



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

November 2014

Welcome to the third edition of the KSKA Newsletter, and thank you to those who have expressed positive comments regarding the previous publications.

Thank you also to those who have contributed to this edition and I hope that you enjoy and benefit from the content.

Message from Shihan Dirk Heene 8th Dan

DAN GRADING (dan shiken) & MEMBERSHIP

Since the beginning of the Academy in 1989 and the first Gasshuku in Hasselt in 1990, a membership scheme needed to be introduced and presented by a senior instructor. This was approved by Sensei Kase and Sensei Shirai. At that time, everybody knew one another and there were no problems. The year's fee was paid at the next Gasshuku and the members who were absent did not pay until they turned up the next time.

After almost 25 years, the situation has changed as in every organisation. Now, the members should contribute every year around January, even if they do not appear on the Gasshukus for whatever reason. Travelling and participating all over Europe is not always easy, however, loyalty to the Academy in supporting the heritage and the continuity of Sensei Kase's instruction is fundamental. The minimal support is the yearly contribution.

The "Dan" examinations are part of the responsibility of the Shihankai. All our dan gradings should take place through the examination sessions organised on the Gasshukus or other courses with members of the Shihankai. The payments for these gradings support Mrs Chieko Kase and the Academy administration. Most of the countries follow this system, but still some countries organise different grading examinations. Where is the standard?

The Kyu and Dan gradings were introduced in Japan from 1887 when this country started following the military systems from the West.

How can we divide the value from a karateka into 9 Kyu levels and several Dan levels? What is the standard ...what is the matrix ... where is transparency...who decides?

Especially the level above 3rd Dan where this becomes very difficult to judge.

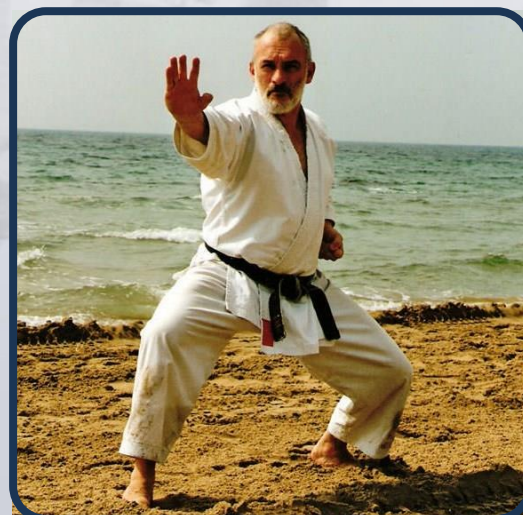
Before 1867 there was the Menkyō : "renshi ,kyōshi and hanshi"that was it.
Three levels. Stop, clear.

It is hard work for the shihankai to think about profiles, Dan grades and values where it is about the core of the Academy and the guarantee for the future.

Every candidate from shodan onward should present themselves and contribute to the Academy, and the Academy should be represented by members of the Shihankai.

Dirk Heene,

President, Shihankai member



Shihan Dirk Heene 8th Dan KSKA

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Whilst I appreciate that we are still in November, I will not have another chance to wish all our members, friends and colleagues greetings for the season also a happy and prosperous New Year.

Keep training hard and stay strong in mind and body.

Oss



Don't forget to advertise your course on the KSKA website. Send details to:
secretary@sk-academy.org



KSKA Natsu Gasshuku - Mullheim, Germany

8th - 10th May 2015

Details of the Natsu Gasshuku are available from the KSKA website including travel and accommodation information. www.ska-academy.org/en/seminars

This course is to be instructed by members of the Shihankai plus the two recently appointed Assistant Instructors.

Email: petrellap@gmx.de

KSKA Kangeiko - Mullheim, Germany

13th - 15th February 2015

We wish good training to all who have been selected to attend. Oss

Email: petrellap@gmx.de

KSKA Membership Renewals.....

May I take this opportunity to remind members that their 2015 membership fees are due on 1st January 2015 and are to be paid by 28th February 2015. After this time your membership will lapse and will become dormant; you will not be eligible to enjoy the benefits of membership or vote at the General Assembly.

The annual fee is €60 or £50 and should be transferred directly to one of the KSKA bank accounts.

