



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 2/07 – Harugoo 2007

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From the editor

Spring has arrived, the nature is awoken and a new circle of life begins. Same applies to us as karateka for starting a new circle in our way as budoka. Setting aims and relevant training programs in our practice are important aspects for attaining a higher level of proficiency in our art.

There are also a few things that I would like to point out to you. First is the fact that 2007 membership in the SRKHIA should have been settled till 1st March 2007. It is apparent that a majority of members has done so, however some members are delayed. I would like to ask you to settle this requirement the sooner. More details at the relevant part of the Newsletter.

Second, is the registration for 2007 Summer Gasshuku in Tampere Finland from 13-15 July 2007. While all details are found below, I would like to remind you that registration should be done by 11 May 2007 on line, through the Finnish Shotokan Academy web site. On time registration is important and will help the organizers in successfully accomplishing their task.

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

5.5: Endurance - Specific Basic

5.5.1: Rationale

A continuation of aerobic and anaerobic muscular endurance development is still required at this stage, once again building on the base foundation from the previous macro cycle of weeks 7 -21. The aerobic base will be maintained by a continuation of the 20 minute run / interval speed-ups as practised between weeks 7 - 14 and for 1 training session.

The muscular endurance session will again be based on skill specific training and practice of skills within the three K disciplines of karate. The intensity of exercise lies between sub maximal and maximal limits of 90% - 95% and should last no more than 2 minutes with a recovery between 2 - 10 minutes prior to repeat performance, this enables adequate replenishment of the depleted (Bompa 1996).

5.5.2: Training Schedule Weeks 22 - 44

Sample Karate Training Exercises

- **Kihon Syllabus** - Practice each of the six individual combinations at maximum pace consecutively for duration of two minutes - rest for two minutes between each combination.
- **Kihon Syllabus** - Practice combination 1, 2 and 3 consecutively for 2 minutes - rest for two minutes and then practise 4, 5 and six consecutively for 2 minutes and rest then combine any 3 of the six available combinations and perform again for two minutes.
- **Kata** - Maximum performance of selected kata completed as many times as possible within 2 minutes - rest two minutes and repeat 4 more times. Use of the Heian and Ten No kata are appropriate for this system as all the movements are applied at fast and dynamic intensity. Syllabus kata or sections of the kata may also be used.
- **Kumite Line Up** - 8 attackers making consecutive named or unnamed offensive techniques from a straight line up position. 1 Defender must react with appropriate tai sabaki (footwork / movement) and block and counter punch /strike or kick - 2 minutes work and two minutes rest repeat x 5.
In the event those eight attackers are not available practice with whoever is available or move using defence / counters against imaginary opponents.

- **Heavy Bag Work** - Dynamic punch or striking skills, 200 minimum per two minute round x 5 sets and two-minute rest intervals. Kicks may also be used with a minimum of 50 maximal kicks per two minute round.

These are just some examples of the many training exercises available within each of the three K disciplines.

5.6: Training Schedule

5.6.1: Macrocycle Weeks 22 - 44

- **Monday** - Muscular Endurance a.m. & Flexibility.
- **Tuesday** - Strength Weights / Plyometrics a.m. - Skill p.m.
- **Wednesday** - Speed Sprint Drills a.m. - Rest ½ day.
- **Thursday** - Aerobic Endurance - Skill p.m.
- **Friday** - Strength Weights / Plyometrics a.m. & Flexibility
- **Saturday** - Skill / Speed karate specific a.m.
- **Sunday** - Rest day.

5.6.2: Session Examples

Warm up:

- General as described in conditioning section reduced time to 10 minutes.
- Use specific exercise as an additive i.e. practice in a slow mode the syllabus kihon combinations or five heian bunkai (application form) kata, both left and right sides as a long consecutive exercise, approximately 10 minutes duration, maintain deep stances throughout.

