



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 3/07 -Natsugoo 2007

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From the editor

Dear karateka,

A few days away from Academy's Summer Gasshuku and as summer holidays have arrived (at least for many of us) another Newsletter comes to provide information about the activities of the SRKHIA. But most importantly, as I can understand from the feedback that I am receiving, this Newsletter serves as the bond among us as fellow members. It reminds us that we have voluntarily chosen to participate in this group of people (which is slowly but steadily increasing) who share the same idea about karate, about budo.

It is important that all members contribute the contents of the Newsletter, thus making it not a work of few people but a reflection of the extent of our memberships. It is important to share with other members your ideas, knowledge, training experiences, or whatever you think it would be important.

In this context take some time and contribute this work. It is important for its quality and scope.

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

Chapter Six: Maintenance

6.1: Introduction

At this stage of the training programme the athlete will have achieved a peak level of fitness and skill conditioning. All that is required now is a general ticking over phase leading upto the day of the main event / grading examination and to remain in an injury free state. A gradual reduction of the training volume and intensity will enable the athlete to recover from the previous demands of intense physical training but maintain the peak condition in a physical and mentally relaxed manner.

This short training phase will also be an ideal time to enhance mental preparation and self-confidence capitalising on the fact that maximum condition has been achieved.

Making a comparison of fitness gains against the fitness levels at the start of the training year may further enhance confidence.

Testing using the same battery of tests will take place during the first training session of week 45. Training will continue upto the end of week 47 maintaining a skill specific orientation and a gradual tapering down of the volume and intensity of training to a point of cessation by the end of week 47.

The grade examination is to take place at the end of week 48, between week 47 and the examination day the subject will take a complete rest from the physical side of training except for daily stretching maintenance. During this recovery period relaxation time may be utilised to further enhance confidence and self-belief with a continuation of positive mental dress rehearsal of the forthcoming event.

6.2: Strength - Maintenance

6.2.1:Rationale

During this training period the task is to maintain the strength gains and not to further increase them (Bompa 1996). Strength was identified as a key aspect related to the dynamic power application of karate skills. During the specific strength macrocycle high intensity training was dedicated to power development, this was identified as a vital factor of strength transfer to dynamic skill performance. At this stage sport specific power training must be continued as a priority but the volume and intensity must be gradually reduced leading upto the full recovery period of week 48.

Bompa (1996) suggests that maintenance of strength using this training methodology is not a problem and recommends no more than two sessions a week, lasting no longer than 20 -30 minutes. Training cessation between 5 - 7 days prior to the event is also necessary to aid full recovery, Bompa proposes there will be no detrimental effect to strength gains made.

6.2.2: Training Schedule Weeks 45 - 47

Two sessions per week on separate days.

Session 1 - Plyometrics

Application of a basic plyometric circuit will take place. The side jumping movements simulate the body movement during kumite performance; hold a boxing type hand guard throughout.

Circuit x 3 - (1x30 seconds - 1x15 seconds - 1x10 seconds per exercise).

- 4 way forward/back/side cross-jump.
- Hexagonal jumps from centre point to each fixed point and back to centre.
- Bench - side to side jumps travel along the bench length turn and repeat.
- 20-metre 1 leg hop - jogs back and repeats opposite leg.
- 25-metre long high striding - jogs back and repeats exercise.

2- minute recovery between circuits.

During week 47 reduce the 1st circuit to 20 seconds.

Session 2 - Isotonic Resistance

Same exercise routine as applied during weeks 39 - 44

- Maintain the core exercises performed at fast speed.
- Reduce the reps x 4 and sets x 3 at a training intensity of 30% 1RM.
- Take longer rest intervals between sets if required.

Week 48

Recovery period - Strength training stops.

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

An extract from the "The Demon's Sermon on the Martial Arts" by ISSAI Chozanshi, translated by William Scott Wilson, p.107

"Technique is given life by principle; what is without form is the basis of what has form. Thus, it is in the order of things that technique is trained by means of Ki, and the Ki is trained by means of the mind. Nevertheless, when your practice of technique is mature, you control your Ki and settle your spirit. A boatman grasps the pole and runs along the gunwale, and to him it is just like running along a broad road. How has he become so resourceful? Moreover, when his practice is mature concerning being in the water, he will know how not to perish even if he is drawn into a flood. This is because his spirit is settled and he has complete freedom"

Membership status 2007:

The final list of SRKHIA members 2007 is shown at the end of this Newsletter
131 members renew their membership, thus showing their dedication to the way of Kase sensei.

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 find out that you have forgotten to fulfill this obligation, you can still do it now, by contacting Alan Armstrong, Academy Treasurer. Late is better than never.

