



Academy

KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

December 2015

Welcome ... to the December 2015 edition of the KSKA Newsletter and thank you to all those who have contributed to this publication. Best wishes for the season and a happy New Year to all KSKA members, families and friends from the Shihankai & Executive committee.



Message from Shihan Dirk Heene 8th Dan

Dear members of KSKA,

When the Academy was founded in 1989 the idea from Sensei Kase was to continue the practice of karate after the level of Sandan, in order to find and discover different dimensions in the human capacity.

Already in 1995 it was clear that not everyone was on the same way of thinking.

The Academy changed the name into KASE HA. Some Shihans decided to follow this road and the courses in Andorra showed us clearly what was happening.

In 2000 Sensei Kase was ill and a group of instructors was selected to assist the Sensei on his courses, this group were called "The Shihankai". When in 2004 Sensei Kase passed away, again many people left for various reasons.

The Shihankai members continue to try through the Gasshuku's that are held twice a year, to maintain and progress Sensei Kase's principles.

Now in 2015 this group is still taking care with the help of some younger and able instructors. But if we see that only 122 members have paid their contribution this year and that the numbers are beginning to shrink, then we need a kind of facelift also to reinvigorate our connections.

We still believe that this lifetime karate has a deeper meaning and can still be developed, but we need the support of the membership in their positive thinking and practice through meeting and training together on the Gasshuku's.

Thank you

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, Gerry McGeoch,
Anette Nilsson Pavlovic, Ashley
J. Cowburn, Velibor Dimitrijevic,
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



KSKA Natsu Gasshuku, Mierlo, Netherlands

Friday 13th - Sunday 15th May 2016

Venue: Hotel Carlton De Brug, Arkweg 3, 5731 PD Mierlo, the Netherlands

For those planning to attend the Natsu Gasshuku in May 2016, please refer to the details as included on the KSKA website by following this link:
www.ksk-academy.org/en/seminars

Event Hosts : Kase Ha Shotokan Ryu Karate-Do Academy

Organisation : Kase Ha, Netherlands

Point of contact: Sensei Gerard Schouten

Tel.: +31 634 736 116 Email: g.schouten@chello.nl

Hotel reservations must be made directly with the hotel where in order to attain the negotiated discounted rate, please quote "dojo Mierlo"

Recommended airports: Eindhoven or Amsterdam

For detail of onward transport from and returning to the airport these can be found on the course advertisement.

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 requested to present their KSKA Licence for signing at the check-in desk.

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

KSKA Aki Gasshuku

Cork, Ireland, October 2015



A big thank you to Tim Harte and his group who recently hosted the very successful Aki Gasshuku in Cork

The organisation was first class as was the hospitality that was befitting of Irelands reputation

Thank you guys

Oss

Reminder : KSKA Membership Renewals January 2016

Don't forget that KSKA Membership renewal fees are due on the 1st January 2016 so please don't delay and make this a priority. In doing so, you are supporting the positive work and longevity of the Academy also the memory of Kase Sensei.

None payment will lapse your membership that will be recorded as dormant, therefore you will not be eligible to take a KSKA Dan grading or enjoy the benefits of membership, whilst your voting rights at the General Assembly will be suspended.

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, 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**](http://www.ksk-academy.org)

Future KSKA Gasshukus

The Shihankai would like to invite KSKA members wishing to host a Gasshuku in their respective country to submit their application to the Secretary: secretary@ksk-academy.org

When planning a Gasshuku factors to consider should include: Dojo, a large open plan area that could be divided with a curtain or two separate halls for members and non-members. Please note the KSKA will finance the hire of the Dojo.

Flights and onward travel looking at cost and practicalities. Accommodation, please consider accommodation to suit all budgets. A suitable venue to host the Saturday evening meal and coming together of the course delegates. The General Assembly is usually held during the Aki Gasshuku in October and as such a suitable meeting room would be required. Dates; the Natsu Gasshukus is usually held on the second (full) weekend in May and the Aki Gasshuku, the second (full) weekend in October. Finally, given the times that we live-in, consideration should also be given to the safety and security of delegates both during the course and any organised sight seeing tours.

KSKA Kangeiko 19 - 21 February 2016

The 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 on numbers will apply.

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

Any remaining places will be allocated on the basis of 'first come', to those aspiring to become KSKA Members and 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.ksk-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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DVD

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Member's Profile

Sensei Gerry McGeoch



When & where did you start karate practice?