Strength / Power Circuits:

- **Plyometrics** (Lower limbs)
 - General** - Five exercise circuit as described page 45.
 - Specific** - Adapted karate exercises as described page 46.
- **Isotonic Resistance** (Upper body / limbs)
 - Bench-press** - (range 4 - 8 reps x 3 - 5 sets x 50% to 30% intensity).
 - Power clean** - -- -- -- -- --
 - Shoulder press** - -- -- -- -- --
 - Incline dumbbell press** - -- -- -- -- --

Skill / Speed / Endurance:

- **Kihon** - Syllabus application - format variations as described pages 49 / 50.
- **Kata** - Application variations complete or sections.
- **Kumite** - A combination of skill and speed applying methodology as described on page 49 / 50.

The training here has a sport specific emphasis that should be complimented with a continuation of general and specific basic training methods completed for overall physical conditioning.

Budo Themes, Willpower, by S.G.Drossoulakis, 4 dan

I was ready to close this Newsletter and I have found nothing for this part. As time was pressing to sent it to members, I have decided to exclude this part from this Newsletter when I came in front of a documentary on Budo, originally broadcast on BBC in early 80s, where Otake Risuke sensei, shihan-ke of Tenshin Shoden Katori Shinto ryu, the oldest ryu in Japan, narrates this story. I have found it quite interesting, so I decided to present it to you.

“The story is about a young couple who were lovers. The young girl was attacked by a man-eating tiger and seriously injured. No matter her lover tried to do for her it was hopeless and she died. From the depths of his sorrow, he determined to seek revenge from this tiger for killing his beloved. So he took his bow and arrow and went into the jungle day after day searching for the tiger. He searched daily until finally he saw a sleeping tiger in a distance and he thought that this was the tiger which has killed his girlfriend. He drew his bow, took careful aim and released the arrow which pierced the tiger’s body very deeply. He approached slowly to confirm the kill, only to find his arrow was stuck into a stripped stone, which happened to resemble the form of a sleeping tiger.

After this event everyone started talking about how he was so strong that he could pierce a stone with an arrow. People were determined to test him but thought he tried again and again the arrows just bounced off. This was because that now he was aware that it was a stone. Before, his wish to revenge was so strong that he was able to pierce even a stone with his arrow. This story is the basis for the saying “A strong will can pierce an arrow”.

I don’t think that any comment from my part is necessary. However if you are interested in this documentary, it can be found, in four parts, in (where else) www.youtube.com in the following addresses:

www.youtube.com/watch?v=v9HR7TTOReE
www.youtube.com/watch?v=CEeW-CFyJVc&mode=related&search=
www.youtube.com/watch?v=XX9Zn6k1poE&mode=related&search=
www.youtube.com/watch?v=VBF-9uLQwOs&mode=related&search=

Enjoy it

Membership status:

Membership renewal for 2007 should have been made by 1 March 2007. There were certain delays in fulfilling this obligation. As of April 5, 2007, 113 members have renewed their membership. A list of those members is shown at the end of this Newsletter.

If you have paid your membership and your name is not on the list, please contact Alan Armstrong, Academy Treasurer, alan@armstrong-associates.net ; cc Secretary, Spiros G. Drossoulakis, spirosd@otenet.gr for clarification.

If you have forgotten to fulfill this obligation, you are kindly asked to do so by May 10, 2007

If you have not paid because you do not want to be a member of SRKHIA anymore, SRKHIA will appreciate if you inform the Secretary on your decision and want to thank you for being a member in the Academy so far.

Becoming a SRKHIA Member

As you are aware everyone who wants to become a member of SRKHIA should apply to the Secretariat, throughout the year and at the end of the year, Shihankai approves applications.

In order to facilitate the acceptance process it has been decided that applications will be approved twice per year.

Therefore from now on, membership applications are submitted to the Secretariat throughout the year, as before. Secretary will forward collected applications to Shihankai by 10 June and 10 December each year, for approval by the end of the respective month. Following approval, the Secretary will inform applicants accordingly and they will be asked to pay their annual membership fee within forty days.

