



# KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

April 2015

**Welcome ...** to the latest edition of the KSKA Newsletter, and thank you to those who have contributed to this publication. We hope you enjoy the content and please keep your messages coming in.

## Message from Shihan Dirk Heene 8th Dan

Dear members of KSKA,

If we look at the evolution of Shotokan Ryu after 1949, the JKA was founded and we see a lot of different groups, organisations and associations with each following different directions and Shihan's, claiming this style. We are one of these organisations being spread out over 19 different nations with the philosophy that we follow the Shotokan instruction as created by Funakoshi Gichin and his son Yoshitaka and strongly influenced by the experience of Sensei Kase.

Besides the technical and tactical contents we must not forget that the ethical background is also fundamental and based on the "Dojo Kun".

A conversation with Tim Harte ( Ireland ), brought me back to the deep meaning and content of these 5 rules. It would be a good idea to focus 2 months a year on each of these rules and meditate upon them. Not only in the dojo but even as a lifestyle outside.

Also for the gradings above 3rd dan we should consider lifestyle, loyalty and commitment to karate do and the meaning of the KSKA.

As I travel to many countries, I see a lot of individual members who want to stay on their own, far away from politics and obligations. Freedom was one of Sensei Kase's items. On the other hand, there are different groups in the KSKA that are making a good evolution.

We have the BKSA in Belgium, existing since 1990. There is KSK Deutschland, The Scottish Academy, the English Academy and now there is also the MEKSA (Middle East Karatedo Shotokan Academy).

This latest group contains Kuwait, Bahrain and Dubai and is coordinated by Greg Konieczka (6th dan), so there is a positive evolution, but we may not fall asleep (become dormant!)

We hope to see you at the Gasshuku in Mullheim (May) or in Cork (Oct).

Dirk Heene, President, Shihankai member



**Shihan Dirk Heene 8th Dan KSKA**

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Thank you to the contributors of this Newsletter:-

Shihan Dirk Heene

Senseis Michaylo Fedyk &  
Rob Willis

Sensei Mona Pfaus

Sensei Grzegorz Konieczka

Sensei Velibor Dimitrijevic

Sensei Pascal Lecourt

Kamikaze Martial Arts

Equipment Supplies

Don't forget to advertise your course on the KSKA website.

Send details to:

[secretary@ksk-academy.org](mailto:secretary@ksk-academy.org)



## KSKA NATSU Gasshuku, Mullheim, Germany

Friday 8th - Sunday 10th May 2015

For those planning to attend the Natsu Gasshuku in May, please follow the link below to make your hotel reservation with details as provided by the course organiser of hotels within walking distance to the dojo:

[www.karate-muellheim.de](http://www.karate-muellheim.de)

**Event Hosts :** Kase Ha Shotokan Ryu Karate-Do Academy

**Organisation :** Kase Ha, Germany & Karate Dojo, Mullheim

**Point of contact:** Sensei Pasquale Petrella

**Tel.:** + 49 (0) 172 759 30 46      **Email:** [p.petrella@ksk-academy.org](mailto:p.petrella@ksk-academy.org)

Transport from and returning to the airport can be arranged by contacting the course organiser for which there will be a small charge of 20 Euro. Please provide details of your flight arrangements.

Places on the Saturday evening dinner can also be arranged through the course organiser. This can be paid for at the course registration desk.

**Members are asked to bring their KSKA Licence for presentation and record of attendance.**

Please note the KSKA General Assembly will be held on this course where only paid-up members will have voting rights.

Further details on this course can be found on the KSKA website or by following the link: [www.karate-muellheim.de](http://www.karate-muellheim.de)

**Please note those wishing to present a senior Dan Grade of San Dan or above at the Aki Gasshuku in October 2015, must submit your application to the KSKA Secretary on or before the Natsu Gasshuku in May.**

## KSKA Aki Gasshuku - Cork, Ireland

9th - 11th October 2015

Details of the Aki Gasshuku will be available from the KSKA website shortly, including travel and accommodation information.