SRKHIA News

Reports

Kase sensei Memorial Course, 25-27 May 2007 in Hasselt Belgium, by Lehrer Phillipe, 3 dan

It is not a habit of mine, especially with hindsight, to become overly enthusiastic about things. Even though people often ask me if I'm taking anything, as I'm always on a more or less natural high. This due to an excess of Adrenaline and/or Serotonin; it's just thanks to training.

After this weekend, though, the enthusiasm, 2 days after we have all gone back to our own Dojo, wherever these may be, is still growing. Dirk Heene sensei said in his opening address that from the first anniversary of any famous teacher's passing, the number of people present at memorial courses drops, till after 3 to 4 years, forgetfulness and other priorities step in, memories fade and numbers dwindle.

I am proud and happy to say that this is not the case where Kase sensei is concerned. It is a measure, not only of the man's great talents, as a renowned martial artist and wonderful teacher, but also to the fact that unlike quite a few of his contemporaries, he loved the close contact with his pupils.

On Friday and Sunday, about 100 people from all over Europe and Asia were present. On Sunday, I counted more than 150 karatekas in the hall. And every one present made an intense effort to improve and be worthy, of the sensei's legacy.

It is a tribute to the 4 teachers, who gave us of their knowledge, that, at least those of us who have some understanding, can clearly see what this legacy is. This is because Dirk Heene, Jim Martin, Pascal Lecourt and Juan Pablo Delgado Herrera, are indisputably among the finest "Shotokan Ryu" teachers in the world today.

I can only describe my narrow view of events as the Dojo was split into 4 classes: 3rd.Dan up (the group I was attached to), 1st. and 2nd.Dan, brown belts and lastly lower grades.

On Friday evening Pascal masterfully re-introduced us to Kankusho and applications. We then went off for a meal and straight to bed as we were already starting to feel the pressure.

Saturday morning it was Jim's turn and as is his habit, he dazzled us with the complexities of Tekki-Oyo. Then it was Juan Pablo, who showed how special Heian Nidan can be, if done with open hands.

We then adjourned for an evening of "Hasselt by night", there being a festival locally in which 50 bands took place. While most of us were off galivanting around Hasselt, 25 apprehensive candidates went through a tough grading. This went from 1st.to 4th.Dan. 18 passed and 7 didn't. I should like to congratulate those who passed. To those who didn't, console yourselves with this: the level was extremely good. I was told, and with only slight improvement, you'll pass next time too. Just persevere and work on those details. There is no reason to give up.

Our last session was on Sunday morning. The group I was with, was taken by Dirk.Heene, who led us in his own inimitable fashion through the bunkai of the 1st.part of Bassai-Dai, and then we did the whole Kata. All 4 teachers made us very conscious of taisabaki, grounding and forward movement as opposed to square positioning and retreating when attacked.

I should like to return to the presence at the course of so many different nationalities. Spain and Germany, Scotland and Finland, England and Sweden, Luxembourg, France and Belgium and last but not least Israel, all training together in harmony. This is what I think truly represents the spirit of martial arts.

The next big event is the Gasshuku in Finland. I'll talk to you again after that.

Maintain a strong "Kamae".

Oss,

Philip Lehrer
3 dan - BKSA

Kase Memorial Course 2007 in Paris

The 3rd Kase sensei Memorial Course will be held in Paris on 29 and 30 September 2007, organized by Amicale Kase. Shirai Hiroshi sensei –with three of his assistants- and Lavorato Jean Pierre sensei will teach at this course.

The program of the course is on Saturday 29th Sept: 10h-12h / 16h-18h and on Sunday 30th Sept: 10h-12h.

The price of the course is 60 euros the whole stage and 25 euros per session.

The venue for the event has not been determined yet –it will be by mid July- however it will be in the south of Paris. So if you plan to be there it's better to choose a hotel in the south of Paris (south-south or south-east).

Complete information will be found in the www.senseikase.com later in this month.

SRKHIA Summer Gasshuku 2007 in Finland

Everything is in place for the conduct of the Summer Gasshuku 2007 from 13 – 15 July in Tampere, Finland, organized by the Kase ha Finland. Registration has been closed; 43 members will meet in Finland to train together. If you decide now to go at the gasshuku, you have to take care of accommodation etc by your self.

All necessary information may be found in <http://shotokan-ryu-kase-ha.kase-ha-karate.de/div/lehrgaenge/2007-07-gasshuku-tampere.pdf>

Kase ha Finland has put a big effort to organize the event and prospects are indicating a great success.

