



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

August 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,

After the Gasshuku in Mullheim, I was surprised that so many critics turned up. Many people look at the negative impressions and not at the positive experiences of these Gasshuku happenings.

It is good to have a critical mind, but it is better to use this in a constructive way, but not in a destructive reaction. To build up something, to continue towards a common target and to set our minds towards progression is the first target for a Sandan and member of the Academy.

If we have different opinions and concepts about training, the Gasshuku is the place to deal with these matters, to discuss and communicate about them.

The second rule of the dojo kun : "Makoto No mishi o mamuru koto" tells us to be adequate and accurate in our behaviour, and to contribute to the positive aspects of our personal evolution also to integrate this in our society, especially in our Ryu, school or Academy.

Let us look forward with an open mind to the Gasshuku in Cork. Ireland, with its beautiful songs and lyrics, with the expression of emotions in the music; should be the place to reflect upon ourselves and our structures, the place to find the good and right words to help ourselves and our Academy in moving forward in the right direction, and that as destined by Sensei Kase also to enjoy karate through good practice.

All the best !

Kannonkoski, Finland

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

Sensei's Philip Lehrer, Mona Pfaus, Antti Kovalainen, Velibor Dimitrijevic, Pascal Lecourt, Filipe Sancho, Pasquale Petrella

Kamikaze Martial Arts
Equipment Supplies

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

secretary@sk-academy.org



KSKA Aki Gasshuku, Cork, Ireland

Friday 9th - Sunday 11th October 2015

For those planning to attend the Aki Gasshuku in October, please refer to the details included on the KSKA website by following the link: www.sk-academy.org/en/seminars

Event Hosts : Kase Ha Shotokan Ryu Karate-Do Academy

Organisation : Kase Ha, Ireland

Point of contact: Sensei Tim Harte

Tel.: +353 876 408 742 **Email:** olympickarateclub@eircom.net

Detail of transport from and returning to the airport can be found at <http://www.corkairport.com>

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 at the check-in desk.

Please note the KSKA General Assembly will be held on this course where only paid-up members are eligible to exercise their voting rights.

Please note those wishing to present a senior Dan Grade at the Natsu Gasshuku in May 2016, must submit their application to the KSKA Secretary on or before the Aki Gasshuku in October 2015.

KSKA Natsu Gasshuku - Mierlo, Netherlands

13th - 15th May 2016

Venue: Sport Hotel "de Brug" Active

Arkweg 3-17, 5731 PD Mierlo, Netherlands

<http://www.debrugactive.nl/>

info@debrugactive.nl

Details of the Natsu 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.

Natsu Gasshuku Mullheim, May 2015

A big **Thank You** to Sensei Pascal Petrella and his team, especially to academy member Peter Cerar for the airport-pick-up organisation of the May 2015, Natsu Gasshuku staged in Mullheim, Germany that proved a great success. Member and non-member support was excellent, whilst the hospitality was second to none including family and friends of the Karate Dojo Mullheim who worked hard behind the scene.

Karate Dojo Mullheim, with the main instructors Sensei Mario Sammarco, (who passed 7th Dan at the last Gasshuku held in Portugal) and Sensei Pascal Petrella had the honor to organise this event for the 3rd time in Mullheim, a lovely town in the Black Forest Area of Southern Germany, close to the Swiss and French border.



At the Natsu-Gasshuku in Mullheim the KSKA welcomed around 90 participants and from 15 different countries: Belgium, England, France, Finland, Germany, Ireland, Italy, Israel, Luxembourg, Portugal, Poland, Scotland, Serbia, Spain, Sweden, and Switzerland.

As usual, Sensei Dirk set the schedule for each instructor, whilst he also took the complete group on Friday evening delivering exercises to promote body shifting.

On Saturday the course was as usual divided into member and non-member groups. Sensei Juan-Pablo Delgado delivered a class to the members using basic Uke Waza, whilst emphasizing on rooting, and connection of the upper-body also powder transmission.