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

# Steve Cattle Memorial Course

Garston, Liverpool  
22nd February 2015



The 21<sup>st</sup> February 1995 saw a huge loss to the karate world with the tragic passing of Sensei Steve Cattle (6<sup>th</sup> Dan).

During the 1960's, 70's, 80's and early 90's Sensei Cattle was a significant figure within the Martial Arts scene. The former British Champion was a leading light in the karate world, being in high demand to teach all over the globe, but still finding the time to regularly teach across the UK and to run his own Association, the English Shotokan Academy (ESA), which he founded in 1990.

February 22<sup>nd</sup> 2015 saw a special course held in Liverpool to commemorate Steve's legacy, it was attended by almost a hundred Karateka from all over the UK, reuniting old friends to gather and train together in the memory of the great man, as well as affording an opportunity for students who didn't have the privilege of knowing Steve to share personal memories and training experiences of Steve's long standing students. The attendance from such students confirmed their enthusiasm to follow the ideals of a great karateka which are continually passed on by Steve's senior students / instructors of the ESA.

The Instructors for the day were Sensei Michaylo Fedyk (7<sup>th</sup> Dan), Sensei Geoff Beasley (6<sup>th</sup> Dan), Sensei Roger Hooton (5<sup>th</sup> Dan), Sensei Rob Willis (5<sup>th</sup> Dan), Sensei Sandie Hopkins (4<sup>th</sup> Dan) and Sensei Terry Carney (3<sup>rd</sup> Dan), all senior instructors within the ESA, but more significantly direct students and friends of Steve.

The six hour session was held at Garston Sports Centre, still the home of one of Steve's clubs and a fitting venue for such a course. Those training came from different associations and trained together in friendship, following Steve's principle that it was the training that mattered, not egos or politics. It was good to see old friends from Steve's former dojo at Kirkdale, including one former student who had not trained for over twenty years but felt compelled to attend the course to honour the memory of the great man.

After brief introductions the course opened with a welcome from Sensei Hopkins, who provided some

personal memories and insight into the influence Sensei Cattle had on the karate world and all those who had been fortunate enough to train with him and to learn from him. This ended with an affirmation of Steve's vision, that he just wanted to train and just wanted to get better, which provided a poignant memory and a fitting time for the training to begin

Sensei Carney delivered a group warm up, after which the course was broken into three grade groups, dan grades, brown belts and lower Kyu grades. The structure was then tailored for a further split into three separate classes, providing everyone with a session in kihon, kata and kumite, allowing for an insight into the training methods and principles used by Steve.

The Kihon sessions were delivered by Sensei Hooton and Sensei Hopkins. Taking the Dan grade group first the session began with Ten No Kata, used to concentrate on posture, stability and movement, as well as working affectively as a further warm up. This was then progressed working on Tai Sabaki movement skills and the use of uraken counters.

Sensei Fedyk and Sensei Carney delivered the kumite sessions, linking the teaching for the dan grades to the kihon elements already delivered, exploring further the Tai Sabaki and Deai principles with Uraken counters and then applying it to kumite. The session was set up to allow the group to explore movement and timing as basics, shifting to the side or moving forward using specific angles to synchronise the techniques. This was then applied with partners, using tsuki attacks and the defenders using timing and angles to deliver precise counters without the need to utilise blocks but also allowing them to reposition effectively out of the attackers fighting arc. It was explained how such principles can be applied effectively in a number of kumite applications, whether Ju Kumite, Ju Ippon or even Kihon Ippon.

Sensei Beasley and Sensei Willis provided the higher

Continued...



