



KASE HA SHOTOKAN RYU KARATE DO ACADEMY

NEWSLETTER 4/08 -Fuyugoo 2008

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Happy New Year

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KSKA membership 2008

The time has come for the renewal of our annual memberships in 2008, as well as for the acceptance of new members.

The annual membership fee this is 60 Euro or 36 British pounds. Payments may be done, either by bank transfer to our accounts or by a bank cheque.

If you choose bank transfer, here are the details of our accounts:

STERLING ACCOUNT TRANSFER ONLY STERLING (GB POUNDS) TO THIS ACCOUNT

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK

Account Name: Shotokan Ryu Kase Ha Instructor Academy

Account No: 16412087

Sort Code: 60-05-16

IBAN No: GB33NWBK60051616412087

SWIFT CODE: NWB KGB 2L

EURO ACCOUNT TRANSFER ONLY EURO TO THIS ACCOUNT

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK
Account Name: Shotokan Ryu Kase Ha Instructor Academy
Account No: 550/00/08791120
Sort Code: 60-05-16
IBAN No: GB69NWBK 60720308791120
SWIFT CODE: NWB KGB 2L

If you choose a bank cheque or international money order, made them payable to Shotokan Ryu Kase Ha Instructors Academy and post them to our Treasurer, Alan Armstrong, 19 Jubilee Drive, Bredon, Tewkesbury, GL20 7QJ, England, preferably by registered mail (**attention, cheques could be either 36 British pounds or 60 euros, whichever is more convenient to members**).

In any case you must not forget to mention the name(s) and the year. Renewal of membership should be completed by 28th February 2005.

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

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

New Academy members applications

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

	Name	Rank	Country
1	Kendall Jones Stephen	6 dan	New Zealand
2	Valero Sancho Manuel	4 dan	Portugal
3	Ali Khan Hasrat	5 dan	India

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

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

6.5: Endurance - Maintenance

6.5.1:Rationale

During this training cycle it will be important to maintain the aerobic base which was identified as a key factor to aid quicker recovery from power performance. The effect of VO2 Max gains may be quickly lost if aerobic training is not continued, however Watson (1995) suggests gains may be maintained for up to 10 days during decrease of training and it is only after this length of training inactivity that significant losses become more evident. This is an important factor concerning the recovery week.

Aerobic capacity will be maintained by continuing 20 minute runs at 70% MHR two times per week up to week 47.

Endurance gains are not lost as quickly and provided the intensity of exercise is maintained frequency of exercise may be reduced (Fleck 1994). Bompa (1996) suggests only 10% of training time need be allocated to maintenance of muscular endurance. Training for endurance will be maintained in a sport specific manner and reduced to one session per week again working on the three K disciplines.

6.5.2: Training Schedule Weeks 45 - 47

Muscular Endurance (1 session per week applied to all three K disciplines).

Kihon

- Practice each combination of the syllabus x1 very slow maintaining deep-rooted stance and muscular control for each technique.
- Throughout the exercise correct and slow breathing inhalation / exhalation should be applied in time with the skill applications, this will enable and ensure strong muscular focus is employed throughout and at the end of each technique.
- All six kihon combinations should be completed consecutively maintaining this protocol.

Kata

- Each syllabus kata (4) to be practised as the above protocol.
- Again the breathing control is of complimentary importance.
- During week 47 only practice choice kata using the above format.

Kumite

- Heavy Bag - 3 x 1½-minute rounds applying unspecified number of maximal punches or kicks and a 2-minute recovery interval.

Week 48

Recovery period - Endurance training stops.

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

Kurasawa Teruhiko sensei, Kendo hanshi 9 dan, is one of the very few alive Kendo 9 dan (the rank is not awarded any more), who is still practicing at his 86 years of age. In his text below he, in my opinion, provides the essence of budo practice, worthwhile for any serious budoka. Enjoy.

KENDO AND HEART, by Kurasawa Teruhiko sensei Kendo hanshi 9th Dan.

