



# SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

## NEWSLETTER 1/07 – Fuyugoo 2007

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### **From the editor**

Dear friends,

Akemashite Omedeto Gozaimasu, Happy New Year

As every new, this year brings changes in our lives. One of them, as SRKHIA is concerned, is the change of the edition of this Newsletter. From now on the Newsletter will come to you quarterly, January, April, July, October.

What that means? If you want information on courses etc to be included in the Newsletter, you must send them on time; quite understandable I suppose.

There are also a couple of new columns. One serves the purpose of allowing members to send messages or greetings to their fellow members on subject relevant to our bond. In the other, our friend Lehrer Phillipe from Belgium, who has been distinguished for his lyric ability, will offer us his wisdom through a haiku poem.

I would also like to ask you to contribute this effort with your writings on anything you consider worthy to be shared with other members. At this point I want to thank Lehrer Philip, for his frequent contributions with reports from various seminars. I would like to see more people following his example.

Last but not least, the membership renewal process is ongoing. More detailed information may be found in another section of the Newsletter. Please make it on time.

## **Coaching and Training Principles**

by Fedyk Michaylo 6dan, Shihankai member

### **5.3: Flexibility - Specific Basic**

#### **5.3.1:Rationale**

At this stage of the programme all that is required is a continuation of the stretching methods applied and perhaps some work on specific areas that are important to the individual and what they wish to achieve through such stretching routines. Maintenance of any gains made is an important aspect of injury free performance.

#### **5.3.2: Training Schedule Weeks 22 - 44**

##### **Static Stretching**

- Practise as previously described. Always include them as part of the basic warm up prior to any extensive training.

##### **Active Stretching**

- Continue to apply regularly as a part of all skill-based sessions, in particular kicking technique stretch hold positions.

##### **PNF Stretching**

- Again no changes to the stretching exercises applied during the specific basic macrocycle. Consistent practice maintained at two sessions per week.
- Do remember that PNF is potentially dangerous and strict training protocol should be maintained. Thorough warm up is essential.

##### **Ballistic Stretching**

- No conscious thought to be given to this type of stretching, it will take place automatically as a result of the fast power skill applications of karate, these actions will be performed mainly during kumite action and as a result of the dynamic high kicking skills.

### **5.4: Speed - Specific Basic**

#### **5.4.1:Rationale**

The sprint training exercises applied in the general basic macrocycle will be maintained during this training cycle and used for one session per week. This will help to maintain the strong speed base that is essential for the transfer to sport

specific speed training drills that will be applied for the three karate disciplines of Kihon, Kata and Kumite.

Promotion of speed for the Kihon and Kata will be further developed through fast repetitive practice of the grading syllabus Kihon combinations and selected Kata. The complete syllabus should be practised in every 2<sup>nd</sup> speed session of the week, this will ultimately ensure that the skills are performed in a fast smooth and flowing action that at first sight may appear as if they are effortless.

Kumite success is reliant on a fast reaction to stimuli and explosive response for offensive or defensive movements. Specific karate training methods will be employed to enhance these requirements.

#### **5.4.2: Training Schedule Weeks 22 - 44**

##### **Sample Kumite Training Exercises**

- **Floor to Ceiling Speedball** - 5 x 1½ minute rounds and a 2-minute recovery per round. Excellent for punch speed / timing, reaction speed and footwork speed.
- **Hand Held Pads** - Reaction to coach and movement stimuli, make a punch, strike or kick to the target pad at various distances and angles reacting with the correct technique dependent on pad position - 5 x 1½ minute rounds and a 2-minute recovery.
- **Jyu Kumite (semi freestyle)** - Pre arranged target areas, react to the named attack with appropriate block and counter strike movement - 6 varied attacks x 3 sets and a 1 minute interval between sets.
- **Jyu Kumite** - As above reacting to an unnamed attack.
- **4 onto 1 Jyu Kumite** - Four opponents constantly moving to attack positions and responding to coach command for attack skill to be made, the defender must move and react to any attack from any angle. Duration 1½ minutes x 3 sets with a 2 minute recovery between sets.

These are just some examples of many similar training exercises that could be applied. Remember that it is quality of movement that counts for speed training and not quantity otherwise it becomes endurance training.

#### **Academy Membership renewal:**

As 2007 is approaching, the time has come for the renewal of our 2007 annual memberships for, as well as for 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: 60-05-16  
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. Renewal of membership should be completed by 28<sup>th</sup> February 2005.

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

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

**New members applications**

Applications for new membership which have reached SRKHIA Secretariat, on time are:

	Name	Rank	Country
1	NILSSON Anette	Sandan	Sweedeen
2	ALECU Andrian	Godan	Romania
3	DE MARCO Carlos Daniel	Sandan	Italy
4	DOHERTY Paul	Sandan	Ireland
5	MURPHY Liam	Yondan	Ireland
6	PATISSON Suzan	Sandan	UK/England
7	MORUZZI Lorenzo	Sandan	Belgium
8	SCULLY Michael	Sandan	Ireland
9	RYAN Thomas	Sandan	Ireland
10	RYAN William	Sandan	Ireland

According to our procedures, applications have been forwarded to Shihankai for approval, which will take place within January 2007. Following that, new members will be informed accordingly and they will be asked to fulfil their financial obligations by 1<sup>st</sup> March 2007.