## Steve Cattle Memorial Course

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grade groups with an insight into the Oyo katas, along with bunkai, with the brown belts being taken through Heian Oyo and then the dan grades working on Tekki Oyo. The Oyo katas were devised by Sensei Kase in the 1980's as a synthesis of the respective kata groups, allowing for expression and encouraging the exploration of bunkai. As such they are fundamental within the Shotokan Ryu Kase Ha system and consequently also a part of ESA training. Both the katas were taught by Sensei Cattle in the formative years of the ESA and were therefore deemed fitting for such a course. Course participants responded enthusiastically to them and worked hard to learn both the kata and to understand how they fit with existing knowledge, including the bunkai

The course concluded at around 4.0pm with a group photo and floral presentation to Sensei Sandie Hopkins, Sensei Fedyk gave a short but heartfelt closing message thanking everyone involved in the organisation of the event, for their participation attendance and their desire to continue the progressive development and legacy of Sensei Steve Cattle.

It seemed that six hours wasn't enough, with all karateka training with great enthusiasm. Positive feedback and individual memories shared from participating karateka muted the idea that such a course could be repeated.

It was a very fitting tribute to a great karateka, of whom many in the karate world will have fond memories.

Sensei Cattle we thank you for your short time with us.

**Michaylo Fedyk 7<sup>th</sup> Dan ESA / KSKA &  
Rob Willis 5<sup>th</sup> Dan ESA / KSKA**



## 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, 6<sup>th</sup> dan, has gathered and explained for the 1<sup>st</sup> 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](http://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	Languges	Format
Movie	English-French-Japanese-Spanish	16/9
Bonus	English-French-Japanese-Spanish	16/9

**REAVIER**  
PRODUCTION & DISTRIBUTION



The fundamentals of Karate Do Shotokan Ryu Kase-Ha

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## THE FUNDAMENTALS OF KARATE DO SHOTOKAN RYU KASE-HA

By Sensei Pascal Lecourt

International instructor

6<sup>th</sup> Dan

Assistant to Sensei Taiji Kasé

A movie directed by Yann Saint-Pé

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

## KSKA Sweden

### Part 2 (of 4): Kase-ha followers locally

Sweden is not a big Karate country and I wish I could have karate teaching as a profession. However, after my daily work as a teacher (!) I continue with karate in the evenings and weekends.

I started to train karate 1988 and went to the first Kase seminar (in Malmö) April 1991. I was a blue belt at that time and didn't understand anything at all. I think I was more impressed with the amount of people that were attending the seminar than anything else. In 1994 there were so many people so we were split into two groups and that was the first time I was aware of Sensei Velibor Dimitrijevic. Of course, most of you "older" karateka had been in Malmö on these seminars, but I was almost the youngest in the line. Sensei Vebo taught us Kanku Sho and I remember I was impressed with his techniques and especially the balance when kicking! Around this time I wanted to follow Sensei Kase more but my previous club was into competition, so I decided to go it alone and started to travel around the world on courses, often to Germany and Andorra.

1998 when starting a new club I made the decision it shouldn't have any connections to competitions karate. It was not easy in the beginning because I was more used to that kind of training, but after some years I had a good number of people training that didn't want to compete. During these years I have helped three black belts start their own clubs, one in Växjö(!) and two in other towns to help spread karate.

I'm not sure why my club has so many members but I think it's important to create an atmosphere that makes people feel welcome as a "family". We don't care too much about grades, no one is more important than any other because of a certain grade, because we are all struggling together on this DO, but we are just at different levels with different experiences. And this has become a knock on effect and just continues while new members get this feeling from the beginning and it just continues. There are other clubs also coming to my dojo and participate during weekday training – not only seminars – because of the family feeling. In the end it's the sensei in the club that sets the atmosphere and since we don't compete or are hunting for grades, the situation is different and it's interesting to be a part of it.

### Part 3 (of 4): Encouraging students to attend international courses

My first international seminar was in Malmö April 1991. At that time Sensei Shirai came as Sensei Kase's assistant and of course other high level karateka from other countries in Europe. 1995 I decided to go abroad to Germany to train with sensei Kase, I had my brother with me (he was also training at that time) and it was an interesting trip. This was just the first seminar abroad and more were to come.

