



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 11/06

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Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

Chapter Five: Specific Basic

5.1: Introduction

The training adaptations acquired over the last 21 weeks will have provided a strong base of strength and fitness essential for completion of this next and final phase of development.

The training within this next macrocycle is in essence a preparation and fine-tuning of the physical and psychological demands that will be encountered as part of the grading examination during the competitive period. The programme of training will be based on specific development in particular that of power and skill based activity where maximum speed of movement and impact focus of technique is an all-important factor. Self-belief in the ability to perform maximally to set examination criteria will be enhanced as the approach to peak condition is achieved; specific skill repetition will help aid this belief.

During this phase of training the intensity level of the exercises will be gradually increased with a slight drop in exercise volume. This method will help to increase motor unit recruitment and firing rate, encourage fast twitch fibre development and improve ATP/PC replenishment, these are all factors relevant to speed, strength and power actions.

5.2: Strength - Specific Basic

5.2.1:Rationale

The steady development of strength must now be utilised and converted to power. Power has been defined as "***The ability of the neuromuscular system to overcome resistance with a high speed of contraction***" (Watson, 1995: pg.148). Power movements have been identified as essential to the successful and explosive skill application of power sports (Dick 1995) karate is a power sport, this was highlighted by the notational analyses of karate skill applications at the beginning of this programme. The initial rate of force development (IRFM) i.e. starting power is vital Bompa (1996). Training must be focused on this aspect.

Two methods of training will be employed to enhance power development.

Plyometrics

Plyometric exercises were specifically designed to enhance explosive power.

Plyometrics have been defined as "***Exercises that enable a muscle to reach maximum strength in as short a time as possible. This speed strength ability is known as power***"(Chu, 1992: pg.3). When a muscle is pre stretched it will respond by producing greater forces as it contracts, providing the contraction occurs immediately after the muscle has been pre stretched. The stretch or myotatic reflex responds to the rate at which muscle is stretched and is amongst the fastest in the human body (NCF, 1995). The importance of minimal delay in the stretch reflex is that the muscle undergoes a contraction faster during a stretch-shortening cycle than in any other form of contraction. This in-voluntary action is essential to the fast and dynamic performance of skill techniques in karate or any other athletic movement (Chu, 1992)

Plyometric exercises will be employed for development of explosive leg power. Tried and tested exercises are available, a little imagination using similar methodology and sport specific skills could make the training adaptations more effective.

Methodology - Basic Guidelines (Chu, 1992).

- Prior to any programme of plyometric training it is essential that basic strength has been thoroughly developed.
- Ensure a thorough warm up including stretching takes place prior to training.
- Acclimatise at low intensity, make gradual increase to higher intensity exercise.
- High quality efforts override number of efforts, never work to exhaustion.
- Ensure adequate rest intervals take place between exercise sets.
- A 48 -72 hour recovery period is required between training sessions.

Isotonic Weight Resistance

A voluntary muscle contraction that causes movement produced by a concentric or eccentric action. In concentric work the athlete expresses more force than resistance and consequently the muscle shortens to pull the levers it connects towards each other. This training method is commonly applied for strength / power enhancement and is extremely useful for development of muscle groups relevant to sport specific performance (Dick, 1989). Bompa (1996) found that concentric isotonic resistance training with fast repetitions performed at 30% 1RM a very effective means of producing maximal gains in power. Machine or free weights may be utilised in this training method, free weights may provide greater opportunity for simulation of sport specific movement.

This training method could be applied for development of all body parts, however as plyometric exercises are to be used for leg development the isotonic method will be used for upper limb enhancement.

Methodology - Basic Guidelines (Bompa, 1996).

- Ensure the actions are as close to sport specific action as possible.
- Exercise sets are high; repetitions range from 4 - 10.
- The reps should be dynamically performed throughout the full ROM.
- Rest between exercise may be taken if required 1- minute max.
- Ensure adequate rest intervals take place between exercise sets 2 - 4 mins.
- Do not exceed 2 to 3 sessions per week; great stress is placed on the nervous system applying this training method.

Budo themes

The jar and the two cups of tea, by S. G. Drossoulakis, 4 dan

The sensei has noticed that gradually but steadily his deshi were more and more stressed by the fact that time was never enough for dedicated practice. Different obligations made them either missing trainings or sandwich them between activities, thus keeping always an eye on the clock. In result training was negatively affected.

On a day, at the end of the training and following the common exchange of salute – rei- between him and his deshi, he brought in front of them a couple of certain items. While his deshi were observing silently he took a big jar, made of glass and started to fill it with tennis balls. When there was no place for more balls, he looked at the deshi and asked them if the jar was full; they agreed.

