in fact incorporate by nature of the technique action an automatic ballistic stretch response. The training applied during the skill sessions will be sufficient. Thorough warm up is essential.

PNF Stretching

1. Select appropriate exercises 3 - 4 maximum and repeat each exercise x 3. Be consistent with the chosen exercises throughout the training macrocycle.
2. To be performed twice per week from weeks 7 - 14 and immediately following intensive training. Ensure body heat is maintained throughout the stretching.
3. To be performed three times per week from weeks 15 - 21.

An important point to note is when to apply PNF stretching:

1. Immediately after the warm up and prior to training. Some authorities suggest this is the best time as injury risk is increased due to muscle fatigue acquired during high-energy usage during skill practice.
2. Immediately after training, and applied at increased body temperature, the muscles, tendons and ligaments will have greatly increased elasticity hence reducing the injury risk.

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.

Budo Themes: The Principles of Kata

1. **KISHIN NO YOI** Correct spiritual preparation and mental concentration towards the opponent - prior to the movements of the Kata.
2. **EMBUSEN** Show correct pattern of movement - and stay within the lines of the Kata. Some katas are symmetrical - with an ideal start/stop on the same spot. If not stances were incorrect.
3. **INYO** The harmony and contrast of the active and passive elements - the offensive and defensive parts of the Kata.
4. **KEITAI NO HOJO** The beauty of form and posture with the correct body geometry and positioning during movement and stance.
5. **KIAI** Correct use of spirit shouts at set points in the Kata.
6. **KOKYU** Correct and controlled use of breathing during the execution of the Kata.
7. **TAI NO SHINSHUKU** Body contraction and expansion during performance of Kata. Correct moving from one kamae to another involves alternating bodily contractions and expansions.
8. **CHAKUGAN** Correct aiming points. Correct point of execution of techniques. The eyes are instrumental in this process to show the purpose of the movements.
9. **WAZA NO KANKYU** Correct speed of each movement and technique. Good contrast of fast and slow motion in Kata.
10. **CHIKARA NI KYOJAKU** Correct use of power in movements and stance. Power in Kata is a product of balance between strength and relaxation.
11. **JUSHIN NO ANTEI** Correct stability of centre of gravity in movement and stance.
12. **ZANSHIN** Correct mental awareness in execution of technique - and at the completion of Kata.

SRKHIA News

Reports

The European Karate Federation held its 41st Senior Championships from 5-7 May in Stavanger, Norway. Is that of the interest of the SRKHIA? In a way yes, it is. Mrs Afara Loris, 3 dan, member of KSK Israel and student of Farkash Arie sensei achieved a bronze medal in kumite competition. Many senior Academy members consider a sports career as an important stage towards the search of the real essence of karate do, therefore this achievement has its significance. We are all joined in congratulating Afara san for her success and we wish her more successes in the future.

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 1st France Shotokan ryu Kase ha Gasshuku, organized by the France Shotokan ryu Kase ha, will take place on 17th and 18th June 2006, in multiuse Sports Hall Ostermeyer, Saint Leger du Bourg Denis, near Rouen, Normandy. Verbeek Alain, 6th dan, Lecourt Pascal, 5 dan and Leromancer Cristian will teach at the Gasshuku. For any information please contact pascal.lecourt@libertysurf.fr

Lecourt Pascal, 5 dan and Shihankai member and Stevens Mark, 5 dan will teach a course in Dublin, Ireland, from 7th till 9th July 2006, organized by Dublin Shotokan Karate Academy. The venue will be the Loughlinstown Leisure Centre, Loughlinstown Drive, Dunlaoire, Co. Dublin. Additional information including accommodation & directions are available on www.dublinshotokkanacademy.com. For more information please contact Jerome Dupuch, tel +353 (0)879893765 - e-mail info@dublinshotokkanacademy.com.

Farkash Arie sensei, 6th dan, will visit Australia from 14 – 16 July, to direct the Zanshin Shotokan Australia winter seminar. 3 days of Shotokan Kase Ha training. We are getting ready for the coming Zanshin Week. The plan is to work on HENTE and SEITE in combinations. Lately Zanshin members are doing very well in tournaments. This seminar is connecting the Kase Ha ideas and spirit to the daily training in order to improve and be more successful.

