



# SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

## NEWSLETTER 4/07 - Akigoo 2007

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### **Contents**

From the Editor

Coaching and Training Principles, by Fedyk Michaylo 6 dan

SRKHIA News

Kase sensei Memorial Course in Paris

SRKHIA Fall Gasshuku 2007 in Arlon Belgium

SRKHIA Gasshuku future planning

Reports

Recommended Courses

Recommended Internet Sites

SRKHIA Fall Gasshuku 2007 Registration Form

### **From the editor**

Dear karateka,

As you read this Newsletter all preparation are in place for the Kase sensei Memorial course in Paris and the SRKHIA Fall Gasshuku in Arlon, Belgium. Full information are provided in the Newsletter, along with information on other course in different places. Take any opportunity to train at these courses; it is training that keeps us, karateka, alive. It is the only way to progress in our art. We should never forget that.

### **Coaching and Training Principles**

by Fedyk Michaylo 6dan, Shihankai member

#### **6.3: Flexibility - Maintenance**

##### **6.3.1:Rationale**

The training methodology will require very little change. The PNF stretching should be reduced to 1 session per week. Static stretching will be applied as a short routine applied on the remaining days and working on specific body sections per session. Dynamic and ballistic stretching will be performed during skill-based sessions more as an autonomous action, however care should be taken if injury is to be avoided a thorough and specific warm up should be completed prior to any skill based activity.

### **6.3.2: Training Schedule Weeks 45 - 47**

- PNF - Continuation of lower limb routines as performed during weeks 7 - 21 Reduce the reps per exercise to 3. Ensure that all described protocols are strictly enforced to stay injury free.
- Static - Specific stretches prior to any skill based sessions, and stretching performed on daily basis for any body parts requiring particular / extra attention.
- Dynamic - Continue specific kick stretches prior to dynamic performance, as week 48 approaches reduce and gradually eliminate from training and revert to daily static / relaxed routines.
- Ballistic - Ensure thorough preparation i.e. specific warm up prior to such action. Again as week 48 approaches eliminate this dynamic action and perform the same skills in a light and relaxed mode.

### **Week 48**

Continue daily static stretching as a general all round routine and performed in a relaxed mode (Appendix 11).

### **6.4: Speed - Maintenance**

#### **6.4.1:Rationale**

A continuation of sport specific training for the three karate disciplines **Kihon**, **Kata** and **Kumite** will form the base of training within this macrocycle and again with a reduction of training volume gradually tapering to a halt at week 48. Three skill training sessions per week with each session concentrating on one of the three K disciplines will be utilised to apply speed drills associated with the grade syllabus.

### **6.4.2: Training Schedule Weeks 45 - 47**

#### **Session 1 Kihon**

- Practice each combination of the syllabus x1 lightly and x1 maximal.
- 2 minute rest interval between each combination, use to relax and make preparation / mental rehearsal for the next combination.

#### **Session 2 Kata**

- Each syllabus kata to be divided into four sections.
- Practice each section of the kata x1 lightly and x1 maximal.
- 2 minute rest interval between each combination, use to relax and make preparation / mental rehearsal for the next combination.
- Practice choice kata x1 lightly and x1 maximal.
- During week 47 only practice choice kata using the above format.

#### **Session 3 Kumite**

- Speedball floor to ceiling 3 x 1½-minute rounds and a 2-minute recovery interval.

- Skipping introduce for mobility, timing and intra muscle co-ordination, 3 x 1½-minute rounds and a 2-minute recovery interval.
- Jyu Kumite (semi freestyle) - Pre arranged target areas (6) good reaction, footwork / body movement (tai-sabaki) and timing of block and counter required. Complete x 1 lightly and x1 maximal using hand techniques to counter attack, a 2 minute rest interval precedes a second application with the defender using kicking techniques as the counter attack.
- Week 47 eliminate the Jyu kumite, maintain the speedball and skipping routines.

### **Week 48**

Recovery period - Speed training stops.

### **SRKHIA News**

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

WHEN, 29 – 30 September 2007

WHERE, Gymnase Elisabeth, 7 avenue Paul Appell, 75014, Paris, M<sup>o</sup>: Pte d'Orléans  
ORGANIZATION, Amicale Kase

INSTRUCTORS, SHIRAI Hiroshi sensei, 9 dan, LAVORATO Jean Pierre sensei, 8 dan

TRAINING PROGRAM, Saturday 29th Sept: 10h-12h / 16h-18h and Sunday 30th Sept: 10h-12h

SEMINAR COST, whole course 70 euros, per session 30 euros

#### PROPOSED ACCOMODATION

Ibis (55 euros)

33 rue Barbes 92170 Montrouge  
tel: 01-42-31-67-00 / Fax: 01-42-31-67-01

Mercure (152 euros)