Payments in Euro should be made to:

Natwest Bank Ltd, Cheltenham Branch, 31 Promenade, Cheltenham, GL50 1LH, UK

Account No: 550/00/08791120;

IBAN: GB69 NWBK 6072 0308 7911 20;

IBAN BIC: NWBK GB 2L;

Beneficiary: Kase Ha Shotokan Ryu Karatedo Academy

Payments in GB Pounds should be made to:

Natwest Bank Ltd, Cheltenham Branch, 31 Promenade, Cheltenham, GL50 1LH, UK

Sort Code: 60-05-16;

Account No: 16412087;

IBAN: GB33 NWBK 6005 1616 4120 87;

IBAN BIC: NWBK GB 2L;

Beneficiary: Kase Ha Shotokan Ryu Karatedo Academy

Payments may also be made in either GB Pound or Euro by a bank cheque or international money order, made payable to: **Kase Ha Shotokan Ryu Karatedo Academy** and posted (preferably by registered mail) to: **KSKA Treasurer, Alan Armstrong, 19 Jubilee Drive, Bredon, Tewkesbury, GL20 7QJ, UK**

Please ensure that the payment information includes **JUST** your name and the year of membership. (e.g. W Pigeon, 2015). Please **DO NOT** waste space by writing that it is for KSKA Membership – we only receive payments for membership and often putting all this information results in your name being left off by the bank.

KSKA Sweden

I have been asked to write about karate life in Sweden, how I am developing my club and number of Kase-Ha followers, how I encourage my students to attend international seminars and also something about my own training regime. This was not an easy task but very interesting and of course I wanted to do it. When I started to write down my thoughts it suddenly became lots of pages. So I have divided it into four parts and hopefully you will enjoy the reading. And if you have any comments, so feel free to contact me. I'm looking forward to it.

Stay strong and train hard! Oss! Mona Pfaus

Part 1 : Karate life in Sweden

I am often asked questions about the karate situation in Sweden. When the KSK Academy was established in 2002, Sweden had several members, around 16 at the time, yet the majority disappeared and for some time I was the only member so I earned the nickname *"The Lonely Wolf from Sweden"*.

In the beginning Kase-Ha karate was not particularly strong within Sweden as the major influence and links to the JKA remained firm, whereas today this is changing.

So from the very beginning the clubs tended to be free spirits so to speak. It did work in the early years of WSKA in

Sweden and to the end of 1980's and beginning of 90's, but unfortunately by the mid 90's things changed which lead to some clubs deciding to establish their own Kase-Ha based organisations.

When Sensei Kase passed away in 2004 the next break came from the others and now Sweden has five members of the KSK Academy (with 3 clubs) but in total I would say there are about 16-17 clubs that might call themselves Kase-Ha and profess to follow the lineage of Kase Sensei. Unfortunately there are no connections between our organisations.

Maybe this is just a part of the evolution of karate, I am not sure? The message should be widely spread but why not be together? We have an expression in Sweden; *'too many Cockerels in the hen house'*, and that is possibly one issue that leads new organisations to spring up in our country.

Sweden is not a big karate country so I don't think there is a need for all the different organisations, but I must stress that this is just my personal view and I'm not the leading voice of karate in Sweden, where these are just the thoughts that I have held during the past years as a member of the KSK Academy.

It is interesting why these things happen and now after so many years it is unlikely that things will change, because many clubs feel that they don't need a national or international organisation just to support the idea of Kase-Ha.

DVD Imminent release.....

Sensei Velibor Dimitrijevic 7th Dan KSKA has produced a 2-hour DVD featuring his inspirational style of training that was greatly influenced by Kase Sensei.

This DVD will demonstrate the aspects of breathing, rooting and effective technique also whole life benefits that are applicable both inside and out of the dojo.

The DVD will shortly be released whilst an introduction can be found by following this link:

http://youtu.be/KoUV1T_XPCk



Sensei Velibor Dimitrijevic

**Thank you to Philip Lehrer
for his contribution to the
July issue and the excellent
course report following the
seminar held in Israel in
April 2014.**

**KSKA Aki Gasshuku
Luso, Portugal - October 2014**

Thank you to the organisers of the Aki Gasshuku held in Luso, Portugal in October.

The course was well attended by a range of KSKA members & non members who travelled from as far afield as Israel to enjoy the excellent training.



In Memory of Bernd Brezinski.....

It is with great sadness to announce the passing of a founder member of Bernd Brezinski with a message from Shihan Dirk Heene.

Whilst reflecting and thinking in the Honbu Dojo in Hasselt, here are my thoughts on Bernd.

Bernd was everywhere with enthusiasm, engagement and a good dose of humour. He believed in Sensei Kase's karate and in the Academy.

He was one of the founding members and the soul of the 5 days karate course in Berlin, whilst trying to bring the "Berliner Karate clubs" together.

In 2014 and for the 5th consecutive year this event was organised and Bernd was there, ill, tired but with eyes full of enthusiasm.

Bernd taught me to look at the culture and the history of Berlin, the war, the cold war, but also the "Berliner Luft", the story about the Humboldt brothers and the Hackescher Markt...

