



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

April 2014

Introduction

Welcome to the first edition of the new look KSKA Newsletter, a publication that we aim to produce on a quarterly basis or whenever there is something of interest to report.

The purpose being to inform the membership of technical issues and points of interest that will include some new and hopefully interesting features.

Please share with us any news, articles or opinions that you think other readers may enjoy and benefit from.

Message from Shihan Dirk Heene 8th Dan

Since Spiros Drossoulakis produced his regular newsletter we have never had something similar afterwards. It is appreciated that Mike Cowburn wants to continue this tradition where a lot of work and communication in our Academy is based on the work of volunteers of this kind.

Since Sensei Kase passed away 10 years ago, we have kept going and developing. Some people have left for individual reasons, but there remains a stable number of active members that is important to develop, to be creative and constructive. I am sure this newsletter will help us in this purpose so if you wish to contribute then please send your information to Mike.

KSKA Gasshuku

Finland

9th - 11th May 2014

With May 2014 rapidly approaching, please do not forget to register your attendance on the KSKA Gasshuku that is being organised by our colleagues in Finland.

Further details are available from the KSKA website and course information portal:

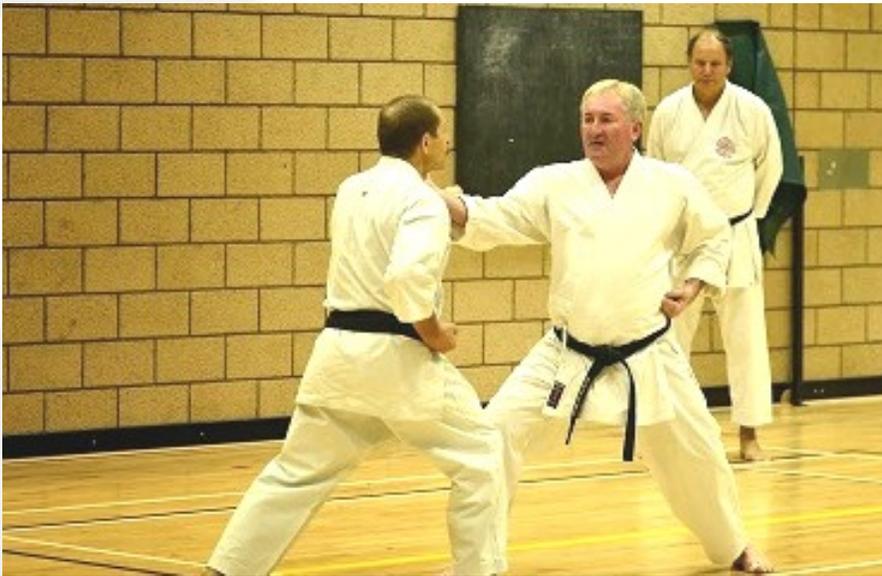
www.kska-gasshuku.com

Arlon 2005



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KSKA Gasshuku, Lilleshall October 2013

KSKA Grading Syllabus

Following recent KSKA senior Dan gradings, it was generally believed the syllabus needed revision as the technical inclusions as stated were being taken too literally whilst leaving little room for personal interpretation and application of the Kase-Ha core principles.

In this regard a redraft of the Yondan and above grading syllabus has been produced copy of which is now available from the KSKA website.

For those wishing to take KSKA Yondan and above, please refer to the revised syllabus and discuss with a member of the Shihankai.

Please do not forget to obtain sponsorship from a member of the Shiankai before submitting your grading application.

KSKA Dan Grade Applications

The KSKA dan grade application form is available from the website, where for San dan and above this should be submitted via the Secretary a minimum of six months prior to the date of grading. Applications should be supported by a member of the Shihankai.

KSKA Membership & Renewals

For new members applying to join the KSKA, membership application forms are available from the website: www.ksk-academy.org and once completed these should be sent to the Secretary. Advice regarding payment will be given once the application has been approved.

For existing members when renewing your annual subscription, please notify your payment directly to the KSKA Treasurer, Alan Armstrong via the following email address: alan@armstrong-associates.net

First Aid

The ESA recently held a First Aid in the Dojo training course that was open to all club instructors and their assistants.

First Aid is one of those aspects that we all need, but hope never to have to use.

Following the course two of the attendees have been called upon to use their knowledge in situations both in and outside of the dojo that helped those in need. How well prepared is your organisation? Could you be a first responder in circumstances that are largely beyond your control?