13 rue François Ory 92120 Montrouge  
Tel: 01-58-07-11-11 / Fax: 01-58-07-11-21

Etap hotel (50 euros)

15 boulevard Romain Rolland 75014 Paris  
Tel: 08-92-68-05-39 / Fax: 01-46-56-57-40

[www.etaphotel.com](http://www.etaphotel.com)

Formule 1 (very cheap hotel)

21 avenue Porte de Chatillon 75014 Paris  
Tel: 08-91-70-52-29 / Fax: 01-58-14-01-65

Hotel Acropole (single: 79 / double: 85 )

199 boulevard Brune 75014 Paris  
Tel: 01-45-39-64-17 / Fax: 01-45-42-18-21

Novotel ( 90 euros)

15/17/21 boulevard Romain Rolland 75014 Paris  
Tel: 01-41-17-26-00 / Fax: 01-41-17-26-26

FOR MORE INFORMATION, contact Sachiko Kase [sachiko.kase@noos.fr](mailto:sachiko.kase@noos.fr)

### **SRKHIA Fall Gasshuku 2007 in Arlon/ Belgium**

SRKHIA 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](http://www.sei-sen.be/uk/gasshuku.htm)

**Program**, All activities will be held at the Hydrion 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:**

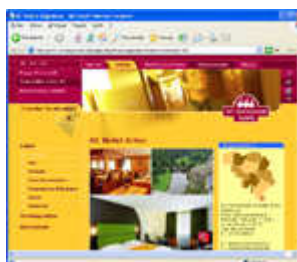
- Breakfast from 8:00 to 9:00.
- 1st training from 11:00 to 12:30.
- "Light" meal at noon from 13:00 to 14:00.
- 2nd training from 14:30 to 16:00
- Dan grading at 17:00
- "Gala" meal at 20:00...

#### **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?**

Registration for accommodation at the Hydrion Sport Centre has closed, therefore if you want to participate but fail to register on line should look after for your own arrangements. The hotels below provide an option



## Costs

Since accommodation arrangements should be made on your own the only payment to be made is a training fee of 60€ for guests Payments 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. Courses fee for guests must be paid to the Kase-ha Shotokan Karate Academy (KSKA).
4. A Registration Form is found at the end of this Newsletter or you may register on line [www.sei-sen.be/uk/gasshuku.htm](http://www.sei-sen.be/uk/gasshuku.htm)

## Questions ?

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

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

## **SRKHIA Gasshuku future planning**

Participation in Academy Gasshuku requires from members to plan their movement in advance in order to bring down transportation costs. In this context, Shihankai, in its last meeting in Tampere, Finland, made the following decisions:

- a. Fall Gasshuku 2007 will take place from 12 – 14 October 2007 in Arlon Belgium, organized by the Sei Sen Karate Club Arlon, with the support of the Belgian Karate Shotokan Academy.
- b. Summer Gasshuku 2008, from 27-29 June 2007, in Valencia Spain, organized by Frank Schubert.
- c. Fall Gasshuku 2008, from 10 – 12 October 2008, in Berlin Germany, organized by Kase ha Karate do Berlin (Frank Marcinek) under the auspices of Kase ha Deutschland.

From 2009, Summer Gasshuku will always take place the weekend with the 1<sup>st</sup> Friday in May (namely 8<sup>th</sup>-10<sup>th</sup> May 2009, 7<sup>th</sup>-9<sup>th</sup> May 2010, etc) and Fall Gasshuku always the weekend with the 3<sup>rd</sup> Friday in October (namely 16<sup>th</sup>-18<sup>th</sup> October 2009, 15<sup>th</sup> – 17<sup>th</sup> October 2010, etc).

If Academy members want to assume the responsibility to organize the Academy Gasshuku from May 2009 and onwards, please make a proposal to the Secretary. Shihankai will consider the proposal and approve it as soon as possible. In this way members will be able to make plans for attending the Gasshuku well in advance.

## Reports

### **ESA Academy Course, by Mike Cowburn 5 dan**

#### INTRODUCTION

Mike Fedyk sensei, Chairman of the English Shotokan Academy (ESA) and Shihankai member, has introduced a series of academy seminars here in the UK,

with the specific aim to re-capture and therefore re-emphasize the key elements of Kase ha Shotokan ryu Karate in order for UK students to practice and develop these principles further.

Mike Fedyk sensei has retained detailed notes from his course attendances dating back to the 1990's (possibly a little earlier) and it is from his notes that Mike has planned a delivery programme which is targeted for ESA members, many of which never had the opportunity to train with Kase sensei himself.