SRKHIA Fall Gasshuku 2007 in Arlon/ Belgium

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.

All relevant information may be found at www.sei-sen.be/uk/gasshuku.htm

Important information:

Program, All activities will be held at the Hydriion Sport Centre in Arlon.

Friday 12th October 2007:

- Reception starting at noon.
- Friday evening meal (19:00) will be of the Asian type, "wok", organized by the Sei-Sen members.

Saturday 13th October 2007:

- Breakfast from 8:00 to 9:00.
- 1st training from 11:00 to 12:30.
- "Light" meal at noon from 13:00 to 14:00.
- 2nd training from 14:30 to 16:00
- Dan grading at 17:00
- "Gala" meal at 20:00...

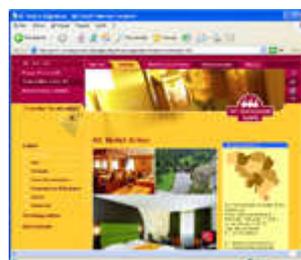
Sunday 14th October 2007:

- Breakfast from 8:00 to 9:00
- 3rd training from 10:00 to noon.
- "Buffet" meal at 12:30
- From 13:00, we'll drive you back to Arlon's or Luxembourg's station, or to the Luxembourg airport.

Where to stay?

The **Sport Centre** is equipped with several rooms with 2 double beds per room. And each room has wall cupboards, a WC and a shower. For more comfort, the Sei-Sen suggest to rent a room to two persons only. Note that you still may have a room for 4 of you. Just let us know.

If you have a means of transport, you may reserve a room elsewhere. For example in one of the 2 following hotels :



Tariffs...

Option (A) **Full gasshuku** 180€
(from Friday till Sunday: 2 nights + 2 breakfasts + 4 meals)

Option (B) **Week-end only** 125€
(from Saturday till Sunday: 1 night + 1 breakfast + 3 meals)

For the guests : the price for the course is 60€.

Payments can be carried out by transfer or to be paid on the spot.

ATTENTION!

1. A "guest" is non KSKA member, at least 1st dan grade, and must be invited by a member of the KSKA.

2. A KSKA member may not invite more than 2 "guests".

3. Your accommodation cost (includes nights and meals) is to be paid to the Sei-Sen KC Arlon.

4. Courses fee for guests must be paid to the Kase-ha Shotokan Karate Academy (KSKA).

5. **Your reservation must be done by Saturday 15th September 2007 at the latest.**

6. A Registration Form is found at the end of this Newsletter or you may register on line www.sei-sen.be/uk/gasshuku.htm

7. If you don't follow the deadline, you'll have to arrange accommodation on your own.

V. Bank Account Information (in case of a bank transfer payment)

Sei-Sen Karaté Club Arlon bank account (<i>accomodation only</i>)	
- a transfer from within Belgium	063-3842018-77
- a transfer from abroad	a. Bank: DEXIA BANK SA b. Owner: Sei-Sen Karate Club Arlon c. IBAN: BE80 0633 8420 1877 d. BIC/Swift: GKCCBEBB

K.S.K.A. bank account (<i>courses only</i>)	
a. Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK	
b. Owner: Kase-ha Shotokan Karate Academy	
c. Account N°: 16412087	
d. Sort Code: 60-05-16	
e. IBAN: GB33 NWBK 6005 1616 4120 87	
f. BIC/Swift: NWBKGB2L	

Questions ?

For any question, please, contact Sei Sen Karate Club Arlon

Email: info@sei-sen.be Tel./Fax/Answ: 0032.63.22.34.68 (*by phone, only in French, please.*)

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. Also courses with Academy instructors may be found in <http://shotokan-ryu-kase-ha.de/en/seminars/index.htm>

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

Dimitrijevic Velibor sensei, 6 dan, will direct a course in Vlassina Lake, Serbia from 1-5 August 2007. All relevant information may be found here <http://www.vebodo.com/VLASINA%202007%20E.pdf>

Petrella Pascal sensei, 5 dan, will teach a course in Dresden Germany from 15-16 September 2007. All relevant information may be found here <http://www.kadner-online.de/karate/index.php>

Williams Slater, 6 dan and Cummins Cyril, 7 dan, will teach a Special Kata and Kata Bunkai course on 14 October 2007 in Birmingham, Great Britain. All information are found here, http://server4.intercellsolutions.co.uk/wanadookarate.com/reports/2007-10-14_course.pdf

Heene Dirk sensei 7 dan, will teach a course in Mullheim Germany from 9-11 November 2007. All relevant information may be found here <http://shotokan-ryu-kase-ha.de/div/lehrgaenge/2007-11-heene-muellheim.pdf>

Petrella Pascal sensei, 5 dan, with Derk Ridgway, 6 dan and Dave Wilkins, 5 dan, will teach in a course in Leicester Great Britain on 24 and 25 November 2007. If you are interested please contact Pascal.Petrella@karate-muellheim.de

Heene Dirk sensei 7 dan, will teach a course in Freiburg, Germany from 25-27 January 2008. All relevant information may be found here <http://shotokan-ryu-kase-ha.de/div/lehrgaenge/2008-01-heene-freiburg.pdf>

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, led 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

Why do we really
Fight, if we can
Train together in
Real harmony?