Koji Tawigawa, who is the highest ranking master in Shogi (Japanese chess), says "Shogi is a battle between one individual and another. If you are not refined as a person you will not be able to win." He is a young man in his mid-thirties, and I will never forget how he is full of great confidence, with a heart on a great scale.

When you transpose that thought to our essence of character development in Kendo, and I look back to when I was in my thirties until now, I feel that I have not reached his level of accomplishment.

From the outside, Kendo can be seen as an expression of combat where one must train to beat the opponent. However, one must also train one's inner self to become pure hearted. To the untrained person, the blows to the head and jabs to the throat may seem like a form of violence. At times it is easy for our emotions to get the better of us and we may develop violent intentions. This is a shameful and it is vital to keep a straight and pure heart.

When doing Kendo, we must keep in mind that we require an opponent first. It is only when we have an opponent that we are able to enjoy and better our Kendo. Thus we must care for the opponent, and appreciate their help in our training. This should then develop into mutual respect.

Great people in the past have said that if in Kendo you simply beat each other with a vengeance from beginning to end, it is just a brawl - a shallow act of barbarism. Just improving on one's ability to hit is not the way of Kendo. Otherwise, basic important human attributes such as caring, appreciation, and respect would not be formed. One's heart should be dedicated, half to the development of the opponent and half to oneself.

So, it goes without saying that utmost care must be taken when training children, beginners, and people of lower rank. By only caring in our hearts about hitting, winning and not losing, glory or victory, it is not possible to care for each others well being. The attitude of hoping for your opponent's development is all a function of the heart, we must heighten our sense of caring. It is wrong to say we have to win at all costs, and to say our efforts will mean nothing if we don't.

In Kendo training, results are important, however the true importance and value is in the path we take to achieve a pure form of Kendo. If you practice with a tainted heart, you too will become tainted. If we are pure-hearted the goodness in our character will be further improved.

In closing, I would like to say that I hope that everyone will endeavour to train their heart, and I hope for your further development in Kendo.

In the late 1600's a great swordsman by the name of Shimada Toranosuke said "The sword is the heart. If you wish to learn the sword, first you must make your heart pure."

KSKA News

KSKA Summer Gasshuku 2008

The KSKA Summer Gasshuku will take place from 27-28 June 2008 in Valencia, Spain, hosted by the members of the Kase ha Academy Spain and sponsored by www.kamikazeweb.com .

The venue of the event is Pavello d' Esports EL VEDAT , C/ El Sol, 1 Vedat de Torrent, 46900, Valencia, Spain.

The event schedule is as follows

Friday 27 June 2008, 2000-2130, Training

Saturday 28 June 2008, 1030-1200 Training

1530-1700 Training

1715 Dan Grading

1900 General Meeting

2100 Gala dinner

Sunday 29 June 2008 0930-1100 Training

Participation in the event is open to all active SRKHIA members. Each participating member may invite up to two guest participants, provided they are at least Shodan. While there is no training fee for members, guest participants should pay a fee of 60€.

Information on accommodation and registration for the event will follow soon.

For any information or inquiries please contact Frank Schubert info@kamikazeweb.com

For your information further Gasshuku planning is as follows:

Fall Gasshuku 2008 will take place from 10 – 12 October 2008, in Berlin Germany, organized by Kase ha Karate do Berlin (Frank Marcinek) under the auspices of Kase ha Deutschland. Detailed information will be distributed in due time.

From 2009, Summer Gasshuku will always take place the weekend with the 1st Friday in May (namely 8th-10th May 2009, 7th-9th May 2010, etc) and Fall Gasshuku always the weekend with the 3rd Friday in October (namely 16th-18th October 2009, 15th – 17th October 2010, etc). No planning about the venue exist for the time being.

Academy members who want to assume the responsibility to organize the Academy Gasshuku from May 2009 and onwards, please make your 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

The expansion of the Shotokan Ryu Kase Ha in San Gil Santander, Colombia, A TOTAL SUCCESS

The last 3, 4 and 5 of August 2007 in the city of San Gil, Santander, Colombia, did take place the V International Technical Seminar Karate Do Shotokan Ryu Kase Ha, directed by sensei Marco Alfonso Gómez 6th Dan ASRKHA and 2on. Dan in Kendo, direct student of Kase Sensei.