1996 I went to Andorra with a big group from Sweden and that was the start of attending every summer until the very last one in 2002.

2001 I first went to Sport Camp, Loutraki and I have been there once or twice every year ever since. During these years I also went to Germany and Belgium and after 2002 when the KSK Academy was created I have tried to attend almost all Gasshukus. I have gained a lot of experience traveling to seminars through Europe and that made it easier to help others to participate on seminars. Mike, my husband, opened my eyes to Serbia and now I regularly attend seminars there since 2010. With all this experience from seminars abroad it is easier to help others to come along. Sport Camp in Greece has been the spot where I have had most of my members attend. It's a long trip, but easy to do. It's like a Kata. You know the pattern and just follow it from point A to B. Sometimes some of my members have come along to other seminars such as Oxford, England and also the big one in April 2014, when 28 of us went to Gornji Milanovac in Serbia.

How do I manage to get people to tag along to a seminar? I talk to them, and explain what's happening and what's going on and also what to expect from them since it's easier to travel together instead of having people going on their own. I am like a coordinator for Swedish KSK- Academy members in the early days, but now I focus on my own club members but sometimes others want to come along and they are always welcome. As when we went to Serbia this year, suddenly we had 4 Englishmen with us. Of course it's easier to travel on your own or just a few of you, but I really like to be a group together and if the atmosphere is good, there are no limits were to go. Just talk to people, explain what's going on and then – go! Next year I will celebrate my 20<sup>th</sup> time in Loutraki. Hope to see you there!

Stay strong and train hard!  
Oss! Mona Pfaus  
Sweden

## Member's Profile

**Name:** Sensei Grzegorz Konieczka, Poland

**When & where did you start karate practice?** I started martial arts (karate, judo, ju-jitsu) in 1980 in Poland. It was the time of pioneers in my country, I have trained in the forest on my own, learnt from books, regardless what the weather was, everyday, temperature from minus 20 to plus 30 degrees. It was very hard but during this time my self-discipline was created ...

**What are the most inspiring moments from your early karate days?**

I was so happy to find my first Sensei, Piotr Jamka, who is now 4 Dan KSKA and we are very good friends for many years. Whenever I am in Poland I visit him and my old Dojo. Another moment, that I will never forget, was when I went for my first course with Sensei Taiji Kase & Sensei Dirk Heene. We started with Ten-No-Kata. When Sensei Kase demonstrated first Oi-Zuki-Chudan, I remember the thought flying through my brain as an arrow "THIS IS MY SENSEI ! " And from this moment I always followed Sensei Taiji Kase & Sensei Dirk Heene.

**Where do you train now and who with?**

Since 1994 I work and live in Kuwait where I teach Anti-Terrorist Department (SWAT) of Kuwait Police. In 1996 I founded Kuwait Shotokan Academy ([www.kuwaitshotokanacademy.com](http://www.kuwaitshotokanacademy.com)). Now together with karate friends from Bahrain and UAE we are very close to the establishment of Middle East Karate-do Shotokan Academy. We have now seven members in the KSKA from the Middle East Region.

Since 2000 we have organised two, 5 days courses a year with Sensei Dirk Heene and two, 5 days courses a year with Sensei Marc Stevens. As much as possible I also travel to Europe to learn from Sensei Hiroshi Shirai who was together with Sensei Taiji Kase for many years and I can feel there are a lot of connections with our system of Kase-Ha Karate.

**What is your favourite aspect of karate practice?**

Reality. I like very much the Practice Bunkai. I am 3<sup>d</sup> Dan in Judo, same as Sensei Taiji Kase, so I like to do it his way, with throws and arm-locks included. Second aspect is "How to become a good person through karate practice". Third, because of my Master Degree in Physical Education is "How to train and teach karate a professional way"

Cont ....



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### What are your immediate and longer term ambitions for yourself and your students?