To date, Mike sensei has delivered two ESA academy seminars one in April and the second in June with the third planned for 7<sup>th</sup> October 2007. In order to record the key elements of these seminars, I have prepared two course reports. The first is written from my own prospective in terms of the benefits that I gained from attending, whilst the second and subsequent reports are designed to provide our members with a technical appraisal of the key elements.

Future ESA Academy Courses are open to brown belts and above who wish to learn and develop their karate and is a must attend for those, like me, who are striving to gain continued improvement.

### ESA – ACADEMY COURSE - REPORT 12 APRIL 2007

Sunday the 14<sup>th</sup> of April saw the start of a new era with Shihankai member Mike Fedyk Sensei 6<sup>th</sup> dan, leading the first of what promises to be an enthralling series of UK based, academy style training courses. Held at the SKK Judo Club, St Helens, a wonderful venue for any martial arts assembly.

I, like many of you reading this article, joined the ESA in my case, five years after the association's formation and although I attended many of the European courses instructed by the late Kase Sensei, I have to admit that I never really got to grips with the underlying principles of what Sensei was teaching.

At best I was capable of understanding and absorbing just the veneer of what I now understand to be a system which goes far beyond anything else I have ever experienced. In the words of Kase Sensei, your karate foundations should extend to 100m deep and upwards to as far as the individual is willing or able to take it.

How could this be, I was 4<sup>th</sup> Dan with plus 20 years experience?

Like many I tried to get myself to the front of every class and when Kase Sensei was explaining his principles, he would look directly through my eyes into my soul in order to make the connection.

However, what Sensei would have seen in me was a sports Karateka having little concept of the deeper Budo principles, which later became clearly evident when the practice began, for although I could simulate the basic physical movements there was none of the underlying principles in evidence. Yet this was never scorned or criticised by Sensei who would have undoubtedly understood that I had simply begun the start of a long journey.

Having missed those early years of training which focused on the basic principles of Kase Ha Ryu Karate, it was akin to joining an algebra class five weeks into the programme and whilst I could see the combination of letters and numbers I had little concept of their meaning.

For me then the introduction of academy style training, which is easily accessible for UK based students is a fantastic opportunity to fill-in those missing gaps and an opportunity to practice without embarrassment the core underlying principles which are currently being advanced by many of our domestic and European based instructors.

Sensei Fedyk had prepared well for this course having researched his early notes and in doing so traced back to first principles as taught by Kase Sensei in 1990 and

through to the latest Kase Ha Ryu course held in Portugal instructed on by Sensei's Heene and Dimitrijevic.

The core principal of this, the first UK based academy style course was to keep it basic and simple, whilst laying the foundations of what promises to be an exciting and constructive series.

Sensei Fedyk first simplified the myth of fudo dachi, demonstrating and encouraging the practice of its correct form before leading into its practical application. Sensei stressed that the correct application of the stance will in itself form a comprehensive foundation system and one which if practiced diligently will enhance the whole physical performance of a karateka.

One important issue stressed being that fudo dachi is to be regarded as another stance, which is to be added to the experienced Karatekas repertoire, which then becomes available for use at the right time and in the right circumstances.

A core principle and one more easily said than done is to ensure that equal pressure is applied both outside and inside of the legs, whilst rotating the hips through to the front which engages muscle groups running along the inside of the thigh. We were assured that ten minutes practice at the start of each club session will return significant benefit, a point which Sensei Fedyk asked that we practice before the next scheduled academy course.

The immovable stance being the English translation of fudo dachi, is often misinterpreted, sometimes being criticised as prohibiting fluid movement yet the sequence of Kihon basics which followed blew this myth out of the water, for if used correctly then a high degree of mobility can be attained whilst also harvesting the source of power derived from a solid connection between heel and floor; 100m deep as Kase Sensei would say!

These principles were further developed through the practice of Taikyoku Sandan followed by Ten No Kata.

Ten No Kata was described as being a kumite kata presenting the basic frame work onto which a whole training system can be constructed whilst at this stage, sensibly limiting the number of facets that we students had to concentrate on.

Aspects such as advanced breathing techniques, timing or complex combinations had been omitted so as to help us concentrate on establishing the core principles and building blocks for self advancement and without biting off more than we could chew.

The session concluded with Heian Oyo and the partnership application of its key principles (yet another area requiring my further practise), whilst raising the bars on an individual's level of performance, the technical content remained within everyone's grasp.

As an enthusiastic, yet amateur Karateka, I recognise the solution to gaining overall improvement is to spend more time in the dojo, yet in the midst of a busy lifestyle, this is not always possible and therefore it is essential that in order to achieve continued personal development the practice of quality karate principles is essential. Knowing which areas or elements to focus upon is then vital, which for me proved the most beneficial part of this course and I sincerely look forward to the next.