By this new procedure the waiting time for acceptance as a member in SRKHIA is reduced, so every interested karateka may enjoy the benefits of SRKHIA membership.

SRKHIA News

Reports

The 10th Anniversary Course with Sensei Pascal Lecourt in Luxembourg 13.-14.1.2007

The Shotokan Karate EC Luxembourg Club organised the 10th international karate weekend with Sensei Pascal Lecourt in the Beggen dojo. As always, the course took place the second weekend in January. It all started ten years ago, when the club founder Sensei Peter Taylor invited Pascal for the first time to teach the club members, as in the early years the training was mostly dedicated for the club's internal development.

Over the years Sensei Pascal Lecourt's course has grown bigger and more international. Recent years more and more karatekas are arriving to Luxembourg to start off a new year with explosive Kime! This year we had approximately 75 participants from various European countries. There were few kyu grades, from yellow upwards, and a lot of black belts from shodan till 7th dan, thanks to the supportive presence of Sensei Dirk Heene.



Picture 1: Sensei Dirk Heene and the rest of the participants

There were two training sessions on Saturday and two on Sunday.

Saturday - 1st training session

Sensei Pascal started off the training on Saturday using a strong fumikomi in combination with an attack and/or a block. Sensei Pascal said that the principal idea is to profit from the shock created by fumikomi and transfer the thus created energy into a technique (e.g. soto-uke, age-uke, gedan barai).

Pascal recalled Andorra's course with Sensei Kase in 2003, which was sadly also the last one he gave. Sensei Kase had presented this principal idea there and Pascal had found it very interesting, especially due to its dynamism. We practised fumikomi, in order to improve the energy coming from the floor and to transfer it into the attacks and blocks, first as a kihon exercise and then in various kumite exercises with a partner.



Picture 2: Sensei Pascal demonstrates with Christian Roux the power of fumikomi transferred into a technique

2nd training session

The second session we started with the 8 Sensei Kase's basic open hand techniques. We repeated the series in order to remember or to learn them properly. Pascal explained that the objective of the work with these basics was to train fluidity of the body, how to use this fluidity and stay relaxed. Like Pascal said, in Sensei Kase's karate we work a lot with power, and power is something very personal that naturally depends on the individual morphology, i.e. body structure. Pascal said that he tries to learn himself and also wants to teach others, how to improve the body strength using the freedom and fluidity of the movement and in order to transfer it into efficiency of the techniques.

We are supposed to work with our entire bodies, e.g. to execute soto-uke maintaining stability and using hips so that we can benefit from the body energy in a technique. Pascal underlined the necessity of trying to liberate our energy and use its dynamism. In practical terms this means not to tension your shoulders or the breathing. Saying it concisely: Body's freedom creates dynamism.



Picture 3: Pascal shows an open hand technique together with Tino Gneipel

According to Pascal strength and dynamism are not the only benefits if you can keep your body free and relaxed. Also the risk of injuries reduces. The more tensioned the body is the bigger the risk of injuries (especially knees and back).

Sunday, 3rd & 4th training sessions

Sunday morning we had 2 further sessions. Both were dedicated to Tekki Oyo created by Sensei Kase. Since there were participants of various levels we started with the mostly known Tekki Shodan and its bunkai. Next, we turned to Tekki Nidan and its bunkai, followed by Tekki Sandan + bunkai. The last phase was to combine the relevant parts of the katas into Tekki Oyo (the order of Oyo: Tekki Shodan -Tekki Sandan-Tekki Nidan-Tekki Shodan). Some may have had a smooth ride but some of us had a bumpier one. The training didn't require only strong leg muscles but also a good concentration.



