



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

July 2014

Introduction

Welcome to the second edition of the KSKA Newsletter, and thank you to those who expressed their positive comments regarding the first publication.

However, in order to continue to provide this service to the membership, I would welcome any course reports, articles or photographs that you may have that we can publish.

Message from Shihan Dirk Heene 8th Dan

Talking about training, we often forget the "Do" aspect in our karate practice. Funakoshi was very deep when he changed the name: "tote - jitsu" into "karate-do". In this way, mere fighting became part of the large dimension of Budo. Not just competing and winning like in any sport but something more connected to the deeper meaning of life and the development of mankind.

This esoteric value of the practice of karate finds its response in the research of the hara and ki-development through practice of kihon, kumite and kata. Not just physical and mental power that we can find in any sports, but also uplifting the spiritual dimension through concentration, breathing, rooting and finding balance between contraction and extension.

A different dimension of karate....this is the meaning of the practice of Kase Ha, and not just a range of different techniques.

Congratulations

Congratulations to Sensei Michaylo Fedyk who was promoted to the rank of 7th Dan by his fellow Shihan kai at the Natsu Gasshuku in Helsinki.



KSKA Aki Gasshuku - Luso, Portugal

10th - 12th October 2014

Details of the Aki Gasshuku are now available from the KSKA website including travel and accommodation. The course organisers are to lay on coach transportation from Porto Airport departing at various times on the Friday and returning on Sunday. Make sure that you book your place by contacting the address below.

This course is to include the involvement of the two recently appointed Assistant Instructors to the Shihan kai.

Email: askd@portugalmail.pt

In This Issue

- Introduction
- KSKA Gasshuku up date
- Appointment of KSKA Assistant Instructors
- Israel Seminar April 2014
- Member's Profile

Israel seminar April 17-20 2014.

This year was different in Nahariya Israel, at the "KSK/ Shotokan Ryu Nahariya" Dojo, run by Arie Farcas Sensei 7th Dan KSKA and his very able team, including Arie Glikzman (6th Dan), Leonardo Schwartz (5th Dan) and Loris Afara (4th Dan). A truly international atmosphere reigned, as 36 Karateka from Australia, Belgium, France, Germany, Holland and Sweden joined their Israeli counterparts, to form a group of around 200 Karateka of all ranks and ages under the, as always, brilliant guidance of 2 members of the Shihankai, Dirk Heene Shihan and Pascal Petrella Sensei as well as Arie Sensei himself, at the Dojo's yearly "Gasshuku".

During the three and a half days of the seminar, Dirk showed us a new, to us, the advanced grades, series of Kihon techniques, which are typical to the idea of Kase Ha and a logical continuation of the open and closed hand techniques that we already train regularly. We also worked on the Kumite of these very powerful routines and in the Dojo one could almost feel the sparks flying as everyone gave 100% of their capacity, when working these in pairs. Dirk also worked with the advanced Karateka on the Kata "Niju Shi Ho", as well as aspects of its Bunkai. He also gave an open air training, based on other types of disciplines, entailing a lot of "Ibuki" breathing techniques, as well as "Tai Chi" exercises. As always, Dirk's knowledge proved to be immense. The connection between all types of "Budo", wherever they originate is evident in what he teaches, especially in what Kase Sensei specialized in as a young man, namely Judo and essentially Kendo, the basis, on which he built his specific type of Shotokan.

Arie Sensei, busy with the logistical aspect of taking care of the needs of 200 people, also found time to teach. He gave us a lesson in some phenomenal warm-up techniques, admittedly difficult for the less athletic amongst us, but ultimately we understood them well, when, following up on his 90 minutes of instruction, Dirk elaborated on them in part of the

Kihon he taught. At the age of 57 one sees what a wonderful athlete and example he is to his pupils and what good Karateka, in the spirit of Kase Ha he has nurtured.

Pascal Sensei, concentrated on the, what can only be described as "the 100% philosophy" of Kase Ha. We worked, under his powerful mentoring on many Kase Ha ideas, specifically on what I think can be described as the "Kime" aspect of them. When one teacher taught, the others stood in the lines and that is why I had the privilege of training in one of the lessons given by Pascal, with Dirk, an experience I can still "feel", 3 days later.

Running the organization he does, together with his very dedicated and capable team, Arie Sensei, apart from the 8 trainings given, alternately by Dirk, Pascal and himself, also saw to it that his guests were given a good time. During the course they went together with their Israeli hosts one evening, to the hot springs at "Hamat Gader" and on another to a Druse restaurant in the village of "Pekiin".

When the course was over, from the 21st to the 24th, the group was taken on an organized tour of the country, including the Holy places and those of global historical interest. Photos of the course and the excursion can already be seen on Facebook and other social networks and will soon be available on the different KSK national sites. I should like to finish by saying that this course was very successful and that the Israeli branch of the KSK is always available to help visitors train hard and enjoy a wonderful stay here. In general Israel is now becoming a popular place for Karate, where teachers from all over the world come to teach and where the level is improving as our teachers were able to see for themselves on this, a repeat of their many previous visits here. As for the guests who arrived from so many different places. We should like to thank them very much for their enthusiastic participation and hope to see them back here again, very soon.