Development of the Kase Ha Ryu principles of training is, in my opinion, an altogether more advanced form of karate and one which we should not expect or demand from our students across the board, yet the opportunity should be presented to those who wish and are keen to study the development of academy style karate and not just for the seasoned campaigners.

Sensei Fedyk would like to see a core of promising students attend this course, those who wish to learn the core principles in a well managed and progressive manner and

for those like myself who feel they have missed some of the key basic elements this is an ideal opportunity to plug the gaps.

The second ESA Academy Course was held on Sunday the 3<sup>rd</sup> of June, with a follow-up, technical based report to be produced.

**ESA – ACADEMY COURSE - REPORT 3<sup>rd</sup> JUNE 2007**

Sunday 3<sup>rd</sup> June saw the second in series, ESA Academy Training course instructed by Sensei Mike Fedyk 6<sup>th</sup> Dan and hosted at the SKK Judo Club, St Helens.

The course delivery was as promised involving a continuation of the core themes and principles that were established during the first in the series (session one was held in April 2007).

My initial course report provided an insight into my personal experiences gained, whilst this and subsequent reports are to focus more on the technical aspects of the training, providing the reader with a diaried account to enable them to follow the course progression and even if they have missed a session or two, this will not preclude them from joining us on the next.

The third ESA Academy course is scheduled to be held at the SKK Judo club, St Helens on the 7<sup>th</sup> October 2007. Brown belt grades and above are welcome to join us and like those who have enjoyed the first two, I am sure that you will find this style of training a significant benefit, which is designed to supplement and enhance your understanding and practice of the higher level principles as taught by Kase Sensei.

<b>Element</b>	<b>Practise Method</b>	<b>Key Principles</b>
1. Ten No Kata-Kihon	Practise of the basic Ten No Kata combinations including in-line stepping with mawatte (turning). Commencing with four oi tsuki's (2 chudan + 2 Jodan), Followed by four tati shuto gyaku tsuki. Followed by the blocking sequence; gedan barai, uchi uke, shuto uke (chudan), age uke, shuto barai and soto uchi comi (jodan) with each followed with a counter punch.	Initially this exercise was practiced slowly and with total relaxation, whilst concentrating on correct breathing (from the lower abdomen) and timing between the step and delivery of the technique. As the practice continued additional elements were gradually introduced including; zanshin (awareness), advanced preparation of a kamae (readiness) position, whilst reintroducing the key principles as taught in the first session of establishing a solid connection with the floor by making a rooted stance with the choice then being left to the individual to use either zenkutsu or fudo dachi. The speed of practice was then increased up to and including maximum with the emphasise then placed on maintaining the highest standard you could personally achieve, whilst also maintaining correct breathing, remaining relaxed throughout the movement until the point of impact when maximum kime (tension) must be applied to both



		blocks and counter strikes.
2. Kata Sanchin	In direct contrast to the initial exercise. Sensei presented the kata Sanchin, whilst being a relatively short kata having only seven sequences, yet each are preformed with maximum tension.	In order to attain maximum kime it was essential to establish and maintain a rooted stance, whilst utilising and harvesting the triangulation of forces, flowing through the body to the delivery arm and the point of would-be impact. Practicing efficient breathing proved absolutely essential, as the amount of energy required to remain in a state of tension throughout the seven combinations was hugely demanding on the body's energy level. When breathing through the lower abdomen and combined with stomach tension (Hara) it felt like doing 100 sit ups in just a single practise of the kata.
2a. Sanchin kata with partner	When joined with a partner, with one side performing the kata, whilst the second assisted by testing the level of focus and kime being generated throughout the body's triangulation of forces.	By offering a resistance to the movement, also pressing down on legs, shoulders, arms and abdomen, this tested the individual's degree of attained focus, also identified both strengths and weaknesses, requiring even greater concentration and emphasis on correct breathing and rooting.
3. Hangetsu Kata (first half of the kata)	Whilst the kata Sanchin is performed in fudo datchi, the kata Hangetsu derives its name from the prevalent stance however, the key emphasis is again placed on rooting, whilst ensuring a 50/50 weight balance on either leg, but with emphasis on the back leg in order to attain the same degree of connection to the floor as in fudo datchi.	Again the key principle emphasised in training this kata was one of achieving maximum tension and kime, whilst engaging correct breathing techniques and rooting.