Picture 4: Pascal demonstrates Tekki Oyo bunkai with Christian Roux

See you next year

At the end of the training it was time to thank all the karatekas for coming. It was very good to see so many old friends, familiar faces, and also new acquaintances. The club gave a special thanks to Pascal for the 10th course. We hope that he will enjoy his 'birthday' present, a calligraphy depicting bamboo. In beautiful sunshine we said goodbyes, wished a safe journey and hoped to see everybody next year again.

Oss

Anne Rasimus

Pictures: Dariusz Trzesniowski

Juan Pablo Delgado Herrera in Finland February 2007, organised by karatekas from Kangasala near Tampere

The great adventure is starting. I left Antwerp very early on Thursday and arrived at the Honbu Dojo at 8 a.m. I was surprised not to see Dirk's station wagon and ran upstairs to see if he'd forgotten me and left. It turned out that Dirk had skidded on Wednesday evening on wet leaves, losing all traction and totaling the car. He had also injured his shoulder, luckily not too badly, but it was seriously bruised and it's looking as if he might be out of action for a bit. Knowing Dirk, it'll only be for a bit though, so maybe he'll be able to join in for part of the course. In the end he wasn't able to but followed it very closely and discussed every aspect of it in detail later with Juan Pablo I was alarmed when I saw him and asked if he could make the journey. He told me not to worry, so off we went. Yvette drove us in her car and Martina accompanied us on the two and a half hour drive to Frankfurt Hahn, where we were to catch our flight with Ryanair. And here, a little aside, to whomever is reading this: fly Ryanair whenever you can. Unless there are technical problems, apart from being cheap, **THEY ARE ALWAYS ON TIME (I AM NOT BEING PAID FOR THIS FREE PUBLICITY)**. (Editor note, simply presented with a couple of free tickets)

We arrived in Tampere after an uneventful flight and were picked up by Jani and Taija, who after having taken us to an Italian restaurant for a meal, drove us to their beautiful house. And what a house it is. It's a very large and

beautiful chalet-like dwelling, surrounded by fir trees in a snow covered setting, equipped with all the mod-cons including a private dojo and a great sauna where 6 people can bask in comfort. Jani told me that it was built according to their specifications and they deserve to be congratulated; it makes a stay so pleasant. It's like living in a fairy tale. They have 4 dogs, who keep the place well protected and at first glance, it looks as if this is what utter peace means.

We chatted a little, mainly about future Academy activities and then had a sauna, which was really relaxing and went to bed.

And now it's Friday morning and I'm sitting in front of Jani's computer penning down the first impressions of what looks like being another great Karate weekend.

After the relative quiet, things are going to pick up. Jani's gone off to the airport to pick up Juan Pablo and his crew and this evening we're going to start to literally "rock and roll".

Juan Pablo, Manolo, Fatima and Maica, were pretty tired when they arrived and went to rest. However at 1930 everyone was fit and well; the two girls and the injured Dirk sensei to watch and film and everybody else to train. Juan Pablo started us off with a classical warm up and then the fun started. He mixed kihon with kihon kumite as having so much information to give but with a logical succession and the group being advanced (except one perplexed orange belt) and small, we could cover more ground.

And now a word about Juan Pablo. Still only 32 years old and a terrific athlete and more importantly, teacher. He started karate in the late 80s in the same dojo he teaches. He underwent the influence of great teachers when he started going to courses, like Osaka, Enoda, Ohta, Shirai and Tanaka sensei. However although very successful, he did not feel so inspired anymore and was thinking to stop.

As fate would have it he met Kase sensei in 1993 and was so impressed that he did continue. Every time Juan Pablo went to courses he wrote everything down and incorporated in his teaching method. In 1997 the teacher of the dojo he was training, Francisco Carvallho, was tragically killed in a traffic accident. He took the teaching over and brought the group to KSK. Today there are 70 to 80 members training regularly from children to more advanced grades.