The course is organized by Sydney City Dojo. Information please contact sensei Yosi Litvin 5 Dan toragold@ozemail.com.au

SRKH Finland has the pleasure to host Heene Dirk sensei, 7 dan and Shihankai member, from 26/7 to 6/8 2006, for two courses in the area of Pirkanmaa and Middle Finland. The first course will take place in Cangasala city from Friday 28/7 till Sunday 30/7 (Venue, Lukio school, Kangasala city). The second course will take place in Piispala, Kannonkoski from Wednesday 2/8 till Saturday 5/8. The whole program includes certain other social and leisure activities. Anyone interested in these courses may find course's details in www.kime.to or to contact the organizers, Janni Somppi, jani.somppi@meininki.com , gsm ++358 40 5272 975, or Jaakko Poikkimaki, jaakko.poikkimaki@moventas.com , gsm ++358 400 476 538.

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

Gomez Marco Alfonso, 5 dan, will direct the Kase ha Shotokan ryu National Seminar, from 4 to 6 August 2006 in Ibague, Tolima, Colombia. If you want to travel at this part of the world you may find more information by contacting Ivan Bonilla Ortégón sensei 2 Dan or Carlos H. Lozano R. sensei 2 Dan F.C.K. e-mail, ivanefer@yahoo.com karorozo1@hotmail.com marcoalf@terra.es , web page <http://kaseha.esp.st/>

Farkash Arie sensei, 6th dan, will visit again Australia from 20 -22 October to direct the Zanshin Week 2006. This is the main event of this year. The seminar will take place by the lake and by the sea of Ballina, Australia, one of the nicest places in this world. This is the event that 6 years ago Kase sensei visited Australia for the first time and accepted Zanshin Shotokan under his wings. This seminar is dedicated to promote KSK direction. The last years Zanshin week turned to a very attractive event. People from all over the world are attending this seminar and booking, in advance, for the next one.

For more information please contact Kora Nowak sensei, Chief instructor of Zanshin Shotokan toragold@ozemail.com.au

Are you interested in kobujutsu? Dick Fieret, 5 dan, organizes the last of a series on kobujutsu trainings on 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

"Budo is not about how to beat your opponent, it is to polish yourself".

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

Appendix to SRKHIA Newsletter 6/06

Kase ha Shotokan ryu Karatedo Academy Membership

as of 1/6/2006

Members (120)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	<i>Status</i>
Australia	SMITH	Mark Paul	3 dan	Member
Australia	ZENEL	Edji	4 dan	Member
Belgium	CROONENBORGH	Felix	3 dan	Member
Belgium	HEENE	Dirk	7 dan	Member
Belgium	DE REU	Franky	4 dan	Member
Belgium	VAN HIDERDAEL	Francois	5 dan	Member
Belgium	MATTHEUS	Jos	4 dan	Member
Belgium	VAN BINST	Fransois	6 dan	Member
Belgium	LALLEMAND	Andre	4 dan	Member
Belgium	VANROY	Mario	5 dan	Member
Belgium	ACHTEN	Josef	3 dan	Member
Belgium	GOOR	Nico	3 dan	Member
Belgium	CASTRO	Livia	5 dan	Member
Belgium	VERSCHOOR	Raoul	3 dan	Member
Colombia	GOMEZ	Marco Alfonso	5 dan	Member
Finland	GALLEN	Tonni	3 dan	Member
Finland	SOMPPI	Jani	3 dan	Member
Finland	MIKKONEN	Sammi	3 dan	Member
Finland	NETTAMO	Pasi	3 dan	Member
Finland	LAPPALAINEN	Raimo	3 dan	Member
France	CLEMENCE	Jean Piere	6 dan	Member
France	TORQUATO	Jaques	4 dan	Member
France	ECHEVERRIA	Cruz	3 dan	Member
France	GARNERO	Bruno	5 dan	Member
France	LECOURT	Pascal	5 dan	Member
Germany	POSCHL	Abi	6 dan	Member
Germany	IBSCHER	Nico	3 dan	Member
Germany	SAMMARCO	Mario	6 dan	Member
Germany	SCHEURIKER	Gerhard	4 dan	Member
Germany	MANDERSCHELD	Franz Josef	6 dan	Member
Germany	KUNST	Rudiger	3 dan	Member
Germany	WICHMANN	Wolf-Dieter	7 dan	Member
Germany	GNEIPEL	Tino	3 dan	Member