<p>4. Hangetsu plus Sanchin Kata</p>	<p>In order to demonstrate the connection and similarities between the two kata's, Sensei combined the opening tension sequences of Hangetsu with the whole of Sanchin thereby extending the tension elements.</p>	<p>Again breathing, rooting and kime were the fundamental points. The body's demand for oxygen was huge and if one missed a breath or failed to maximise a single intake, this would tell on the body's performance with energy and concentration then beginning to wane.</p>
<p>5. Ten No Kata – Kihon plus kumite applications</p>	<p>Having focused our attentions on attaining a rooted stance whilst generating maximum kime, our attentions were now returned to the opening of the session and in order to practise the combination of relaxation and tension with the later being applied for a split second only and at the point of impact (for both blocking and striking). Whilst adopting the same sequence of combinations in the Ten No Kata, kihon section this was now applied with a partner.</p>	<p>Key principles included the core theme captured from both sessions one and two seeing the coming together of relaxed movement whilst generating maximum tension upon the point of impact where the energy was triangulated through the body thus harnessing the benefits of a rooted stance and correct breathing. Sensei Fedyk's adaptation of the Ten No Kata – Kihon / Kumite is an excellent means for developing the basic kata form, gaining the right balance between physical and mental demands without becoming overly complex at this stage with Sensei then achieving the intended course outcome.</p>
<p>6. Pad Work</p>	<p>Despite the hours of rigorous training it is surprising how some students will fail to deliver impact when using their techniques in earnest. The introduction of pad work to this session was designed to test the balance between</p>	<p>Utilising basic tsuki techniques, three distances were used (full, half and short length punching techniques) with the emphasis being placed on generating equal kime and impact power for each punch regardless of distance. There is clearly a difference in impact power where any of the following key points are overlooked or not fully harnessed and utilised. This final element introduced by Sensei Fedyk was then designed to</p>

	<p>relaxation and impact power against resistance whilst gradually developing performances.</p>	<p>bring the key points of his lesson together in a simple demonstration and to test the individuals command and application of the five key elements namely;</p> <ul style="list-style-type: none"> <li>• Concentration</li> <li>• Maximum relaxation</li> <li>• Establishing and retaining a rooted stance</li> <li>• Breathing through the lower abdomen</li> <li>• Exerting maximum kime at the point of impact.</li> </ul>
<p>7. Heian Kata Oyo</p>	<p>The session concluded with a reminder of the Heian Kata Oyo form, before moving onto the applied sequences four &amp; five (applications one, two and three were taught in April '07, yet retraced for the benefit of those who missed the first session). Basic form training was followed with partnering, again designed to enhance the thought process by working with a fellow student who's interpretation of bunkai and physical skills compliment your own. Factors such as a difference in interpretation, difference in physical abilities or simply due to an injury or recuperating from one introduces new ideas and applications.</p>	<p>Whilst Sensei Fedyk demonstrated the more favoured applications to the fourth &amp; fifth sequences from Heian Kata Oyo, these were by no means set in stone, as Sensei recognises the importance of individual's developing their own style and strengths in the field of advanced karate. This clearly encourages students to harness the core principles learnt from this course and to apply them in their own way through the delivery of a series of innovative techniques, which demonstrates the various skill levels of the course attendees. My partner was recovering from recent surgery and as such, their reliance on the above principles was even more important. This was proven in the delivery of effective tsuki, elbow and knee strikes, which were extremely effective. This example goes to prove that Karateka can train through and/or around an injury also the periods of recovery by adapting their karate whilst still remaining effective.</p>

For academy style training to be delivered here in the UK, which focuses on the core principles as taught by Kase Sensei, whilst gradually setting in place the essential foundations in order to advance is exactly what I have been hoping for. I am positive this is the way forward for me and those like me who wish to further develop and improve on their karate knowledge and practice.

Even though the training session lasted for three hours and was both physically and mentally demanding, following the short drive home I felt completely reinvigorated and enthusiastic for more whilst looking forward to the next academy style-training course scheduled for 7<sup>th</sup> October 2007.

The course is open to brown belts and above, particularly those with a genuine interest in developing in the academy style of training and, if St Helens is too far for you to travel, then make the offer of a free use dojo and the course could come to you!

For those of us who have attended sessions one and two we have clearly gained from the benefit of Sensei Fedyk's diligent preparation and for those of you who have missed out, I hope this article will help you to keep pace and hopefully we will see you in October.

OSS

Mike Cowburn

5 dan - ESA

### **SRKHIA Summer Gasshuku 2007 in Finland**

Frankie De Reu and I arrived on Friday afternoon and waited in Tampere airport for Madame Kase and Jim Martin and his group to arrive. We were then whisked off to the Urku hotel by bus, where, after having unloaded our luggage, we were immediately taken to the very nice, modern, sports complex where the Gasshuku would take place.

As usual when everybody gets together there was a chorus of greetings; most of us know each other and those who didn't soon did. I, in my usual (inimitable) fashion introduced myself to Velibor, whom I hadn't met before. He experienced a bit of a culture shock, because after about 5 minutes I was already calling him Vebo and acting as if I'd known him for years. He didn't seem to mind too much though, in spite of the fact that I, almost instantly, started peppering him with questions and this during the whole course.