Peter Taylor sensei came to Cadiz to improve his Spanish. He was looking for somewhere to train; he met Juan Pablo and consequently invited him to teach in Luxemburg, from when everything started. Today as a KSK instructor, he teaches in different dojos in Spain, Luxemburg and Finland, where I am sitting now with him in the sauna setting this report up.

Now back to the course. It was one of the most intensive courses I've ever attended. The level was also extremely good, because 90% of the participants were shodan and higher. We all more or less know each other from having met on international courses, given by different KSK teachers and although some guys did come from other Shotokan groups, we worked well together.

Over the weekend, during 8 hours, split into 6 sessions, we worked on 4 different attacks:

4 closed fist - 4 open hand	1.)in straight line forwards
4 elbow	2.)in 4 different directions
4 leg techniques	

defensive moves: 4 uke waza 4 awase waza (double block with takeover)
At the beginning, we worked with 1 partner. At the end: in shiho uke (4 attackers from 4 directions with 5th.man blocking and countering with multiple counters).

The kata we worked on was Gangaku and its Bunkai.

Everybody put their heart and soul into this course, because of the way Juan Pablo inspired us. Dirk sensei, the Luxembourg contingent of Anne, Darius and yours truly, had to go to the airport immediately at the end of the last session. The information on the course was written down in detail and photos and films were taken. It was such a good course that it would be a pity if there were no follow-up. Anyway we'll all meet soon, hopefully in Hasselt, where Juan Pablo will be teaching again in the great company of Dirk, Jim and Pascal Lecourt.

All that remains for me to say is, thanks once more to Jani, Taija and all the Finnish karatekas for a great time and to Juan Pablo for a great course.

Regards to all,

Philip Lehrer, 3 dan, Belgium

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 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 13 – 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.

Regarding the Summer Gashuku 2007 in Finland, all necessary information have been distributed to members and they may be also found in <http://shotokan-ryu-kase-ha.de/div/lehrgaenge/2007-07-gasshuku-tampere.pdf>

As a reminder first training session is on Friday 13/7/07 evening and last session ends on Sunday 15/7/07 at 1300. The Gasshuku is open to all SRKHIA members, at no training cost. Members may invite up to two guests each, under the condition they are at least Shodan grade and able to follow the training. Guests should pay a training cost of 60 € Accommodation and transportation costs will be paid by each participant. On Saturday 14/7/2007 a grading for Yondan, Godan and Rokudan will take place.

ATTENTION Registration for the course should be made by 11 May 2007 directly through the web page of Kase ha Finland www.kime.to/summer2007 .

Applications for the grading must reach Secretary of SRKHIA by 15 May 2007.

Relevant information for the Fall Gasshuku 2007 in Arlon will be distributed by end of May 2007.

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 6 dan and Shihankai member will teach from 13 to 14 April 2007, 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 or Dimitrijevic sensei, vebodo@gmail.com

Dimitrijevic Velibor 6 dan and Shihankai member will teach in course in Vaxjo, Sweeden, on 28 and 29 April 2007, 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.com or Dimitrijevic sensei, vebodo@gmail.com

Dimitrijevic Velibor 6 dan and Shihankai member, will teach in course from 11-13 May 2007 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

A memorial Course for Kase sensei will be held from 25-27 May 2007 in Hasselt Belgium, organized by the Belgian Karate Shotokan Academy. Heene Dirk sensei, 7 dan, Martin Jim sensei 6 dan, Lecourt Pascal sensei 5 dan and Delgado Juan Pablo sensei, 3 dan, will teach at the course. All benefit from this course will go to the family of Kase sensei. Detailed information in <http://shotokan-ryu-kase-ha.de/div/lehrgaenge/2007-05-heene-lecourt-martin-hasselt.pdf>