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

SRKHIA Fall Gasshuku 2007 Arlon/Belgium Registration Form

Your last name:

Your first name:

Your rank: SRKHIA member / Guest (mark accordingly)

Your club/ country:

Your email address:

Your phone number:

Your Accommodation [option](#) (mark accordingly):

Full Gasshuku (180€) - Week end only (125€) - Training only

Question / Comments:

Return by 15 September 2007 to Sei Sen Club Arlon

Email: info@sei-sen.be Tel./Fax: 0032.63.22.34.68

SRKHIA members 2007

Status Full members

Country	Dan Grade	Name	First Name
Belgium	7 dan	HEENE	Dirk
Belgium	6 dan	VAN BINST	Fransois
Belgium	5 dan	RUSSO	Alfredo
Belgium	5 dan	VAN HIDERDAEL	Francois
Belgium	5 dan	VANROY	Mario
Belgium	5 dan	CASTRO	Livia
Belgium	4 dan	MATTHEUS	Jos
Belgium	4 dan	DE REU	Franky
Belgium	4 dan	GOOR	Nico
Belgium	4 dan	BRIJON	Frans
Belgium	4 dan	ACHTEN	Josef
Belgium	4 dan	LALLEMAND	Andre
Belgium	4 dan	CROONENBORGHES	Felix
Belgium	3 dan	MORUZZI	Lorenzo
Belgium	3 dan	CIANCI	Nicolino
Belgium	3 dan	VERSCHOOR	Raoul
Belgium	3 dan	LEHRER	Phillipe
Greece	6 dan	DIMITRIJEVIC	Velibor
Greece	4 dan	DROSSOULAKIS	Spiros
Greece	4 dan	TSATSARAKIS	Nikolaos
Spain	5 dan	FERNANDEZ Rincon	Martin
Spain	5 dan	MARTI Banuls	Lorenzo
Spain	4 dan	SCHUBERT	Frank
Spain	3 dan	DELGADO Herrera	Juan Pablo
Portugal	5 dan	RAMALHO Duarte Ferreira	Vitor Manuel
Portugal	5 dan	PORTAS	Reinaldo
Portugal	5 dan	ROCHA	Miguel
Portugal	4 dan	SOUSA	Carlos
Portugal	4 dan	MACHADO	Fillipo da Fonseca Moreiro
Portugal	4 dan	CARRICO	Henrique
Portugal	4 dan	VICENTE Martins	David Luis
Portugal	3 dan	REIS	Armando Egidio
Portugal	3 dan	OLIVEIRA Silva	Antonio Eduardo
Portugal	3 dan	PACHECO	Joaquim
Portugal	3 dan	FERNANDES	Fillipe Jose
Israel	6 dan	FARKASH	Arie

Israel	4 dan	GLIKSMAN	Arie
Israel	3 dan	GLIKSMAN	Iris
Germany	7 dan	WICHMANN	Wolf-Dieter
Germany	6 dan	MANDERSCHELD	Franz Josef
Germany	6 dan	SAMMARCO	Mario
Germany	5 dan	PETRELLA	Pascal
Germany	4 dan	HABERMEHL	Klaus
Germany	4 dan	DAHMEN	Wolfgang
Germany	4 dan	SCHEURIKER	Gerhard
Germany	3 dan	BREZINSKI	Bernd
Germany	3 dan	TORSTEN	Heiber
Germany	3 dan	KUNST	Rudiger
Germany	3 dan	GNEIPEL	Tino
Germany	3 dan	ACHILLES	Jirka
Germany	3 dan	HOLZHAEUSER	Ulrich
Germany	3 dan	IBSCHER	Nico
Germany	3 dan	SPRINZ	Oliver
France	5 dan	GARNERO	Bruno
France	5 dan	LECOURT	Pascal
France	4 dan	DOBERNIG	Maurice
Luxemburg	3 dan	BETTENDORF	Steve
Sweden	5 dan	LESNIK	Rajmund-Rajko
Sweden	4 dan	LESNIK	Bostjan
Sweden	3 dan	PFAUS	Mona
Sweden	3 dan	NILSSON	Anette
Sweden	3 dan	BERTA	Josef
Sweden	3 dan	MENDEL	Peter
Finland	4 dan	SOMPPI	Jani
Finland	3 dan	POIKKIMAKI	Jaakko
Finland	3 dan	NETTAMO	Pasi
Finland	3 dan	MIKKONEN	Sammi
Finland	3 dan	GALLEN	Tonni
Finland	3 dan	KOVALAINEN	Antti
UK/England	6 dan	THOMPSON	Steve
UK/England	6 dan	FEDYK	Michaylo
UK/England	6 dan	WILLIAMS	Slater
UK/England	6 dan	BEASLEY	Geoff
UK/England	5 dan	DUGGAN	Peter
UK/England	5 dan	HOOTON	Roger
UK/England	5 dan	DUGGAN	John
UK/England	5 dan	COWBURN	Michael
UK/England	5 dan	BARRON	Paul