The second day, in passing I heard him mention that he hadn't been sleeping too well. I hope this wasn't because of me and if so, I sincerely apologise. I know that he'd been told (warned) about me by Spiros and Dirk, so I think he was mentally prepared. More, about mental preparation and Velibor Dimitrijevic sensei, later.

Lesson 1 given by Pascal Petrella sensei 5th Dan:

Pascal started us, after a good warm-up, on a combination part of 1st. and 2nd. Dan kihon programmes consisting of 8 closed fist techniques, first, from hanmi-dachi, then from fudo-dachi, combined with hentei techniques. Very important in this routine is.

- (1) Timing and blocking
- (2) Hip shifting (forwards) with hentei counter
- (3) Emphasis on killing with one blow (Ikken Hisatsu)

First we worked on this alone, then with partner. We then added on to the combination, gyaku uraken, going both inside and out. Added on to this, we then did okuri ashi with mae, mawashi, yoko and ushiro geri. Working on all of this with a partner made us all feel what real pressure means. Then to make it even more "fun",

Pascal had Tori practise free attacks, countered by Uke with what we had trained. At the end of the session, I can assure you, there was a lot of steam in the Dojo.

After this initiation, back we went to the hotel for a tasty meal, to meet the group of Dave Wilkins, who had arrived in the meantime, a lot of catching-up and then to bed.

Lesson 2 given by Velibor Dimitrijevic sensei 6th Dan:

After a hearty breakfast, back we went to the Dojo where, I personally, experienced the art of Karate given in a scientific fashion that, up to now, I had not seen before.

The idea was to combine the basic technical parts of our "ryu", with a higher level of the mental and breathing techniques, which are actually the essence of the "Kase Ha" approach to our art. What Vebo had us attain, was to reach the best level in attack and defense, which does not necessarily mean through, just speed and muscular strength. The way to generate power is via the use of special breathing, in turn augmented by offensive and/or defensive techniques.

This breathing is based on "Misogi" breathing. The rhythm of the exercises, was based on alternatively generating and regenerating "Ki", through "Tanden Kime" and regeneration of energy by controlled breathing. Vebo also gave us to understand, that martial arts are based on the principals of mental and spiritual development, beyond power and technique. In "Do" (the way), there are 5 stages leading to perfection:

- (1) To win by destroying the opponent.
- (2) To win by using less force.
- (3) To win without injuring your opponent.
- (4) To win without touching your opponent.
- (5) To establish peace.

The whole set of exercises was first practised as a "Kihon" routine, in order to learn to control breathing, rooting and focus. The second part was partner work as in "Kihon Kumite" and the third was, contact training, by which each partner working from an "Embu" state of mind, could work on correcting breathing, rooting and stance (Tanden Kime), via hand contact (i.e. age uke in opposition to oi zuki). In order to remember the routine, it was repeated at the end, so as to learn the extremes in "Kime" and relaxation, first fast and then slowly. The lesson was concluded with 5 minutes of "Misogi" breathing, so as to bring our "Ki" back to it's natural flow.

Not having seen much of these types of routines, this lesson was an eye-opener for me.

Lesson 3 given by Jim Martin Sensei 6th. Dan.

After a short break It was Jim's turn to show us the intricacies of Tekki Oyo Bunkai, which is difficult because it is trained diagonally. One has to turn away from the angle of attack, alternately training with a partner, then continuing the kata without him. Then the other part is trained with the partner and the first part without. Then the kata is trained one on two, where the applications are different again. Here speed is of the essence, as is tactical thinking. Uke must take one Tori down, so as to have him between himself and the second Tori, in order to be able to escape and take the second Tori on. I personally found this very difficult, but when well done, very efficient.

It was time for lunch. We were offered a slap-up buffet in the Dojo, whilst 3 of the 5 members of the "Shihankai", gave an extensive grading. I am happy to announce that the KSK, now has one new 6th.Dan from the U.K. and two 4th.dans from Finland. Congratulations to Dave Wilkins, to Toni Gallen and to Passi Nettamo.

Tired but happy (especially the aforementioned three), back we went to the hotel for a short rest. In the evening we went for a sauna and a meal, where we again, had a chance to chat and exchange impressions on what we were experiencing. Then to sleep.

Lesson 4 given by Dirk Heene Sensei 7th. Dan.

This morning, after breakfast, the last lesson, was given by Dirk. Basically after the warm-up, where he put some emphasis on "Misogi" breathing, he compiled, via Heian Oyo Kata, everything that we had worked on with Pascal, Velibor and Jim, putting the accent on good breathing, stances and body mechanics. He also spoke a little about teachers he had known ; Miyazaki, Enoeda, Shirai and of course, Kase sensei and their contribution to Karate in general and our Karate in particular.