We trained and practiced Chi Kung in the Berliner Shaolin Temple with the Shaolin Monks and discussed a lot about Budo and energy.

Now it is over.

We have lost one of our best members of the Kase Ha Academy and to me ... Berlin will never be the same.

When we reorganise the 5 days September course in Berlin, it would be befitting to call it the "Memorial Bernd Brezinski"

To honour somebody there are three steps: To know the person, to talk about them, and to organise an event or a ceremony in their memory.

Oss

Shihan Dirk Heene

Karate's Influence on Life by Tadhg O Mahony

The Gi in the Kase-Ha Shotokan Ryu symbol also represents that of a warrior's highest honour being moral duty, dignity, renouncing selfish behaviour and contributing to humanity. I have throughout my life tried to live up to these maxims where this was particularly true whilst serving as a Fire Fighter and a career that was dedicated to helping others.

Mushin (No mind) : I have always tried to overcome my own fears of dying or being seriously injured during situations in order to help in the rescue of others where circumstances have often brought me to a state of Mushin otherwise understandable fears may have clouded my judgement.

My colleagues and I were once called to a fire in which an elderly lady was trapped when during the search we were struck by a back-draft of searing flames and heat the likes of which I had never before experienced.

My colleague and I were immobilized having been knocked to the ground and I thought this was the end of our lives, yet I prayed that it wasn't.

Within moments and through Zanshin awareness I gained an understanding of the situation and

positioning before continuing the search bringing myself and others to safety.

On a particular cold winter's night we were called to a situation where a drowning man was reported to be in the river of my native City of Cork. The water was black and freezing cold whilst I am not the best of swimmers.

The man was spotted under a bridge clinging to the structure where I made the decision to swim towards him in an attempt to make a rescue.

For reasons only know to him, the man resisted my attempts of rescue and tried to fend me away, whilst fighting the strong current I eventually brought the man to safety partially through negotiation and partially the effective application of a shoulder lock.

The degree of physical effort involved in that rescue took two days to recover where I attribute my fitness and sense of moral duty to karate whilst my mind was clearly in a state of Mushin.

Practicing karate in the dojo is only part of the whole life benefits that true martial arts can bring.

KASE-HA SCHOOL FUNDAMENTALS



After 36 years of practise, 30 of them as disciple and then as assistant to **Sensei Taiji Kase**, appointed Technical Director (France) of "Kase Ha Shotokan Ryu Karate Do Academy", **Sensei Pascal Lecourt**, 6th dan, has gathered and explained for the 1st time in this DVD the fundamentals of Kase-Ha school.

World famous Sensei Taiji Kase spent his life improvig Karate. He has developed a whole universe of techniques and an expression of energy that have become the Kase-Ha school trademark. He was first an outstanding fighter who had to take on real challenges. When he became a Master he turned to researching new ways of improving Karate technique. His unrivaled combat science and the keenness of his research, developed until his death, deserved that one of the experts who has known him best and followed him during many years take time to explain to Karate enthusiasts the spirit of Sensei Taiji Kase Karate.

You will find in this DVD the specificities of Kase-Ha School as well as the official version of **kata Heian Oyo**, created by the Master during the 80's with all its applications.

+ BONUS 40 min of exceptional documents



An interview of Sensei Pascal Lecourt, Technical Director of "France Shotokan Ryu Kase Ha", telling all about his closeness to the Master and about the personal, spiritual and philosophical transfer during his 30 years of close relationship.

An interview of Mrs Chieko Kase, Sensei Taiji Kase spouse, telling the life of the Master from the after war years in Japan to his last breath. A unique testimonial.



Thanks: Albert Kahn Museum, owned by the General Council of Hauts-de-Seine



www.lecourt-pascal.fr

THIS DVD IS PROVIDED WITH A COPY PROTECTION - RESERVED EXCLUSIVELY FOR SALE

All ages - All areas

Color - Durations : Movie 52min + Bonus 40min - PAL

1 DVD	Languages	Format
Movie	English-French-Japanese-Spanish	16/9
Bonus	English-French-Japanese-Spanish	16/9



Barcode

The fundamentals of Karate Do Shotokan Ryu Kase-Ha

1



THE FUNDAMENTALS OF KARATE DO SHOTOKAN RYU KASE-HA

By Sensei **Pascal Lecourt**

International instructor

6th Dan

Assistant to Sensei **Taiji Kase**

A movie directed by Yann Saint-Pé

Sensei Pascal Lecourt superbly informative DVD - a discounted price is offered to KSKA members

Kamikaze

The Secret of the best Karate Equipment

With more than 30 years in the market, Kamikaze continues to be a leader in the Karate World, offering high quality at great prices. This is evidenced by more than 30,000 clients demanding their products around the world.