## **SRKHIA News**

### **Reports**

#### **BKSA 40+ Karate Course, by Lehrer Philip 3 dan.**

It's been a tradition for the past 15 years, that the, what is now known as the BKSA, organises a once a year course for karatekas from all Shotokan factions, who have reached the exalted age of 40. Actually a few younger practitioners manage to sneak in as well, so yesterday about 30 eager martial artists between 38 and 68 years of age, (yes, Frans Brijon is back after his serious accident) lined up to train. The reason that some young whippersnappers sneak in is simply because the level of the course is so high.

Sensei Mario Vanroy, 5th dan and one of the principle trainers of the BKSA gave a warm up consisting of stretching exercises combined with breathing routines which for some of the really old codgers were initially anyway, pretty hard to perform. Slowly but surely we started loosening up and at the end of an hour's diligent work, we were starting to get there. I must say it's phenomenal what Mario can do. His is not a naturally supple morphology, but through dint of long, hard years of training, he has become so supple that it is a pleasure to watch and to learn from him.

We then went for some light refreshment and then returned to the training hall for the second part, again under the tutelage of Mario. The bulk of this part of the day was, after a short warm-up, kihon and kihon kumite, based on 3 separate defensive techniques followed by 3 different geri waza counter attacks with accompanying different zuki-waza. i.e.

Tori: tsugi ashi kizami zuki jodan, yori ashi gyaku zuki, y.a.uraken.

Uke :nagashi uke, gyaku shuto barai (hentei), g.nagashi uke(seitei), kage tsuki and ts.a. gyaku tsuki.

Tori:step forward mae geri.

Uke: Inwards turning gedan barai, kizami yoko geri kekomi, uraken, gyaku tate tsuki.

These are all things we have done before, but the relaxed way, thanks, in my humble opinion, to the conscious way we had exercised our breathing techniques during the first session, helped us vastly increase our strength and speed. Very efficient. I train regularly with Mario and he is the original "quiet man", as in the John Wayne films.

After these exertions, it was time for another half hour rest and recreation. Then Livia Castro 5th dan and an excellent teacher, whose students I often train with in the Honbu dojo and have been on international courses with, took us into the intricacies of Hangetsu Bunkai. A very good session, which allow me to understand why her students (Felix, Jef, Nico, Freya etc.) have such a good level. I haven't trained with her a lot because her dojo is far from where I live, but after the lesson I asked her if it would be o.k. for me to visit during the holidays. I always like to learn from good teachers, whom I don't know very well, and she is definitely that.

That was it. What is great to see, is the extreme dedication and high aptitude of these greying, wrinkled veterans, who are still tough and who thanks to their experience can still make karatekas half their age appreciate the finesse of the art we all practice to the utmost of our ability.

See you all next year at the + 40 course.

OSS,  
Philip Lehrer

### **Budo course December 2006 Terneuzen**

Again Budoclub Fieret may look back at a successful training which was held for the 11<sup>th</sup> time with the unique combination of Karate and Kobujutsu (classical weapons) led by the shihans Dirk Heene and Julian Mead.

On Saturday there was Karate tuition by the Shihans Dirk Heene and Julian Mead. The years before we already had Kata's such as Itoso no Wanshu ( Enpi ) Naihanchi ( Tekki ), Kushanku ( Kankudai ). Just like last year the theme was Heian and Pinan, this year Heian and Pinan Yondan.

Shihan Dirk Heene started the first training with extensive Kata and Bunkai. The second training by Shihan Mead with Kata and Bunkai from the Yui Shin Kai Karate, (and older form) and it was very interesting to see the relationship between both styles and to practice them, which after all was the intention.

Sunday Kobujutsu from Shihan Mead with as theme Tonfa. We started with non-weapon exercises in the form of kumite in which the system of Tonfa, Uraken was dealt with. The Tsukai Kata (Basic) was extensively dealt with and of course the Kata Hamahiga no Tonfa with the necessary Bunkai's.

Once again our Shihans Dirk Heene and Julian Mead have given us a successful, instructive and crossing-borders weekend which will certainly take place again for the 12<sup>th</sup> time in 2007.

On behalf of Budoclub Fieret,

Dick Fieret

### **Kase Memorial Course 2007 in Paris**

With 2007 ante portas certain dates should be marked in our calendar. The week end 29 and 30 September 2007 is one of them. On that dates the 3<sup>rd</sup> 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, while 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](http://www.kamikazeweb.com) and then follow the links for events. Our colleague Frank Schubert has a quite updated data base. In any case you may want to pay attention to the following information.