He also emphasized the reason Heian Oyo was created. It is not a "form", but an "application" Kata, which means a tool that can be used in "real life" situations. At the end of the session, everybody was able to perform the Kata in a more than adequate fashion. Hopefully, with regular practise, it will be well known by everybody.

As soon as the last session ended, lunch was eaten and then everybody, went their own way. Most karateka went home. Some joined Dirk and the Finns in Piispala for the by now traditional summer course. All left with a feeling of satisfaction.

I should like to mention some friends, for the impression they left on me. Of course, all the members of the Shihankai, not only for their vast knowledge, but for the devotion, they bring it to us with, Mona from Sweden, with her killer smile and even more potent punch, Tim Harte from Cork, for his courage, Tim Smith from Tenerife, Greg from Kuwait and Arie from Israel, who come from afar, just to be with us, Freya, Nico and Felix ,whose room I still went to visit, even after they'd left for Piispala and my travelling companion, Frankie who taught me the principle he teaches all his students after their very first grading: "Hatsuun Yin Do"; to find one's way through the clouds.

Of course we must not forget to thank our Finnish hosts, who did such a great job in hosting this event. Jani, Taija and all the rest; please accept our deepest thanks for having shown us what real Finnish hospitality is.

And finally a word of thanks and deep appreciation to Mme Kase who made the effort to come to the Gasshuku and who, at the end gave us an insight of whom her husband, the master and she herself is, by giving a moving speech, translated for those ,who don't understand French, by Dirk.

This was a fitting ending to a great Gasshuku. Till next time and let us all find our way through those clouds.

Ossu,

Philip Lehrer  
3 dan - BKSA

## **BKSA Summer Course, Hasselt 1-2/9/2007**

It is well known that a code name is given to every military operation. Usually, the name has absolutely no connection with the aim or target of the mission, i.e.: Operation Overlord (D day) or Market Garden (Arnhem) or Red Sheet (the destruction on the ground of the Arab airforces at the beginning of the 6-day war).

In previous articles, I've used the concept of "smiling Irish eyes". These definitely do have a connection with what is about to follow.

I've had the privilege of knowing Steve O'Connor for a few years now. If not for his unfortunate illness, he would have been teaching us in Hasselt this weekend on the Honbu Dojo's now traditional summer course. His worthy pupils Sean O'Riain and Malachi Dunne however, more than did justice, to his teaching methods, by imparting to all of us, from the lowest kyu grades to top level dan grades, his interpretation of sticky hand techniques, based on what all of us have been learning for years, and definitely proving to the most sceptical, that it really is all about Kata.

Practising their methodology of close quarter fighting opened our eyes to this: namely that Shotokan is not only for long distance and Goju-Ryu for short, but that Shotokan is an extremely efficient method of short(est) distance combat. (Goju-Ryu, might also have a long distance concept to it).

Closely observing the drills, we saw, how contact with one's partner is never lost.

We recognised some Heian (ni and sandan) and Tekki (shodan) Bunkai in the drills. In themselves these were not too difficult. What was learning to use one's body weight and the rooting involved. It took us all some time to recognise that, even though it looks different, it isn't. We just arrive at the same goal, but by a different route. I think that Sean and Mal must have been satisfied when the more advanced of us started whispering the names of the Kata, as we recognised and realised, that these lethal Bunkai were the same that we're used to, but practise in a different fashion.

And here is where I come back to the title of this article and its connection to the aim or target of this (non-military) mission. Sean and Mal always smile, WHEN THEY HEAR A THUD AND A GRUNT, EVEN WHEN THE THUD IS ON THEIR OWN BODY AND IT IS THEY, THEMSELVES WHO ARE GRUNTING OR EVEN MOANING. I know that I shouldn't talk about myself here, but it makes me think a little of myself when after having been well punched or kicked or even swept or thrown for that matter, whilst collapsing in agony will inevitably scream: "good shot" or "long live Poland", or something as incoherent, as everything fades to black. This has as little to do with that famous song that so typifies Ireland (to the non-Irish), as my hearing: "Do not forsake me Oh my darling", from the film "High noon", when facing up to anyone over 3rd kyu in Jyu kumite. Seriously though, we were all smiling, as we started to get it, to understand and become more proficient.

Hence the title.

Dirk, Mario and Laurence, were also teaching at all levels. Unfortunately, I can't tell you much about what they were teaching, as although the highest level could follow, thanks to experience, I had to help Sean and Mal for the translation with the lower grades, as they do have a rather pronounced, hard to understand Brogue. When one of the youngsters asked me what language they spoke I automatically answered "the Brogue", which left him mystified. Dirk took the occasion offered, thanks to Mario and Laurence's input, to stand in the lines with us during the last session. I know that he enjoyed the experience a lot.