With the influence of the style of Sensei Taiji Kase, sensei Marco did show a total control of the kokyu and the usage of the tandem, when teaching techniques of open hand, typical of our style.

During the seminar sensei Marco did emphasize the correct usage of each of the techniques, and therefore the care that it has to be taken with the joints during the execution.



Another important aspect during the seminar was to work the Hente, same arm, using one hand for two techniques: attack- attack or defence- attack.

It was practiced as well the Ten No Kata, taking into account the application of each of the movements, executing the techniques in Deai- Sen No Sen, going into the opponents attack, or anticipating its action.

In the study of the Kata Heian Oyo, being this one a Kata created by sensei Taiji Kase and sensei Shirai, did sensei Marco point out always the mental attitude, the muscular action and body dynamic, as the source for generating power.

Sensei Marco, once again, is actively participating in the reinforcement and friendship of the Sthotokan Ryu Kase Ha in Colombia.



Congratulations and thanks again for the illusions that you give to us sensei Marco. Oss!!

**2nd KSKA Gasshuku 2007, Arlon, Belgium 12-14/10/2007,
by Lehrer Phillip, 3 dan**

Once more I have to say that it's all got to do with "perpetuum mobile" or to the uninitiated, perpetual motion. Via Hasselt and of course taking the wrong direction, hereby prolonging the trip by about 100 kms., Antti, next to me in the front seat and Greg, gently snoring in the back, I covered 330kms. in 2 and a half hours, arriving just in time for the 1st. session, given by Vebo sensei. This proves 2 things: 1.) that I'm going crazier with age and 2.) that somebody up there (may be Kase Sensei himself) is protecting his pupils; but we just had to get there in time.

This is the 1st. time I've attended a course, where all the members of the Shihankai, were present at the same time. There were 4 sessions, the 2, on Saturday, being split into 2 parts, so I personally missed training with Pascal Petrella in the morning and Pascal Lecourt in the afternoon. I guess that the Shihankai (pure conjecture, I admit), had really worked out the programme in advance, as again to my great admiration the different sessions followed in perfect logical order. We only did 1 Kata session, but what we did do with Jim Martin (Tekki Oyo sandan), was in the spirit of the kihon and kihon kumite that I first saw with Vebo sensei, afterwards with Mike Fedyk and to finish the course with, Dirk (not at all diminished by his bout with a nasty bug during Friday and Saturday).

All the sessions I took part in had as their "leitmotif", changing direction with very fast footwork and always in Fudo Dachi, Vebo sensei taking us in the 4 compass

directions, using 6 different geri waza (my ushiro mawashi geri being so fast, nobody saw it), Mike taking us forwards and back, with different stepping techniques with both zuki and geri waza as well as open hand block and counter-attacks, Dirk basically taking us all over the place, forwards, backwards, laterally and focusing diagonally, blocking downward, against counter geri waza, then using kosa dachi, accompanied by gyaku uraken. I also discovered for the 1st.time thanks to Mike, the kata Sanchin, very intense.

I am writing this on Monday, 1 day after the gasshuku. I must admit that although it's not too difficult to climb stairs, I'm having a hell of a lot of difficulty descending them, as owing to the strain on my quads, from the fudo dachi stance, when they extend, the pain is intense. I am not my sprightly self, but happy in the knowledge (uncharitable I know), that I'm probably not the only one feeling this way.

I hope I'll be able to train with both Pascal sensei at the next course. I and the others who didn't have the chance probably would be in more pain though, if we'd done 6 sessions.

This was again a truly international Gasshuku. It's great to meet old friends and make new ones. There were at least 12 countries represented, from Finland and Sweden in the north to Spain, Portugal and Greece in the South, as well as Ireland in the west, England Scotland and Belgium in the centre and Serbia and Slovenia in the East. We also saw a Polish Kuwaiti and a Uruguayan Spaniard. Maybe this is the reason, we train so well in all directions.