Congratulations

to Sensei's Nico Ibscher & Juan Pablo Delgado following their appointment in May as Assistant Instructors to the Shihan kai.

Members will have the benefit of training with the new appointees on future Gasshukus.



Sensei Nico Ibscher



Sensei Juan Pablo Delgado

**Revised detail of the KSKA
Dan grade application
protocol can now be found
on the KSKA website**

**KSKA Natsu Gasshuku
Helsinki, Finland
May 2014**

Thank you to Sensei Raimo Lappalainen and his supporters for staging a successful and enjoyable Gasshuku in Finland.

The course was well attended by a range of KSKA members & none members that travelled from as far afield as Israel to enjoy the excellent training.

Editor's Chat

Can sports injuries heal without medical intervention?

Many long term karateka have experienced a whole variety physical injuries throughout their careers, especially knees, hips and backs, whether this is due to their genetic make-up or through simple wear and tear that has been exacerbated by repetition of often ill-conceived training principles or performance of incorrect techniques and movement.

Some will choose to submit to the message their body gives and simply retire, whilst others battle through and perform to varying degrees of proficiency as dictated by their physical capabilities.

Recently and in conversation with inspiring KSKA senior instructors, some remarkable stories have unfolded where injuries would appear to have self-healed or is there more to it than this?

For example, damage to the meniscus in the knee joint comes in various degrees ranging from minor discomfort to total disability, but it is how this is addressed and rehabilitated that makes all the difference.

Left untreated and adopting the typical male attitude of; "It will be OK in time" and then continue to practice in the same old way or without taking care, is in my opinion, an approach born out of ignorance.

The more realistic approach is to analyse the root cause before setting about on a course of training that changes the way in which we apply the body whilst incorporating specific and beneficial exercises that will assist in the repair and recovery.

Light practice plus target specific exercise to strengthen the associated muscle groups and ligaments, gentle manipulation, perseverance and, above all a dogged determination not to let this beat you, are the essential ingredients in achieving recovery.

Of course one must seek qualified medical opinion, but in my experience this has lent more towards the statement "at your age, shouldn't you be retiring" rather than positive advice to keep me on the dojo floor. Yet with karate in our blood we should aim to continue, albeit with a degree of caution and a sensible approach to changing the fundamentals of our karate so as to avoid aggravating the existing or sustaining further injury.

Your comments are welcome.

Mike Cowburn



Member's Profile

Name: Sensei Juan Pablo Delgado

When & where did you start your karate practice: I started Karate in 1988 in a sport club in San Fernando (Cádiz). Our club was linked to the Spanish Federation, and I practiced mainly Sport Karate in those early years.

What are the most inspiring moments from your early karate days: The most inspiring moment for me was without any doubt when I first met Sensei Kase. It was November the 13th, 1993. I won't forget that date because at that time I was about to leave karate for many reasons. When I saw Sensei Kase, I was impressed and inspired by his commitment, his spectacular demonstrations, his charisma and his passion for Budo-Karate. He was such an example of person and martial artist for me, after that weekend course I knew that I wanted to be a karateka for the rest of my life.

From then onwards, I was much more inspired by traditional karate and attended as many courses as I could with Sensei Kase and many other traditional instructors.

Where do you train now and who with: I teach and train karate regularly in a dojo in Cádiz (South of Spain) from 1997. At that time, in spite of being quite young, I decided to accept the challenge of teaching karate, then I could try to get the proper atmosphere to train Kase-ha Karate in my area with my students. Now there are a couple of clubs more around here who also follow our style.

What is your favorite aspect of karate practice: The personal growth. Practicing karate involves many individual and interaction experiences. Through the karate practice the person develops body, mind and spirit. Body, because the continuous training improves the locomotors, cardiovascular and respiratory systems, the physical capacities (endurance, strength, speed and flexibility), as well as coordination. Mind, because serious karate-do practice involves perseverance, patience, concentration and discipline for the improvement of skills. And spirit, because through the practice the person gains a better knowledge of oneself (possibilities and limitations), and so, the improvement of self-confidence and self-control. Karate practice, is a continual source of personal growth, and as an art, it is not just something to be learnt, but something to be lived.

What are your immediate and longer term ambitions for yourself and your students: My immediate ambitions for my students and myself are to train with discipline and commitment with the target of getting better continually, looking for ways of getting more energy, more power, more speed,...more KIME (as Sensei Kase always said and showed to us), and to extrapolate the discipline and the control of emotions that we learn in the trainings to daily life. In the longer term, I expect that karate helps my students and me to become better people.

Do you have a brief message for the followers of Kase-Ha karate: Nearly ten years after the death of Sensei Kase, I still see him every time I do mokuso, and that reminds me how he put all his effort in every lesson to transmit to us his passion for Budo-karate. I feel that the best we can do to contribute to keep his Karate alive and honor his memory is to try to be good students by training and teaching what he gave us in order to ensure that his legacy is maintained and continues to develop.

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神風

KSKA Natsu Gasshuku

8th to 10th May 2015

Mullheim, Germany

Course details will soon be available on the KSKA website
Start planning your visit

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@srsi.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