In the afternoon session Sensei Pascal Petrella presented for the first time on a Gasshuku, a Train-the-Trainer session, where he demonstrated to the members' different ways of how to teach and explain kicking techniques. What are the more usual mistakes of students and how to correct them. In this regard he followed a request from Sensei Tim Hart of Ireland who had made this request at the last membership meeting held in Portugal.

Sensei Michaylo Fedyk taught at the same time the non-members his interpretation of Heian-Oyo.

In the evening Sensei Pascal once again organised a terrific buffet dinner at the Park-Restaurant in Mullheim, where all hungry karateka had as much food as they could eat.

Sunday morning was instructed by Sensei Dimitrijevic, when he taught the kata Hangetsu, with emphasis on rooting and different breathing exercises. Sensei Nico Ibscher delivered to the non-members a class featuring Tekki-Shodan, with the emphasis on strong rooting and position.

Overall one must say, the turnout of members and non-members participating at the Gasshuku were one of the highest in the last 10 years. Having also the first time for both new Shihankai-Assistant Sensei's Juan-Pablo and Nico teaching that proved to be a great success.

A selection of photographs taken during the Natsu Gasshuku Mullheim, May 2015



11th Kase Memorial Course - Hasselt, Belgium : May 2015

Another great one: 7 countries were presented at this, now traditional course, which takes place every year on the last weekend of May.

The weather wasn't great, yet despite this during the four training sessions, serious sweat stains could be seen on the karate-gi of the more than 100 participants.

The participants were divided into four groups, according to rank with four instructors teaching including Sensei's Heene, Martin, Lecourt and Petrella. During the first session the group that I was lucky enough to train with (2nd Dan and above), given by Petrella Sensei, was a testosterone filled lesson on the dynamics of Kase-Ha karate.

The energy levels in the class became really intense, especially towards the end of the 90-minutes when pre-set routines flowed into short but extremely charged Ju-Kumite with regular partner changes.

Then off for super and the analysis of what had been done.

The largest group, apart from the Belgium contingent was the Israeli delegation of Arie Farcas Sensei, extremely ably assisted by Leonardo Schwartz and Arie Glikzman Sensei. The youngest member at the course (10 years) and the oldest 68 (yours truly), belonged to this group consisting of 27 karateka of all levels. Then came the Dutch, French, German, Scottish and Luxembourg groups.

Having the opportunity to train with Tori from different countries provides the opportunity to extend you beyond the usual comfort zone, whilst further widening the level of zanshin, kime and speed.

The next morning at 10.30hr, the second lesson took place, where our group was instructed by Jim Martin Sensei, doing Hangeitsu together with the Oyo bunkai before moving into the Go form in what proved to be an extremely effective 'combat form'.

An hour's break and Pascal Lecourt Sensei took over with another dynamic aspect of Kase-Ha karate. Sensei worked on different speed combinations, mixing slow and fast in the beginning, then working more freely. This made me think of the way Kase Sensei instructed, whilst demonstrating both closed and open hand routines.

Partnering my fellow country woman and friend, Marina Drabkin, who is known and respected for her strong karate spirit. Marina grasped the concept and delivered many punishing blows with more bruising being added to both arms and legs.

KSKA examinations were then held including quite a few Shodan, just a couple of Ni, San And Yondan, with Loris Afara Sensei successfully passing her Godan. Loris is the only female instructor of the Israeli national team and Arie Farcas Sensei's Senpai, a very good karateka and instructor. Congratulations to all concerned: 'Omedeto Gozaimasu'.

In the evening the higher ranking members of the KSKA together with some of those up and coming attended a buffet meal in the hotel, whilst being entertained with a short violin recital by Maaiké, a member of the German contingent at only 18-years of age giving us a spirited version of two pieces of classical music composed by Mozart and Paganini. What a great talent and one to be watched.