All that is left for me to do, is to thank André Lallemand and all his crew for having made this gasshuku such a success. The food, accommodation and all-round organization were great. I should also like to thank Antti, Greg and all the others with whom I had the pleasure of relaxing and exchanging ideas with between sessions. Yin and yang can really be compared to the intensity of training with them and the feeling of friendship afterwards.

Last but not least a special thanks to Yvette Martens, whom I delight in calling our girl Friday, because she really is.

It is hard
To reconcile pain with
Gain; therefore no
Gain can bring no pain

Phillip L.

ESA, ACADEMY COURSE REPORT - 7th OCTOBER 2007 by Mike Cowburn 5th Dan

Sunday 7th October brought the eagerly awaited, third in series, ESA Academy training course instructed by Sensei Mike Fedyk 6th Dan, hosted at the SKK Judo Club, St Helens. Attending numbers were promising and all were enthusiastic to learn more following the success of session one and two.

As is customary from Sensei, he had diligently prepared, not only in his planning of the course content, but also in the timing and precision of its delivery, whilst also giving careful consideration to the needs of the students and their intended learning outcome in order to ensure that maximum benefits were gained.

The course content proved to be a continuation of the core principles that were established during the first two sessions, building on the solid foundations of Kase Ha Karate.

The structure of this course report adopts the same format as previous, being divided into three sections whilst designed to outline the course elements, the desired method of practice and the key learning principles. I hope you enjoy.

<u>Element</u>	<u>Practise Method</u>	<u>Key Principles</u>
1. Ten no Kata-Kihon	Post warm-up with in-line Ten no Kata whilst using Fudo datchi.	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 (tsuki or uke) to the point of contact. 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 and second sessions of establishing a solid connection with the floor by establishing a rooted stance and at the point of delivery with the tsuki or uke. The speed of practice was then increased up to and including maximum with the emphasise being placed on maintaining the highest standard one could personally achieve, whilst also maintaining correct breathing, remaining relaxed throughout the movement until the point of impact when maximum kime (tension) was then applied.
2. Tsuki (punching) combination	Using the stepping combination, Yori Ashi (lunge step) with Kisame tsuki, Kai Ashi (full step) with Oi tsuki and Tsugi Ashi (half step with back leg) with Gyaku tsuki.	Whilst this is a commonly used combination, the framework was used to further the principles of generating energy through correct rooting of the stance and application of timing the step with delivery of the technique, whilst continuing the breathing principles from Ten no Kata. Progression moved from an introductory pace to full throttle with students encouraged to maintain their best form whilst also extending the boundary of their normal abilities. Variations of the three movement applications were further introduced and applied separately; they were then applied as one combined sequence.
3. Partner work - attacking, blocking and countering with varying timings and with	Applying the above combination's with a partner.	Now adding targeting and control to the above exercise by first using a partner as a passive receiver of the tsuki attacks, then by responding to each attack by responding with a block and counter strike. Sensei moved on to introduce the timing principles of; Go No Sen (a response