He then took small stones and dropped them inside the jar; they filled the space between the balls. When no more stones were able to be put inside the jar, he asked again if the jar was full; the deshi, initially surprised, agreed.

To his deshi surprise he took sand from a sac and poured it inside the jar; the sand filled the gaps between the stones. He repeated his question and once more all answered with a YES.

Then he took two cups of tea and poured them inside the jar, while everybody was almost laughing.

The sensei said.

“I would like that you consider the jar as representing your life.

Tennis balls are the most important and sacred things in your life, country, family, children, friends, favorite activities, things that even when everything else is lost they can satisfy your life and being.

Stones represent important things like, job, your car, a house etc.

Sand is other less important things.

If you first fill the jar with sand there will be no place for stones and tennis balls. The same applies to your life. If you spend your energy on minor things, there will be no time and energy for bigger and more important things for you. Firstly take care of the tennis balls and then for the stones. The rest is sand.”

”And what the tea stands for?” a deshi asked.

Sensei smiled. “No matter how busy and full your life is, there always be place for a cup of tea with a friend”.

Membership status:

The time has come to start the renewal of our annual memberships, as well as the acceptance of new members.

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 28th 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 should reach SRKHIA Secretariat, namely me, by 31st December 2006. They will be consequently forwarded to Shihankai for approval, by 31st January so new members will have the appropriate time to fulfil their financial obligations before 1st March 2007.

Please keep in mind that delays to the fulfilment of the above obligations, which in turn create frictions, cannot justify the dedication and commitment to a common course we all have voluntarily accepted.

SRKHIA News

SRKHIA Newsletter

As you are aware the SRKHIA Newsletter is issued on a monthly basis, since January 2002,. However due to certain conditions the monthly issue cannot be continued any more. Therefore from January 2007 the Newsletter will be issued on a quarterly basis in January, April, July and October. I want to take this opportunity to ask you to contribute the Newsletter with news, reports, articles etc. After all the Newsletter belongs to Academy's members, so member's contribution is necessary for its proper character.

Kase sensei Memorial Course 2007 in Paris

Although 2007 has not arrived yet it seems that certain dates should be marked in our calendar. 29 and 30 September 2007 are two of them. On that dates the 3rd Kase sensei Memorial Course will be held in Paris, organized by Amicale Kase. Shirai sensei and Lavorato sensei will normally teach at this course. Although more information will be provided in due time, please mark your calendar and plan your participation.

SRKHIA Gasshuku in 2007

The Summer Gasshuku 2007 will take place from 12 – 15 July in Tampere, Finland, organized by the Kase ha Finland; the Fall Gasshuku 2007 will take place from 13-14 October 2007, in Arlon, Belgium, organized by Sei Sen Karate Club Arlon with the support of Belgian Karate Shotokan Academy.

At this moment mark your calendars; detailed information will be provided in due time.

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.

Lecourt Pascal, 5 dan and Shihankai member will visit Australia, in November, invited by Paul Fenech and Buton Shotokan, for two seminars. A Sidney seminar (Fairfield Leisure Centre, Vine St Fairfield) from 3rd to 5th November 2006 and a Tasmanian seminar (Federal St, North Hobart) from 8th to 10th November. The Seminars are open to all karateka regardless of rank and style. For further Information look on www.bukonshotokan.com or may call Paul Fenech 0414 536533.

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will conduct from 18-19 November 2006 a course in Novisad, Serbia, for the members of Serbian Shotokan Academy. The course is open to every karateka. For more information please contact Dimitrijevic sensei vebodo@gmail.com or the organizers dodersport@yahoo.com

Wijnegem Karate Center, member of the Belgian Shotokan Academy organizes the 18th Internationale Karate Stage on 18 and 19 the November 2006, in Wijnegem Belgium. Heene Dirk sensei, 6 dan, Van Binst Francois sensei, 6 dan and Button Ken sensei, 6 dan, will teach during the course. For more information please contact Brijon Frans frans.brijon@pandora.be

Gomez Marco sensei 5 dan and Nelson Carion sensei 5 dan will teach in a course organized in the memory of Kase sensei on 18 and 19 November in Barcelona, Spain, at the Polideportivo Univerciudad, Politecnica di Catalunya. For information Gomez Marco, tel 659.593.598, www.kaseha.esp.st , www.karate-institute.net