And then something different as the last weekend of May in Hasselt is devoted to Hasselt Nights, where rock and pop groups compete in the town centre providing a good time to the tourists. Some of us returned to our hotel pretty late that evening and were rather bleary-eyed the next morning for the course.

The final session presented by Shihan Dirk was delivered in his usual impeccable way, whilst concentrating on the first part of the kata 'Chinte' (Strange Hand). We worked first on the kata form before moving onto practice the bunkai and Oyo.

A very good demonstration of the bunkai was given at the end by Gerry McGeoch from Glasgow and Tomer Socolovsky from Israel.

Gerry, the very able Senpai of Sensei Jim Martin, is a well known figure at KSKA events, whilst Tomer is a 23-year old talent and one to be watched for the future.

Sadly, it was then time to say goodbye once more. I couldn't quote Shakespeare better if I said "Parting is such sweet sorrow". We all made our farewells, but we can be sure that we will meet again at other courses, be it in Europe or elsewhere.

Thank you to Shihan Dirk and all his club members for having made this the Kase-Ha memorial course, the 11th in series such a great success and to Sensei's Jim Martin, Pascal Lecourt & Pasquale Petrella for having given us a greater knowledge in our strive to become better individuals and Karateka.

Philip Lehrer 4th Dan KSKA Israel





Who is the young boy in these photographs?

Turn to page 11 to find out

Group photograph taken at the Natsu Gasshuku, Finland in May 2014



Member's Profile

Sensei Antti Kovalainen, Finland / Belgium

When & where did you start karate practice?

After I went to see a karate demonstration in Kajaani, Finland, I was so impressed and intrigued that I wanted to practice Karate. That was in 1991 (aged 9-10 years).

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

One of the most inspiring moment is the first course that I trained with Sensei Kase and Sensei Heene together in Kajaani, Finland.

At the time I was an orange belt getting my first karate lesson from Sensei Kase. I immediately saw him as a great example and as a continuous inspiration.

Where do you train now and who with?

I moved to Belgium in April 2006, since then I have continued to train intensively and continuously with Sensei Dirk Heene at the Honbu dojo Kuringen, Hasselt.

What is your favourite aspect of karate practice?

My favorite aspect of karate practice is that of training for a life time and keeping the budo spirit, you can also perfect and challenge your character.

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

The ambition for myself is of course to keep on training and maintaining the spirit. Through my training I try to continuously develop as a karateka and to be a good person.

For my students I would like that through my teaching they develop a strong budo spirit, I try to lead by good example and provide inspiration for my students. Also I enjoy motivating them to train harder and more intensive with each training.

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

I would just like to say to the followers of Kase Ha karate that they have to keep on training hard and in harmony with each other. And of course to keep the spirit of Sensei Kase alive and in that way to let the Kase Ha Academy stay true to the values that Sensei Kase taught.

Antti Kovalainen 4th Dan KSKA

OSS



Espinho, Portugal : June 2015

From the 19th to the 21st of June, in Espinho, Portugal, the Institute for Japanese Traditional Arts and organising group, www.ipatj.com staged a further Academy Shihankai members course, that is held on an annual basis whilst orientated by Shihan Dirk Heene.

The first training session took place on Friday from 18:30 to 20:00 with the admitted grades being from 6th Kyu and above, the idea being to work the higher grades from 3th Kyu above program, but give the 6th, 5th and 4th Kyu grades the opportunity of working to a higher level of training, whilst trying to prepare their minds for a better understanding of the Kase Ha way.

During the training session the group practiced the first three Heian Katas using the Shihan Dirk Oyo system making the Jyu Ippon Kunitê application to the same, whilst combining different attacks with different parts of each Kata. The group found the training very enriching once everyone had the chance to test themselves in Kunitê, which are very efficient in real combat.

The second training session took place on Saturday morning from 9:00 to 11:00 for 3rd Kyu and above, where the group had the chance to work basic defences including Age Uke, Soto Uke or Gedan Barai with very effective counter reactions, either moving off or moving and attacking, then moving and attacking and creating a security distance. This type training was very enriching because the group felt very effective the different situations relating to combat and how to react to each.