<p>increasing power</p>		<p>after the attack), Tai No Sen (a response corresponding with the attack) and Sen No Sen (anticipating and reacting before the attack is launched) in order to change the reactive impact on the attacking partner.</p> <p>Try this exercise for yourself:- The defender times their backward step slightly before that of their attackers advance and connects positively with the floor thereby establishing a strong and rooted stance, also energising an opposite reaction that occurs fractionally before the attackers tsuki lands.</p> <p>Using the opposing reaction generated from the floor this energy is then transmitted through the defenders body and out through the blocking arm, not as a simple block, but as an attacking movement on the incoming technique. The reaction is remarkably effective for the defender. Not so for the attacker as the generated power was felt to be devastating on the attacking arm, also in helping to destabilise the attackers balance weakening them in time for the delivery of a strong counter strike.</p> <p>Striking a tensed and toned stomach even with a powerful counter often has a modest effect, but when contacting with even a much lesser blow to an un-tensed body the effect on the recipient can be devastating.</p> <p>In regards to the application of Sen No Sen, as a former competitor I appreciate the effectiveness of using this method of timing when connected to a perceptive technique in attaining an effective score. But, teaching others how to react to and counterman an attack before the start of its flight is not an easy principle to get over, especially to less experienced students.</p> <p>However, using the teaching methodology and principles adopted by Sensei, this helped to develop a gradual and purposeful progression which increased the students' ability and confidence in dealing with incoming attacks despite their speed, strength or commitment.</p> <p>By the end of this exercise the class were moving faster and more decisively towards their attacker thereby proving that the practice of traditional karate training techniques can help in the</p>
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		development of competition based karate.
4. Soete Uke (morote uke) Assisted blocking.	Use of two handed assisted blocking principles against strong attacks.	<p>Partnering someone who was smaller, lighter, younger and more agile than myself proved a challenge to both parties.</p> <p>For me catching my partner required increased leg speed also avoiding telegraphing of my intended actions, whilst my partner was forced to increase his blocking capacity by adopting the principles as detailed above.</p> <p>At times my tactics proved successful, but when introducing the principle of soete (assisted blocking) my partner began to effectively deal with the onslaught and delivered such strong returns that I found myself being taken off balance and with such forces being applied the effect on my arms was rapid with Japanese flags appearing after just one or two contacts.</p> <p>The use of soete uke plus changing the reactive timing as described above proved devastating when dealing with powerful attacks.</p> <p>Again try the above exercise for yourself only this time using two handed assisted blocks. It is like discovering a whole new source of energy and power base, whilst eradicating your partners attack despite their strength or agility.</p>
5. Heian Oyo	<p>The session concluded with a continuance of the Heian Oyo, kata form, before moving onto Oyo kumite and the applied sequences six and seven (applications one to five were taught during the previous classes) .</p> <p>Whilst Sensei demonstrated many of the various bunkai possibilities and effective defence and counter principles. He left it to the individual to apply their own beliefs and individual skill capabilities in order to develop from within the standard formwork.</p>	<p>Training in advanced karate is about pushing the boundaries in both the physical and mental sense by practicing and honing new skills yet harnessing the foundations of the old.</p> <p>Also working with other experienced Karateka draws from the combined experience with the effects then magnified.</p> <p>Having to rush through a kata or kata bunkai as often occurs on short duration courses often leaves little time for detailed exploration. Where as, one of the key benefits derived from teaching kata in sections such as this allows sufficient time to explore and trial numerous possibilities, some of which will work, whilst others need to be modified however, this is again part of the learning process.</p> <p>Further development will come from continued practice back in your own Dojo.</p> <p>Practicing kata bunkai in this way helps</p>

		in the development of a wider skills base through broadening the mind and developing further the core principles as learnt on the ESA Academy training courses.
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Academy style training delivered here in the UK, is a fantastic opportunity to further enhance your karate skills and despite my 35 years of training, I still find it inspirational that so many valuable lessons can be learnt in a single session, whilst the accumulative effect from having attended all three sessions is prolific.

There is unmistakable evidence demonstrated by those who have attended the earlier courses and continue to practice that they have truly benefited and improved. Whilst in those attending for their first time, there was also a marked improvement from the simple adjustments of such as timing, whilst harnessing the energy from adopting a routed stance and adopting correct breathing techniques.

Attending quality training courses such as this is imperative for ones further development for unlike the repetitive style of training which the majority of us endured during our youths, academy style training not only hones the body, but more importantly trains the mind.

Our founder Steve Cattle Sensei once said that a karate students best attributes are "loyalty and having an open mind". I see this as being loyal to ones self in seeking further advancement, whilst maintaining an open mind in the pursuance of a greater understanding. ESA Academy training instructed by Sensei Fedyk is available to brown belts and above, particularly those with a genuine interest in developing the core principles of Kase Ha Karate and, if St Helens is too far for you to travel, then offer an alternative dojo and the course could come to you!

The fourth ESA Academy training course is scheduled for 20th January 2008 returning to the SKK Judo club St Helens, with further details included within the ESA 2008 Event Planner. These really are karate sessions not to be missed.