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](mailto:bksa.honbudojo@pandora.be)

Lecourt Pascal, 5 dan and Shihankai member, will teach a course on 13-14 January 2007 in Luxembourg organised by 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](mailto:alan.morgan@ec.europa.eu)

Dimitrijevic Velibor 6 dan and Shihankai member, will teach a course on 16, 17 & 18 February 2007, in Jagodina, Serbia. For more information you may contact Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com)

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 the 30<sup>th</sup> Anniversary of the Aveiro Karate club. For more information contact Miguel Rocha, [miguel.d.rocha@ptprime.pt](mailto:miguel.d.rocha@ptprime.pt)

Heene Dirk, 7 dan, together with Van Binst Francois 6 dan and Petrella Pascal, 5 dan, will teach at the 17 International Karate Course in Arlon Belgium, from 17-18 March 2007. The course is organized by SeiSen Karate Club Arlon. For more information contact Lallemand Andre, 70 rue de Toernich, 6700, Arlon, tel/fax 0032 63 223468, e-mail [andre.lallemand@skynet.be](mailto:andre.lallemand@skynet.be)

If you want to combine Karate with holidays here is the case. Petrella Pascal 5 dan and Shihankai member and Wilkins Dave, 5 dan, will conduct an international karate course in Tenerife, Canary Islands from 31 March to 2 April 2007. For more information visit the website: [www.leicesterkarateclub.co.uk](http://www.leicesterkarateclub.co.uk) or email: [karate@talk21.com](mailto:karate@talk21.com)

Dimitrijevic Velibor 6 dan and Shihankai member, will teach a course on 31 March and 1 April, 2007 in London, United Kingdom. The course will take place on 31/3, 1400-1700 and 1/4, 1030-1330, open at all levels. For more information on the venue and accommodation you may contact Paul Morris [morris.true@ntlworld.com](mailto:morris.true@ntlworld.com) or Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com)

Dimitrijevic Velibor 6 dan and Shihankai member, will teach the Regular course for the Kase ha Shotokan ryu Academy of Serbia, in Novisad, Serbia. The course is open for instructors and students. For more information you may contact Dragan Doder sensei: [dodersport@yahoo.com](mailto:dodersport@yahoo.com) or Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com)

Dimitrijevic Velibor 6 dan and Shihankai member, will teach in course in Vaxjo, Sweden, organized by Pfaus Mona sensei and the Karate-do Shotokan Akademi Vaxjo. The course is open for all levels. For more information you may contact Pfaus Mona: [mona\\_pfaus@hotmail.se](mailto:mona_pfaus@hotmail.se) or Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com)

Dimitrijevic Velibor 6 dan and Shihankai member, will teach in course in Asti, Italy (close to Torino), organized by Jovanovic Milos sensei and the "Karate Mondo" club. The course is open for all levels. For more information you may contact Jovanovic sensei, tel : +393476362214 or Dimitrijevic sensei, [vebodo@gmail.com](mailto:vebodo@gmail.com)

Dimitrijevic Velibor 6 dan and Shihankai member will direct the 3<sup>rd</sup> International Athens Karate do Camp 2007, from 6-10 June 2007, in Loutraki Sport Camp (75 km from Athens). Note that Loutraki Sport Camp apart from training facilities, provides accommodation facilities as well, for the participants to the course. For more information contact Dimitrijevic sensei [vebodo@gmail.com](mailto:vebodo@gmail.com)

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.

### **Announcements by members**

This is a new section of the Newsletter where members may address or send a message to their fellow members on any relevant subject.

Farkash Arie, from Israel, wishes all Academy members a happy and prosperous New Year 2007 and successful fulfilment of their endeavours.

### **Recommended Internet sites,**

[www.bksa.be](http://www.bksa.be) the site of Belgian Karate Shotokan Academy, led by Dirk Heene; [www.vebodo.com](http://www.vebodo.com) the site of Velibor Dimitrijevic, 6 dan and Shihankai member; [www.shotokan-ryu-kase-ha.de](http://www.shotokan-ryu-kase-ha.de) Pascal Petrella's dojo site on SRKHIA. The site includes many useful Academy information, including SRKHIA Newsletters; [www.the-esa.info](http://www.the-esa.info) of the English Shotokan Academy; [www.shotokanryukaseha.com](http://www.shotokanryukaseha.com) Martin Fernandez's site, includes a lot of information on Kase sensei and SRKHIA as well; [www.kamikazeweb.com](http://www.kamikazeweb.com) Frank Schubert's site, with many items for on line shopping and information on courses with various instructors. Every member should have them on his Favorites list. [www.oxfordshotokan.org](http://www.oxfordshotokan.org) Site of the Oxford Shotokan Ryu Kase-Ha Club

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.

### **Philip's haiku, by Lehrer Philip**

It is not easy  
To write this  
But as in combat  
Very rewarding

The next Newsletter will be edited in the first week in April 2007. Stay strong, train hard and enjoy life.