The third training session took place on Saturday morning from 11:00 to 12:30 for all grades. In this training session the group had the chance to work on the three closed hand Jodan defences, practicing at the same time the four Kase Ha ways of breathing. This allowed the lower grades a better understanding of the importance of the Kase Ha breathing system.

Later the group practiced the five evolutions of the three closed hand Jodan defences, first effective defence to a Jodan Tsuki, second effective defence to a Jodan Tsuki and Gyaku Tsuki counter attack, third effective defence and Hentê counter attack, fourth effective defence and opponent Gyaku control and fifth effective defence and reflection on how to react after.

The fourth training session took place on Sunday morning from 9:00 to 11:00 for 3th Kyu above grades, the group had the chance to work on Chinte Kata, a Kata that Sensei Kase liked very much and worked a lot after 1990.

A very enriching applications of the first parts of this Kata were worked and applied in Jyu Ippon Kunitê situations.

The fifth training session took place on Sunday morning from 11:00 to 12:30 for all grades, the group had the chance of continuing training the work of the third session and add to the five evolutions of the three closed hands Jodan defences, the sixth effective defence and Geri Waza counter attack and the seventh use of the defence technique as an immediate attack anticipating the opponents movement.

Once again Sensei Dirk delivered an excellent course and left us with a lot of work to do towards our continued development.

After the morning training sessions the participants had the afternoon free and the chance to enjoy the beautiful town of Espinho, with the very good seafood of the area and the beach and sea under 30° of sun.

The course dinner was held on the Saturday evening, serving traditional Portuguese food and drink and in a very pleasant atmosphere that is only possible through friendship.

The IPATJ would like to thank Sensei Dirk for all his dedication, effort and passion towards the Kase Ha Karaté way and friendship. Also to Antti and Karlien, who supported from Belgium and enriched the course.

The IPATJ would also like to thank all the participants that came from far away from Espinho, from different parts of Portugal, including; Aveiro, Fátima and Leiria that supported and enriched the course, without them this course wouldn't have the same meaning and energy.

The IPATJ would like to thank it's own members who participated on the course with a lot of enthusiasm to train and learn.

Finally to those who couldn't join the course, the IPATJ would like to thank them for having tried to come and for their energy and good wishes.

We hope to see you all in 2016.

Keep yourselves strong and healthy.

Filipe Sancho Sá Silva 4th Dan KSKA



Members taking KSKA Senior Dan Grades

A reminder of the following protocol that was agreed by the Shihankai in May 2014.

5th dan and above candidate proposals will only be accepted together with the accompanying signature of a member of the Shihankai.

The supporting Shihankai member will then be responsible for the level of the applicant, also relating to the maturity of the candidate and appropriate timing between the two gradings.

Applications for 6th Dan and above must be presented to the Shihankai a minimum of one Gasshuku prior to the date of the intended grading and with the support of a member of the Shihankai.

KSKA Kangeiko - 19 - 21 February 2016

The next KSKA Kangeiko is scheduled to be staged in Mullheim, Germany on the dates as indicated above.

Members who have supported the instructors development course in the past will be automatically invited, but you will need to register your attendance as a restriction to the number in attendance will apply.

KSKA Members who would also like to attend should contact the KSKA Secretary to register their interest as there are only 25 places available. secretary@skk-academy.org

Any remaining places will be allocated on the basis of 'first come', to those aspiring to become KSKA Members and who are currently training in the style of Kase-Ha karate.

The course report from the 2015 Kangeiko can be found at the following link : www.skk-academy.org/en/academyinfo/gallery



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.