OSS

Mike Cowburn 5th Dan

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>

Dates / Activity	Place / Venue	Directed by	Contact for Information
17-21 Jan 2008	Saariselka Lapland, FINLAND	Heene Dirk s. 7dan	Jani.sommpi@meininki.com Limited participation, Registration closed
25-27 Jan 2008	Freiburg, GERMANY	Heene Dirk s. 7dan	http://shotokan-ryu-kase-ha.de/div/lehrgaenge/2008-01-heene-freiburg.pdf
15-17 Feb 2008 Regular Course open for al levels	Jacodina SERBIA	Dimitrijevic V. 6dan	Cedomir Vucicevic , Mob:+38163641245752 yebodo@gmail.com
15-16 Mar 2008 Intl Karate Training Arlon	Arlon, BELGIUM	VAN BINST Fr 6dan RUSSO Al 6dan PETRELA Pas	Organization, Karate Club Arlon, info@sei-sen.be www.sei-sen.be

		5dan	
22-23 Mar 2008 KSK Promotional Course	Gerlafingen, SWISS	Dimitrijevic V. 6dan	vebodo@gmail.com
4-6 Apr 2008 KSKA of Serbia Regular Instructors Course	Nis, SERBIA	Dimitrijevic V. 6dan	Bratislav Rujevic, brujevic@medianis.net
19-20 Apr 2008	Vaxjo SWEEDEN	Dimitrijevic V. 6dan	http://hem.passagen.se/ksa_vaxjo_mona_pfaus@hotmail.com
1-4 May 2008 Haru-Geiko	Mullheim, GERMANY	HEENE D. 7dan RIDGWAY D. 7dan WILKINS D. 6dan PETRELLA P. 5dan DELGADO HP 4dan	www.kase-ha-karate.de www.karate-muellheim.de
10-11 May 2008 Course open to all levels	Ilsami FINLAND	Dimitrijevic V. 6dan	raimo.lappalainen@kamikaze.fi
16-17 May 2008 English Sotokan Alliance, Open Residential Course	National Waters Sport Center, Holme Pierrepont, Nottingham England	Williams S. 6dan Barron P. 5dan SAITO Y. 8dan	www.esa.uk.com
24-25 May 2008 Course open to all levels	Asti, ITALY	Dimitrijevic V. 6dan	vebodo@gmail.com
4-8 June 2008 Athens 2008 Intl Karate-do Camp	Sport Camp Loutraki, Loutraki, GREECE	Dimitrijevic V. 6dan	vebodo@gmail.com
20-22 June 2008 Regular Course open to all levels	Gorni Milanovac, SERBIA	Dimitrijevic V. 6dan	nesogmshotokan@alfagm.net
27-29 June 2008 KSKA Summer Gasshuku 2008	Valencia SPAIN	KSKA Shihankai	Frank Schubert info@kamikazeweb.com KSKA Secretary, spirosd@otenet.gr
5-10 Aug 2008 Serbia 2008 Summer Karate do Camp	Vlassina Lake SERBIA	Dimitrijevic V. 6dan	vebodo@gmail.com
8-10 Aug 2008 ESA Residential Course 2008	Lileshal National Sport Center, England	Fedyk M. 6dan Beasley G. 6dan Armstrong A. 5dan Heene D. 7dan Mead J. 6dan	www.englishshotokan.net
10-12 Oct 2008 KSKA Fall Gasshuku 2008	Berlin GERMANY	KSKA Shihankai	KSKA Secretary, spirosd@otenet.gr
8-9 Nov 2008 English Shotokan Academy Course	ENGLAND	Dimitrijevic V. 6dan	TBD
6-7 Dec 2008 Terneuzen Budostage	Terneuzen, The Netherlands	Heene D. 7dan Mead J. 6dan	Gertjan Fieret budofieret@orange.nl 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 either to post your question, comment or to answer to posted it one.

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

Enthusiasm is
Very good
Do not let it choke
Away your life

The next Newsletter will be edited in the first week in April 2008. Stay strong, train hard and enjoy life.