Even though not a large course there were karatakas from Germany, Ireland, Holland and Spain, so it was a pretty international one. This just goes to show the interest in

what the BKSA organises. We also had a good time between trainings. The conversational level went from philosophy and politics, to among other things, some complicated uses for radiators.

Once again, thanks to all the participants and to Dirk, Sean and Mal and Mario and Laurence for the great level of teaching they gave to us. Also a vote of thanks to everybody else who, even if they didn't train, helped in organising this very successful course.

See you all again soon.

Philip Lehrer  
3 dan - BKSA

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

Lecourt Pascal sensei, 5 dan, will teach a course in Zeist, The Netherlands, organized by the Dokan Karate Club. The seminar will take place in Dokan Honbu Dojo in Zest. For more information [www.dokan.nl](http://www.dokan.nl) , where you may enrol for the course.

Gomez Marco sensei 6 dan and the Associao de Karate Shotokan ryu Kase ha Catalunya, organize a seminar of Traditional Karate on 13-14 October 2007 in Castellbisbal, Barcelona Spain, with the participation of senseis Gomez Justo and Nelson Carrion. For more information [www.kaseha.esp.st](http://www.kaseha.esp.st) , [www.karate-institute.net](http://www.karate-institute.net), tel 0034659593598

Williams Slater, 6 dan and Cummins Cyrril, 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](http://server4.intercellsolutions.co.uk/wanadookarate.com/reports/2007-10-14_course.pdf)

Heene Dirk sensei 7 dan, will teach a course in Cork, Ireland on 3 & 4 November 2007. For more information please contact Tim Harte phone 087 6408742, email, [tim\\_harte@eircom.net](mailto:tim_harte@eircom.net)

Heene Dirk sensei 7 dan, will teach a course in Mullheim Germany from 9-11 November 2007. All relevant information may 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, 6 dan, will teach in a course in Leicester Graet Britain on 24 and 25 November 2007. If you are interested please contact [Pascal.Petrella@karate-muellheim.de](mailto:Pascal.Petrella@karate-muellheim.de)



Heene Dirk sensei 7 dan and Farkash Arie sensei 6 dan will teach at the annual Hanuka seminar , organized by the KSK Israel on 6-8 December 2007 in Nahariya, Israel. For more information contact KSK Israel and Farkash sensei 00972 528360555, [arie@sskai.com](mailto:arie@sskai.com)

Heene Dirk sensei, 7 dan, will teach a course on 15 and 16 December 2007 in Cantahende, in the region of Coimbra in Portugal. For more information please contact Vitor Rammalho sensei, e-mail [vitorramalho1@gmail.com](mailto:vitorramalho1@gmail.com) Tel mobile 961488375

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

Are you interested in Kobujutsu? Budo Club Fieret, at Terneuzen The Netherlands, continues its regular kobujutsu courses with Fieret Gertjan sensei, 3 dan and Vershoor Raul, 1 dan, in Terneuzen on 29 September 2007, 20 October 2007, 10 November 2007 and 27 January 2008. In addition on 8<sup>th</sup> and 9<sup>th</sup> December 2007 the annual Budocourse, karate and kobujutsu will take place in Terneuzen, with sensei Heene Dirk, 7dan (karate) and Mead Julian, 6 dan (kobujutsu). For full information please contact Emmy or Gertjan Fieret , E-mail [budofieret@orange.nl](mailto:budofieret@orange.nl) or Tel: 0031(0)115-695072

Last but not least. Do you want information on courses that you organize or teach to reach Academy members? Please inform me timely so I can put them in this Newsletter. I see information on many courses related to the Academy in various sites on the Internet and it's a pity that this information never reached our Newsletter.

### **Member's section**

Do you, SRKHIA members, want to address a particular subject or issue or simply to ask relevant opinions by fellow members? This is the Newsletter's section to do it. Send your message to the Secretary, [spirosd@otenet.gr](mailto:spirosd@otenet.gr) either to post your question, comment or to answer to posted it one.

### **Recommended Internet sites,**

[www.shotokan-ryu-kase-ha.de](http://www.shotokan-ryu-kase-ha.de) official SRKHIA site; it includes Academy information, including SRKHIA Newsletters; [www.bksa.be](http://www.bksa.be) the site of Belgian Karate Shotokan Academy, leaded 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 <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**

As learn is a part  
Of live so too is  
Live a part of the  
Wish to learn

The next Newsletter will be edited in the first week in January 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](mailto:info@sei-sen.be) Tel./Fax: 0032.63.22.34.68