I would like to train as much as possible, I just love to train & learn...

I hope when I leave Kuwait there will remain a strong group of Kase-Ha in the Middle East Region and I also work on the re-activation of the Kase-Ha group in Poland. There are many karateka who have trained with Sensei Taiji Kase and my goal is to encourage them to "come together". Karate through Friendship.

### Do you have a brief message for the followers of Kase Ha karate?

I would like to repeat three things I heard from Sensei Taiji Kase (last one through Sensei Dirk Heene who heard this from our Master):-

**EVERYDAY TRAINING  
LIFE TIME KARATE  
TODAY IS TODAY, TOMORROW IS TOMORROW**

OSS



Sensei Velibor Vebo Dimitrijevic 7Dan is one of the leading instructors of the Kase Ha Shotokan Ryu Karate-Do Academy, which preserves the ideas, teaching and legacy of Taiji Kase sensei. Since the age of 17 he was a close follower of Kase Sensei and later became one of his closest assistants.

A renowned European Champion, Vebo sensei took part in 3 World and 11 European championships winning 15 medals. In former Yugoslavia he was both Kata and Kumite champion winning 22 medals, as well as numerous medals in his native Serbia.

Striving for the essence of the martial art philosophy, he managed to decode the Budo approach toward practice, developing a teaching method that promotes authentic ideas and concept of Kase Ha style, which is the development of breathing power, rooting and ground power, as well as visualization and mind control.

Now for the first time in 45 years, he offers an insight into his training system incorporating technical and physical aspects of practice with abdominal breathing and mind control, thus leading to a better understanding and application of the Ki energy phenomenon.

[www.vebodo.org](http://www.vebodo.org)

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ヴェボ道



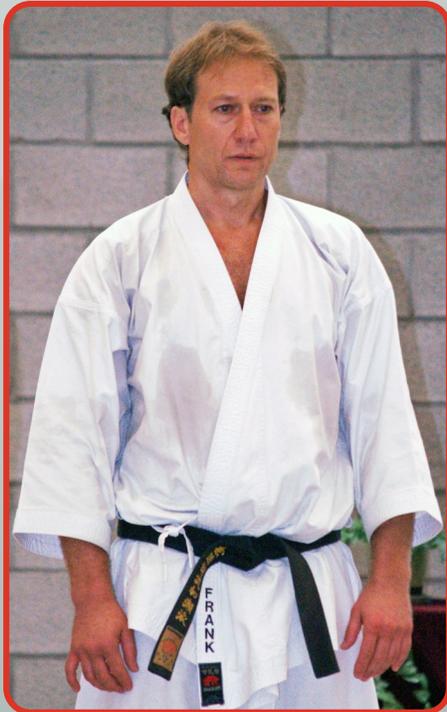
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# Meet the team at Kamikaze



Sensei Frank Schubert

The team at Kamikaze is 100% committed to client satisfaction. Each in a different department but all of us providing help and support by answering questions before, during and after purchase and in all the main languages.

*The KSKA Members' discount is available on Martial Arts Supplies when you purchase from Kamikaze*

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Back row: Keiko, Pilar, María, Pascale.  
Front row: Nacho, Carmen and Raúl.

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神風

## Reminder : KSKA Membership Renewals.....

May I take this opportunity to remind members their 2015 Membership fees were due on 1<sup>st</sup> January 2015. Thank you to those who have already paid, but for those who are yet to pay, please make this a priority and support the Academy.

None payment will lapse your membership and be shown as dormant, therefore 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 International Instructors Certificate

Don't forget the availability of the KSKA Instructors Certificate. The application form and qualifying criteria is available from the website that once complete should be sent to the KSKA Secretary.

Certificates are valid for three years where the renewal process is the same as the initial application.

**[Click here](#)** to download an application form

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@sk-academy.org](mailto:secretary@sk-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.sk-academy.org](http://www.sk-academy.org)**