Dimitrijevic Velibor 6 dan and Shihankai member will direct the 3rd International Athens Karate do Camp 2007, from 6-10 June 2007, in Loutraki Sport Camp (75 km from Athens). Heene Dirk sensei will be guest instructor in this year's course. Note that Loutraki Sport Camp apart from training facilities provides accommodation facilities as well, for the participants to the course. For detailed information <http://www.vebodo.com/ATHENS 2007.pdf> or contact Dimitrijevic sensei vebodo@gmail.com

Heene Dirk sensei, 7 dan and Shihankai member, will teach a course on 23 – 24 June in Oxford, UK (venue Oxford University Sports Complex, Iffley Road, Oxford, OX4 1EQ), organized by the Oxford Shotokan ryu Kase ha Club. For

more information contact Norman Gomersall, 01235-531302 (H) or 07831-707722 (mob), e-mail: superclean80@hotmail.com

The annual Course of the Kase ha Finland, under the direction of Heene Dirk sensei 7dan will take place from 15-22 July 2007 in Piispala Finland. For all information and on line registration www.kime.to/summer2007

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.

Recommended Internet sites,

www.shotokan-ryu-kase-ha.de official SRKHIA site; it includes Academy information, including SRKHIA Newsletters; 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. www.oxfordshotokan.org Site of the Oxford Shotokan Ryu Kase-Ha Club <http://respiration.canalblog.com/> Site of Garnero Bruno Academy member.

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

A little thought; it's an inside joke, that will be understood by some, but with a deep message.

Sad to see
A warrior fall
How much better to
See him rise again

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

SRKHIA Members as of April 5, 2007

Country	Dan Grade	Name	First Name
Australia	4 dan	ZENEL	Edji
Australia	4 dan	LITVIN	Yossi
Australia	3 dan	JOHNSON	Mark Gary
Australia	3 dan	SMITH	Mark Paul
Belgium	7 dan	HEENE	Dirk
Belgium	6 dan	VAN BINST	Fransois
Belgium	5 dan	VAN HIDERDAEL	Francois
Belgium	5 dan	VANROY	Mario
Belgium	5 dan	RUSSO	Alfredo
Belgium	5 dan	CASTRO	Livia
Belgium	4 dan	BRIJON	Frans
Belgium	4 dan	GOOR	Nico
Belgium	4 dan	ACHTEN	Josef
Belgium	4 dan	DE REU	Franky
Belgium	4 dan	CROONENBORGHS	Felix
Belgium	4 dan	MATTHEUS	Jos
Belgium	4 dan	LALLEMAND	Andre
Belgium	3 dan	VERSCHOOR	Raoul
Belgium	3 dan	CIANCI	Nicolino
Belgium	3 dan	MORUZZI	Lorenzo
Belgium	3 dan	LEHRER	Phillipe
Colombia	5 dan	GOMEZ	Marco Alfonso
Finland	4 dan	SOMPPI	Jani
Finland	3 dan	KOVALAINEN	Antti
Finland	3 dan	MIKKONEN	Sammi
Finland	3 dan	NETTAMO	Pasi
Finland	3 dan	GALLEN	Tonni
Finland	3 dan	POIKKIMAKI	Jaakko
France	5 dan	LECOURT	Pascal
France	5 dan	GARNERO	Bruno
Germany	7 dan	WICHMANN	Wolf-Dieter
Germany	6 dan	SAMMARCO	Mario
Germany	6 dan	MANDERSCHELD	Franz Josef
Germany	5 dan	PETRELLA	Pascal