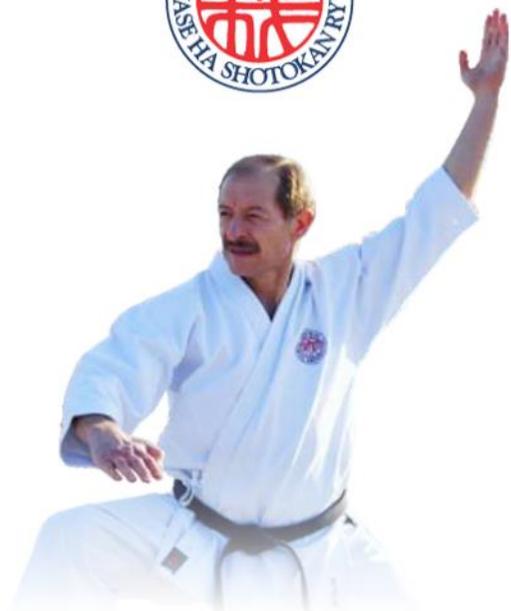
Now for the first time in 45 years, he offers an insight into his training system incorporating technical and physical aspects of practice with abdominal breathing and mind control, thus leading to a better understanding and application of the Ki energy phenomenon.

www.vebodo.org

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KSKA Sweden

Part 4 (of 4): An idea of training regime

The first thing that hit me when I started my dojo in 1998, was that I suddenly didn't have an instructor. When I left my previous club I had several instructors but after January 1998 I was on my own and that was a new situation I hadn't thought of.

I had been so focused to start the club (since it's a lot of paper work to have everything by the book and come into the system) that it took some time to understand that I had to change my training regime.

This took some years and it was not easy. When starting a club you only have new beginners and lower belts for many years before you develop an "advanced" group containing brown and black belts.

Of course there were people from other clubs that came and wanted to train with us. Everybody was welcome but since I didn't had any competition training and didn't participate on competition, then it didn't take long before these people went back were they came from. I didn't mind that at all.

However, I continued my travelling to participate on Kase seminars in Sweden and abroad – "business as usual" so to speak.

All those notes I have taken since I started attending seminars from around 1995, I now use for my own training. I started to analyze these notes, the training, what was said and my comments etc. I try to modify them a little for myself and also for the club members and I'm still working with this in that way.

It's like a diary of training. I always write combinations and then make comments about them. I also write who I was training with, which countries were participating, whom I travelled with, other things that was said between training and also details of meetings. I always have my note book with me and write in it.



And after all those years it has developed into a big pile of books. It's like travelling back in time through my own karate history when reading the old note books.

I see differences and also how instructors in the KSK Academy have changed during those years. It's very interesting in many ways.

My method of training is following the system of Sensei Vebo since many years back. It's not easy of course and I still have a lot to work on, but now I do it on my own.

As I said in the beginning, the start of my regime of training came when I was on my own. And of course, basic training is always the most important, so just teaching others also helps me in my training. I become more aware of what I'm doing.

Stay strong and train hard!

Oss! Mona Pfaus

Sweden

Editors comment: Thank you to Mona for writing a series of interesting articles that presented an insight into the development of Kase-Ha karate in Växjö, Sweden . Please let us tell your storey.

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神風



The young boy in the photographs included on page 6, is Ashley J. Cowburn 4th Dan (far left above) who is possibly the youngest member of the KSKA to have practiced under the guidance of Sensei's Kase & Enoeda and is still training in the Kase-Ha system today. If you think otherwise then please let us know?

Send us your historical photographs so that we can reminisce on the memory of karateka and seminars in the past.

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	Language(s)	Format
Barcode		English-French-Japanese-Spanish	16/9
		English-French-Japanese-Spanish	16/9

REAVIER



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

Reminder : KSKA Membership Renewals.....

If you have not already done so, here is a further opportunity to renew your 2015 membership. Membership fees were due on 1st January 2015. Thank you to those who have already paid, but for those who are yet to pay, please make this a priority and in doing so, support the Academy.

None payment will lapse your membership that will be recorded as dormant, therefore you will not be eligible to enjoy the benefits of membership or exercise your voting rights 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:

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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

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, photographs, 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