Frank Schubert, 4th Dan Kase Ha, founded Kamikaze Esp. SL with the aim of providing Karate suits to persons who share the same passion for the Karate lifestyle.

Working with dedication and effort, his dream has become a reality and is now a standard in the Karate World.

Today, Kamikaze offers a range of products established by longer term trends, instead of following the fashion. In addition, we integrate a Competition WKF line for all Karate competitors who seek the best equipment for Kata and Kumite. At our online shop you can find karate gis, belts and Karate protectors from Kamikaze and Shureido brands as well as other accessories for practicing Karate, books, DVDs, Kobudo weapons and so on.

What is most outstanding is the personalization. The most important thing at Kamikaze is customer satisfaction in every minute detail of the embroidery options, measurements (custom made uniforms). Our extensive list of suppliers is an essential part of the Kamikaze family. They send us new Karate titles from

everywhere, traditional handmade weapons, etc.

Emphasis is placed on the human component. Frank, Carmen, Pilar, Keiko, Raúl, María, Nacho and Pascale are 100% committed to client satisfaction. Each in a different department but all of them providing help and support by answering questions before, during and after the purchase process in the main languages. We are always working to develop new articles and take into account the feedback from our clients, but particularly we fight to maintain quality and prices at a competitive edge.

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Member's Profile

Name: Sensei Jani Somppi, Finland

When & where did you start your karate practice: I started Karate in 1988 in Haapavesi, town in Northern Ostrobothnia of Finland. It was the first beginners course in town with about 100 people starting and now I'm the only one to have continued training.

What are the most inspiring moments from your early karate days: In winter 1990 Sensei Dirk Heene came the first time to Finland to demonstrate his style of teaching, which inspired me very much.

Sensei Heene has continued supporting Finnish karateka for 24 years and personally I have learnt a lot from him.

In the summer of 1992 I saw for first time on vhs video Sensei Kase and I still remember that feeling, he was so extraordinary explosive, strong and energetic and I knew that I wanted to follow this style and way of practice.

Sensei Kase came first time to Finland in October 1992. When he entered the dojo, he immediately tested the floor and how it felt. I still remember that course very well, we were all very excited.

Personally I am a fanatical trainer of Kase Ha karate where I am only interested in Sensei Kase's way of practice.

Where do you train now and who with: I teach and train in a karate club called Shinkitai based in Tampere. We have an active and strong group who want to train regularly.

What is your favourite aspect of karate practice: It's all about how you can go beyond the limit? This is on my mind every day, how I can develop myself in a physical, mental and spiritual way. I have always liked to train the goal-directorially way.

Sensei Kase told us in October 1992 in his first course: "If you climb a mountain, it is easy to climb year after year just one kilometre up. But, if you decide to climb further to the level of 8 kilometre, it will be hard, but very rewarding". In the last 4 years I have focused on breathing and Hara-energy power. That is very interesting.

What are your immediate and longer term ambitions for yourself and your students: Personally I want to feel and learn, how we can develop despite the advancement of years. Searching for energy, behind the physical power is inspiring me a lot. Also staying in good health and fitness is very important.

Generally I would like to develop further co-operation inside Finland with our Kase Ha clubs. In future it would also be nice to see more exchange in the Scandinavian Kase Ha clubs, like Norwegian and Sweden.

Do you have a brief message for the followers of Kase-Ha karate: Please continue with your regular training, love your possibility to train. Focus on what Sensei Kase told us. Try to find a way to go beyond the limit and find your Ki-energy.

Oss



Thanks to the contributors to this
News Letter including:-

Sensei Mona Pfaus

Sensei Tadhg O Mahony

Sensei Jani Somppi

Shihan Dirk Heene

Sensei Velibor Dimitrijevic

Sensei Pascal Lecourt

Sensei Alan Armstrong

Kamikaze Martial Arts Equipment
Supplies

**Don't forget your KSKA Members' discount on
Martial Arts Supplies when you purchase from
Kamikaze**

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: secretary@ksk-academy.org

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

www.ksk-academy.org

English Shotokan Academy



Memorial Course

Open to all past & present karateka

Sensei

Steve Cattle

6th Dan (1947 - 1995)

Celebrate his legacy 20 years on

Garston Sports Centre
Garston, Liverpool, L19 6PE

Sunday 22nd February 2015

10:00h - 16:00h

£15 per person

For course information visit www.englishshotokan.net (events)

email: mcowburn@srsi.biz or tel: 07832 237 252