Lecourt Pascal, 5 dan and Shihankai member, will teach a course on 18th and 19th November 2006, in Dublin, Ireland, organized by Dublin Shotokan Academy. The training is open to every karateka irrespective of grade or style. For more information or enrolment please contact Jerome Dupuch, tel 00353 87-9893765, e-mail info@dublinshotokanacademy.com , www.dublinshotokanacademy.com

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will conduct from 25-26 November 2006 a course in St Helens, in England, Great Britain, for the English Shotokan Academy. For more information please contact Mike Fedyk sensei MichayloFedyk@sthelens.gov.uk

Budo club Fieret organizes its annual Budostage in Terneuzen, the Netherlands, on 9 and 10 December 2006. Training includes Kase ha Shotokan ryu Karate do and Okinawan kobujutsu with guest instructors Dirk Heene, 7dan and Julian Mead, 6dan. Are you interested? Contact : Dick & Gertjan Fieret, e-mail: dfieret@zeelandnet.nl tel: 0031 -115-696383 or 695072.

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will conduct from 23 – 25 December 2006 in Nis, Serbia, the regular Instructors course of the Serbian Shotokan Academy. For more information you may contact Dimitrijevic sensei vebodo@gmail.com

You have been informed, in previous Newsletter, on the project of our friend and Academy member Samedy Sivathana, 5dan, to organize a visit which will combine training and tourism in Cambodia. However no plan survives contact with the enemy. And the enemy in this case is the finances. The air ticket, due to the tourist period in Cambodia is too high, so Sivathana was obliged to cancel the plan. Therefore if you were planning to participate in this trip, you have to wait for a future opportunity.

Heene Dirk sensei, 7 dan and Martin Jim, 6 dan, Shihankai members will teach the Kangeiko course, organized by BKSA on 5-7 January 2007 in Hasselt Belgium. It is important to note that the special character and the spirit of the trainings, requires a participating in all sessions; so participation in only one session is not possible. For more information please contact Honbu Dojo, Herkenrodebosstraat 40, 3511 Hasselt, Belgium, tel / fax.: 0032/11.72.70.68, e-mail bksa.honbudojo@pandora.be

Lecourt Pascal, 5 dan and Shihankai member, will teach a course on 13.-14. January 2007 in Luxembourg organised be Shotokan Karate EC Luxembourg. The training is open to every karateka irrespective of grade or style. For more information please contact Alan Morgan tel: (00352) 4301 32569, email: alan.morgan@ec.europa.eu

Heene Dirk sensei and Dimitrijevic Velibor sensei, Shihankai members will teach a course organized by Centro de Karatedo de Aveiro, on 3 & 4 March 2007 in Bustos-Aveiro, Portugal. For more information contact Miguel Rocha, miguel.d.rocha@ptprime.pt

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.

Member's Forum

In memoriam

I knew Yehuda Pantanowitz originally, by chance. He and his wife, Norma, who took care of the administrative side of the running of his dojo, were neighbours of my parents-in-law. When I visited them, I wanted to train. His dojo was close by and even though he practiced another style of karate, he shared my theory that all our ultimate goals are the same, we just reach them via a different route, and let me train with him whenever I could.

He held a 1st. dan in Shotokan, from when he had lived in South-Africa and had enormous respect and affection for Kase sensei. The first time Kase sensei taught in Nahariya, he came up to the gasshuku and partnered up with me. I really went through the ringer.

At that time, during a conversation that Yehuda and my teacher, Dirk Heene were having, Dirk ended by taking Yehuda's glasses by mistake. They still hang in a place of honor in our Honbu Dojo.

Shihan Yehuda Pantanowitz passed his 8th.dan in Okinawa, in the summer of 2005. He passed it in front of 2 legends in their own time: Higoanna and Miyagi sensei. I saw him that time and he was so happy. I had the privilege then of seeing him train on makiwara and weights together with a girl who was preparing her 2nd. dan and it was really impressive.

Yehuda was the true example of a real karateka, modest and dedicated, loved by his pupils and loving them back. He was a real father to them. May he rest in peace.

Lehrer Phillipe, 3 dan
BKSA and SRKHIA member

Author's note

Yehuda was born in South Africa on the 30th. of November 1938 and passed away in Israel on the 12th. of October 2006. He studied Judo, Kyokushin-kai and Shotokan, wherein he acquired a shodan (I believe from Sensei Kase). He moved with his family to Israel in 1972. He met sensei Morio Higoanna and became his representative in Israel. He trained with many famous teachers, among whom Kase sensei. He coached the Israeli national team, but was especially known as an international referee in both kata and kumite, in 35 European and world events.

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

Shoshin o wasurezu

"Do not forget -in your training- the spirit and humility of a beginner".

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