UK/England	5 dan	WILKINS	Dave
UK/England	5 dan	ARMSTRONG	Alan
UK/England	4 dan	GOMERSALL	Norman
UK/England	4 dan	HOPKINS	Sandie
UK/England	4 dan	SPEED	John
UK/England	4 dan	FREARSON	Lauren
UK/England	4 dan	WILLIS	Robert
UK/England	3 dan	PATISSON	Suzzanne
UK/England	3 dan	FEDYK	Les
UK/England	3 dan	CARNEY	Terry
UK/England	3 dan	COOPER	Michael Gordon
UK/England	3 dan	COWBURN	Ashley
UK/England	3 dan	CARNEY	Michael
UK/England	3 dan	GILLIS	Ian
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	COLLINS	Michael
UK/Scotland	3 dan	CLARK	William
UK/Scotland	3 dan	McGEOCH	Gerard
UK/Scotland	3 dan	COWIE	Linda
UK/Scotland	3 dan	SAMMY	Paul
Poland	4 dan	KONIECZKA	Grzegorz
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
Ireland	5 dan	HARTE	Tim
Ireland	4 dan	MERRIT	John
Ireland	4 dan	O' CONNELL	Findor
Ireland	3 dan	DOHERTY	Paul
Ireland	3 dan	O MAHONEY	Joe
Ireland	3 dan	Mc DONNELL	Colin
Ireland	3 dan	DUPUCH	Jerome
Ireland	3 dan	SMITH	Dwane
Ireland	3 dan	O MAHONEY	Tadhg
Italy	3 dan	LLOYD	Peter
Romania	5 dan	ALECU	Adrian

Romania	4 dan	PARASCHIVESCU	Theodor
Kambodia	5 dan	SAMEDY	Sivathana
Slovenia	7 dan	JAVORSEK	Ljubo
Australia	4 dan	LITVIN	Yossi
Australia	4 dan	ZENEL	Edji
Australia	3 dan	SMITH	Mark Paul
Australia	3 dan	JOHNSON	Mark Gary
Colombia	5 dan	GOMEZ	Marco Alfonso
South Africa	7 dan	BURGER	Koos
South Africa	6 dan	PILLAY	San
UK/ N. Ireland	3 dan	SPEIGHT	Arthur

Status Dormant members

<i>Country</i>	<i>Dan Grade</i>	<i>Name</i>	<i>First Name</i>
Spain	3 dan	LOPEZ Menendez	Inigo
Portugal	6 dan	SILVA Moreira da	Antonio Herminio
Portugal	6 dan	MIRANDA Garcia	Jose Luis
Portugal	3 dan	LOBO dos Santos	Diamantino Jorge
Israel	4 dan	SCHWARTZ	Leonardo
France	6 dan	CLEMENCE	Jean Piere
France	4 dan	TORQUATO	Jaques
France	3 dan	ECHEVERRIA	Cruz
Sweden	5 dan	BAJRAKTARI	Milo
Sweden	3 dan	HOLMEN	Per
Sweden	3 dan	RAKAR	Thomas
Finland	4 dan	LAPPALAINEN	Raimo
UK/England	5 dan	ERRINGTON	John
UK/England	4 dan	DIXON	Geof
UK/England	4 dan	SHARPE	Paul
Poland	3 dan	KURZAWSKI	Tadeusz
Ireland	4 dan	HOSEY	John
Ireland	4 dan	ELLIS	Gary John
Australia	4 dan	FENECH	Paul
South Africa	5 dan	JACOBSZ	Karien
South Africa	4 dan	BRUWER	Rudi