Our First Aid training was delivered by a qualified trainer and senior karateka making this all the more beneficial.

If you need any further information in this regard please contact:

mcowburn@srsi.biz



Gyaku Uraken

It is with great sadness that in February 2014 we lost one of our close friends and karate colleagues with the untimely passing of Sensei Filipe Machado. Our thoughts lie with his family and friends.

Oss



Sensei's Lecourt & Ibscher instruct in St Helens



Kase Ha Shotokan
Ryu Karate Do



Academy

Form & Effect

Many of today's competitors tend to concentrate more on the aesthetics of their karate purely for the purpose of looking good on the mats, whilst overlooking the fundamentals especially in terms of overall effect.

For the past few years I have had the privilege of training regularly with my good friend Sensei Geoff Beasley 6th dan who I am sure will not mind me saying that both our karate may not at this time of life be to modern competition standards, but my word Geoff remains a very effective karateka.

Following the principles of Kase-Ha we regularly use pads and bags in our karate training in order to test the effect and we conclude that having good form and the application of sound technique is essential but there are other ingredients in order to generate effect.

How many times did we hear Sensei Kase say, "More speed, more kime" ? Whilst senior instructors routinely teach the principles of breathing, rooting and relaxation all of which are vital ingredients in the generation of power or shall we say 'effect'.

Testing these principles in fresh-air does not always give a true perspective, but when tested against a pad or bag we find that with just one of the above elements missing, the overall effect then dissipates.

Training in this way Geoff and I are continually increasing the effect from our techniques both zuki and geri waza, whilst also conditioning our bodies to accept the blows, for anyone who believes they can escape an impact when involved in a conflict situation are fooling themselves.

And guys, size really doesn't matter for alongside and training with us is Geoff's partner Gayle who despite her stature by comparison, delivers tremendous power through good form and technique.

In my opinion one should never lose sight of the reason 'why' when we practice karate, but we must also focus on the 'how' in order to attain continued improvement through good form and effect.

Your comments are welcome.

Mike Cowburn

Member's Profile

Name: Sensei Nico Ibscher

When & where did you start your karate practice: That was in October 1990 in my hometown of Dippoldiswalde at the high school. At that time, we were sometimes over 100 practitioners. Of the former novices a few still continue to train with me.

What are the most inspiring moments from your early karate days: Looking back, I can remember two moments that certainly influenced my current karate. When I was 1st Dan, Shirai Sensei presented a seminar in Karlsruhe and the Kata Hangestu. There was so much energy and rooting I had not previously experienced this and I was really impressed.

The second moment was Sensei Steve Cattle at a seminar in Luxembourg where he taught the kata Tekki Shodan with Bunkai that was so varied and effective. That was really impressive.

Where do you train now and who with: In the week I enjoy the luxury of pushing my own training where I develop the ideas that I deliver every Sunday to my group of students and instructors. The group has grown steadily over the last three years and it is such a pleasure to see their development. Meanwhile, instructors from Leipzig and Berlin are also attended regularly. They travel a distance of 100km to 200km that shows their commitment!

What is your favorite aspect of karate practice: Shojin beginner's mind.

The development when one has an understanding of Budo indicates that there is no target. Ensure the Dan step sections in the development is positive. But Budo is not like climbing a mountain, where you climb to enroll onto a summit register. This spirit which is also called the ZEN mushotoku, forms the personality and is humbling.

What are your immediate and longer term ambitions for yourself and your students: Our Karate System is a very deep system. Sensei Yoshitaka Funakoshi has said, "We do not train for today and not for tomorrow, but for after tomorrow".

I'm trying for my students to be a role model. My attitude to Karate is always positive crazy. I think very deeply about karate and am not afraid to change things if you do not the two most important points do not then correspond health and effectiveness.

Now I understand why Kase Sensei has said, from the 3rd Dan is the way of his karate. Until then, the students should be taught to a technical and physical high level. This would ensure the next generation continues with good Kase Ha level. In this I see my main role in our organization.

KSKA Aki Gasshuku - 10th to 12th October 2014

Luso in Portugal

Course details will soon be available from the KSKA website.

Start planning your visit soon.

Copy of this and subsequent news letters will be archived on the KSKA website, but please help to maintain the momentum and contribute through sharing your comments, thoughts and beliefs.

Email: mcowburn@srl.biz

Please share with us your hopes and ambitions for the Academy and lets ensure that we continue to develop in the spirit of Budo karate.

www.ksk-academy.org

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