Germany	SPRINZ	Oliver	3 dan	Member
Germany	TORSTEN	Heiber	3 dan	Member
Germany	PETRELLA	Pascal	5 dan	Member
Greece	TSATSARAKIS	Nikolaos	3 dan	Member
Greece	DROSSOULAKIS	Spiros	4 dan	Member
Greece	DIMITRIJEVIC	Velibor	6 dan	Member
Ireland	HARTE	Tim	5 dan	Member
Ireland	ELLIS	Gary John	4 dan	Member
Ireland	DUPUCH	Jerome	3 dan	Member
Ireland	MERRIT	John	4 dan	Member
Ireland	O MAHONEY	Tadhg	3 dan	Member
Ireland	O' CONNELL	Findor	4 dan	Member
Ireland	O MAHONEY	Joe	3 dan	Member
Israel	SCHWARTZ	Leonardo	4 dan	Member
Israel	FARKASH	Arie	6 dan	Member
Israel	GLIKSMAN	Arie	4 dan	Member
Israel	GLIKSMAN	Iris	3 dan	Member
Italy	LLOYD	Peter	3 dan	Member
Kambodia	SAMEDY	Sivathana	5 dan	Member
Luxemburg	BETTENDORF	Steve	3 dan	Member
Netherlands	DUYX	Harry	4 dan	Member
Netherlands	FIERET	Gertjan	4 dan	Member
Netherlands	BROCKBERND	Andre	5 dan	Member
Netherlands	FIERET	Dick	5 dan	Member
Netherlands	SMAAL	Jaap	6 dan	Member
Netherlands	DUYX	Berrie	4 dan	Member
Poland	KONIECZKA	Grzegorz	3 dan	Member
Portugal	SOUSA	Carlos	4 dan	Member
Portugal	PACHEKO	Joaquim	3 dan	Member
Portugal	ROCHA	Miguel	5 dan	Member
Portugal	PORTAS	Reinaldo	5 dan	Member
Portugal	MIRANDA Garcia	Jose Luis	6 dan	Member
Portugal	LOBO dos Santos	Diamantino Jorge	3 dan	Member
Portugal	OLIVEIRA Silva	Antonio Eduardo	3 dan	Member
Portugal	MACHADO	Fillipo da Fonseca Moreiro	4 dan	Member
Portugal	SILVA Moreira da	Antonio Herminio	6 dan	Member
Portugal	CARRICO	Henrique	3 dan	Member
Romania	PARASCHIVESCU	Theodor	4 dan	Member
South Africa	JACOBSZ	Karien	5 dan	Member
South Africa	BURGER	Koos	7 dan	Member
South Africa	PILLAY	San	6 dan	Member

South Africa	BRUWER	Rudi	4 dan	Member
Spain	SCHUBERT	Frank	4 dan	Member
Spain	LOPEZ Menendez	Inigo	3 dan	Member
Spain	MARTI Banuls	Lorenzo	5 dan	Member
Spain	DELGADO Herrera	Juan Pablo	3 dan	Member
Spain	FERNANDEZ Rincon	Martin	5 dan	Member
Sweden	BERTA	Josef	3 dan	Member
Sweden	PFAUS	Mona	3 dan	Member
Sweden	RAKAR	Thomas	3 dan	Member
Sweden	BAJRAKTARI	Milo	5 dan	Member
Sweden	PER	Holmen	3 dan	Member
Sweden	LESNIK	Rajmund-Rajko	5 dan	Member
Sweden	LESNIK	Bostjan	4 dan	Member
UK/ N. Ireland	SPEIGHT	Arthur	3 dan	Member
UK/England	CARNEY	Michael	3 dan	Member
UK/England	THOMPSON	Steve	5 dan	Member
UK/England	DUGGAN	Peter	4 dan	Member
UK/England	DUGGAN	John	4 dan	Member
UK/England	GILLIS	Ian	3 dan	Member
UK/England	WILKINS	Dave	5 dan	Member
UK/England	SHARPE	Paul	4 dan	Member
UK/England	WILLIS	Robert	4 dan	Member
UK/England	FEDYK	Les	3 dan	Member
UK/England	GOMERSALL	Norman	4 dan	Member
UK/England	ARMSTRONG	Alan	5 dan	Member
UK/England	WILLIAMS	Slater	6 dan	Member
UK/England	FREARSON	Lauren	4 dan	Member
UK/England	SPEED	John	4 dan	Member
UK/England	CARNEY	Terry	3 dan	Member
UK/England	BEASLEY	Geoff	6 dan	Member
UK/England	FEDYK	Michaylo	6 dan	Member
UK/England	DIXON	Geof	4 dan	Member
UK/England	HOPKINS	Sandie	4 dan	Member
UK/England	BARRON	Paul	5 dan	Member
UK/England	ERRINGTON	John	5 dan	Member
UK/England	HOOTON	Roger	5 dan	Member
UK/England	COWBURN	Michael	5 dan	Member
UK/Scotland	MARTIN	Jim	6 dan	Member
UK/Scotland	McGEOCH	Gerard	3 dan	Member
UK/Scotland	SAMMY	Paul	3 dan	Member
UK/Scotland	DUNKAN	Brian	4 dan	Member