Germany	4 dan	SCHEURIKER	Gerhard
Germany	4 dan	HABERMEHL	Klaus
Germany	3 dan	ACHILLES	Jirka
Germany	3 dan	IBSCHER	Nico
Germany	3 dan	HOLZHAEUSER	Ulrich
Germany	3 dan	SPRINZ	Oliver
Germany	3 dan	TORSTEN	Heiber
Germany	3 dan	KUNST	Rudiger
Germany	3 dan	BREZINSKI	Bernd
Germany	3 dan	GNEIPEL	Tino
Greece	6 dan	DIMITRIJEVIC	Velibor
Greece	4 dan	DROSSOULAKIS	Spiros
Greece	4 dan	TSATSARAKIS	Nikolaos
Ireland	3 dan	SMITH	Dwane
Ireland	3 dan	DOHERTY	Paul
Ireland	3 dan	Mc DONNELL	Colin
Ireland	3 dan	DUPUCH	Jerome
Italy	3 dan	LLOYD	Peter
Kambodia	5 dan	SAMEDY	Sivathana
Luxemburg	3 dan	BETTENDORF	Steve
Netherlands	7 dan	SMAAL	Jaap
Netherlands	5 dan	FIERET	Dick
Netherlands	5 dan	BROCKBERND	Andre
Netherlands	4 dan	FIERET	Gertjan
Netherlands	4 dan	LUITWIELER	Dorus
Netherlands	4 dan	DUYX	Harry
Netherlands	4 dan	DUYX	Berrie
Portugal	5 dan	ROCHA	Miguel
Portugal	5 dan	PORTAS	Reinaldo
Portugal	5 dan	RAMALHO	Vitor Manuel
Portugal	4 dan	VICENTE Martins	David Luis
Portugal	4 dan	MACHADO	Fillipo
Portugal	4 dan	SOUSA	Carlos
Portugal	3 dan	FERNANDES	Fillipe Jose
Portugal	3 dan	CARRICO	Henrique
Portugal	3 dan	REIS	Armando Egidio

Portugal	3 dan	OLIVEIRA Silva	Antonio Eduardo
Portugal	3 dan	PACHEKO	Joaquim
Romania	5 dan	ALECU	Adrian
Romania	4 dan	PARASCHIVESCU	Theodor
South Africa	7 dan	BURGER	Koos
Spain	5 dan	MARTI Banuls	Lorenzo
Spain	5 dan	FERNANDEZ Rincon	Martin
Spain	4 dan	SCHUBERT	Frank
Spain	3 dan	DELGADO Herrera	Juan Pablo
Sweden	3 dan	PFAUS	Mona
Sweden	3 dan	BERTA	Josef
Sweden	3 dan	NILSSON	Anette
UK/England	6 dan	THOMPSON	Steve
UK/England	6 dan	BEASLEY	Geoff
UK/England	6 dan	WILLIAMS	Slater
UK/England	6 dan	FEDYK	Michaylo
UK/England	5 dan	DUGGAN	John
UK/England	5 dan	DUGGAN	Peter
UK/England	5 dan	WILKINS	Dave
UK/England	5 dan	COWBURN	Michael
UK/England	5 dan	ARMSTRONG	Alan
UK/England	5 dan	BARRON	Paul
UK/England	5 dan	HOOTON	Roger
UK/England	4 dan	GOMERSALL	Norman
UK/England	4 dan	FREARSON	Lauren
UK/England	4 dan	HOPKINS	Sandie
UK/England	4 dan	WILLIS	Robert
UK/England	4 dan	SPEED	John
UK/England	3 dan	FEDYK	Les
UK/England	3 dan	CARNEY	Terry
UK/England	3 dan	CARNEY	Michael
UK/England	3 dan	COOPER	Michael Gordon
UK/England	3 dan	COWBURN	Ashley
UK/England	3 dan	PATTISSON	Suzanne
UK/ N. Ireland	3 dan	SPEIGHT	Arthur
UK/Scotland	6 dan	MARTIN	Jim

UK/Scotland	5 dan	FISHER	Zander
UK/Scotland	5 dan	FISHER	Ian
UK/Scotland	4 dan	DUNKAN	Brian
UK/Scotland	3 dan	SAMMY	Paul
UK/Scotland	3 dan	CLARK	William
UK/Scotland	3 dan	COWIE	Linda
UK/Scotland	3 dan	McGEOCH	Gerard
UK/Scotland	3 dan	COLLINS	Michael