UK/Scotland	CLARK	William	3 dan	Member
UK/Scotland	COWIE	Linda	3 dan	Member
UK/Scotland	FISHER	Zander	5 dan	Member
UK/Scotland	FISHER	Ian	5 dan	Member
UK/Scotland	COLLINS	Michael	3 dan	Member

Dormant Members (27)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	<i>Status</i>
Australia	LITVIN	Yossi	4 dan	Dormant
Belgium	BRIJON	Frans	4 dan	Dormant
Belgium	LEHRER	Phillipe	3 dan	Dormant
Finland	LAASANEN	Jarmo	5 dan	Dormant
Finland	ANNUNEN	Hannu	4 dan	Dormant
France	SIEDLIS	Jean Luc	4 dan	Dormant
France	DOBERNIG	Maurice	4 dan	Dormant
Germany	HOLZHAEUSER	Ulrich	3 dan	Dormant
Germany	ACHILLES	Jirka	3 dan	Dormant
Germany	HABERMEHL	Klaus	4 dan	Dormant
Ireland	Mc DONNELL	Colin	3 dan	Dormant
Ireland	SMITH	Dwane	3 dan	Dormant
Netherlands	LUITWIELER	Dorus	4 dan	Dormant
Poland	KURZAWSKI	Tadeusz	3 dan	Dormant
Slovenia	JAVORSEK	Ljubo	7 dan	Dormant
Slovenia	PLOSINJAK	David	3 dan	Dormant
Sweden	BOHLIN	Lotta	3 dan	Dormant
Sweden	JOHANSON	Andreas	3 dan	Dormant
Sweden	LINDQVIST	Jorgen	3 dan	Dormant
Sweden	GANIBEGOVIC	Ismet	4 dan	Dormant
Sweden	AXHEDEN	Patric	4 dan	Dormant
Sweden	AXHEDEN	Jessika	3 dan	Dormant
Sweden	MENDEL	Peter	3 dan	Dormant
Sweden	OPELOSKI	Mirce	6 dan	Dormant
UK/England	HALLIDAY	Brett	5 dan	Dormant
UK/England	BOWES	John	3 dan	Dormant
UK/England	BARKER	John	3 dan	Dormant

Suspended (27)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>
Andorra	CHEMELLO	Laurence	3 dan
Andorra	DELPINO	Floreal	6 dan

Australia	FENECH	Paul	4 dan	
Belgium	VEYS	Laurence	4 dan	
Belgium	STEVENS	Mark	5 dan	
France	VERBEEK	Alain	6 dan	
France	LEROMANCER	Christian	4 dan	
Germany	GRIEBENOW	Kark-Heinz	5 dan	
Germany	NEBLUNG	Veit	3 dan	
Germany	RATSCHKE	Lothar Josef	6 dan	
Germany	ACHILLES	Willfried	5 dan	
Germany	WINKELMAN	Jes	3 dan	
Ireland	HOSEY	John	4 dan	
Italy	MENEGAZZI	Renzo	3 dan	
Italy	PURICELLI	Luciano	6 dan	
Italy	RIZZO	Davide	4 dan	
Poland	KONIECZKA	Grzegorz	3 dan	
Portugal	RAMALHO Duarte	Vitor Manuel	5 dan	
Portugal	REGADAS	Antonio	4 dan	
Portugal	SALES Alves Braga	Carlos Manuel	3 dan	
Spain	MUNOZ I OTTI	Miguel		
Spain	GOMEZ MARTINEZ	Marceliano	4 dan	
Sweden	EMANUELSON	Roland	3 dan	
Sweden	ASIMAKIDIS	Giannis	4 dan	Resigned
Sweden	LERIC	Igor	3 dan	
UK/England	FAWCETT	Fred	5 dan	
UK/England	CUSIC	Andrew	4 dan	