I first began my Karate training at the age of 15 in a small Dojo in the north east of Glasgow. Where I trained there for 3 years before I got the motivation to try out competition Karate. During my search for a strong competition Dojo I came across Sensei Billy Coyle's dojo in the east end of Glasgow. After meeting Sensei Billy and his brother Tommy I sat and watched the guys training and was so impressed with the intensity and focus of the students that I knew that this was the Dojo I wanted to be part of. I trained here and competed for around eight years before ending my competition career.

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

There have been a few inspiring moments in my Karate career. These have ranged from training with hard working individuals who trained and fought hard in the Dojo and competitions, to meeting and training with Sensei's Jim Martin, Dirk Heene, and Sensei Kase.

Where do you train now and who with?

I was introduced to Sensei Jim Martin almost 20 years ago and have trained with him continuously during this time.

What is your favourite aspect of karate practice?

My favourite aspect of karate practice is that I am able to train and learn from a teacher who is able to teach, demonstrate, and disseminate Karate in an abstract and functional way. I am in a very fortunate position to be able to train with Sensei Martin and look forward to training under his guidance for many more years.

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

The ambition for myself is to continue training on a regular basis both inside and outside the Dojo and to assist in the development of the Kase Ha system. I also think that it's important that as a Karateka we should be aware of how to train for our discipline. I believe that we should train prehabilitively. This means that we should exercise to compliment what we do in the Dojo. This is a very under developed aspect of training which I will continue to evolve and participate in. For my students, I would like to assist them in being strong karateka and help develop them in the Kase Ha system.

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

I believe that in order for the body to move freely, it must be relaxed to allow motion to occur. This is not only in Karate, but also in Boxing, Judo, and football etc. There appears to be a drive in some parts of the Kase Ha system which advocates bracing during movement whilst holding the breath. The majority of members are over 40 years old and as such may have age and lifestyle related illnesses. As a Chartered Physiotherapist with a special interest in sports, I believe that this method of movement may be detrimental to this age group and cause an unnecessary increase in low back pain, intra-abdominal pressure and high blood pressure. In short, train using common sense and do what your body allows you to do within its physical limits.

Kind Regards

Gerry McGeoch 5th Dan

OSS



Sensei Jim Martin 7th Dan KSKA

In life, self promotion is all too common place from those who sing their own praises from the highest roof tops or from the despatch box, whilst some will press their views and opinions from the dojo floor accepting no compromise but 'to follow their path and no other', but do these people inspire or just make a lot of noise?

Amongst the minority are those who feel it unnecessary to shout their own praises or boast of their abilities, instead they simply get on with the task in hand and let their actions and abilities do the talking. Sensei Jim Martin is one of those rare people who does just that.



A recent discussion with an aspiring young karateka and one you might call "a handful", someone who has a bright future ahead of him said to me, "Jim scares me" and he meant it. He meant it because of Sensei Martin's ability to sink a well timed mae geri into your arm-pit or a strong zuki into the depths of your soul and with the greatest of ease also effect.



Partnering Sensei is always a challenge where in order to do so, one must 'raise ones game' to the height of your abilities and give no quarter. Yet when you meet Sensei out of his Gi, he is the perfect gentleman. Always polite always unassuming but always in a state of readiness to apply the deadly force.

Where does he get his power and speed from? I have watched to see how Sensei compares with his senior colleagues and I have to say that Jim Martin is in a league of his own in as much as, how can a body of this size generate so much power?

They say good things come in small packages, well this must be true.

Not only is it Sensei's deadly force that inspires, but also his vision. Those who have trained under Sensei Martin, especially practicing kata bunkai will understand what I mean when I say his vision is superb!

However, this does not come easily where Sensei will diligently prepare the content and delivery of his lesson plan to the finest of detail and even then he will often revisit the same after the course to improve on the coordination and effect.

As a politician and Vice President to the KSKA, Sensei Jim Martin presents a solid foundation with a keen sense of right and wrong and believe me if you are wrong, then you will be told. But, in the most pragmatic way, whilst his heart and intentions are well meaning.

We are fortunate to have many jewels within the KSKA including across the generations, where the saying "a wise old head" is well placed although I wouldn't dare use the term old in a derogative way.

Whilst Sensei Jim Martin recently announced his retirement from instructing on the KSKA Gasshukus, this does not mean that he will be hanging up his boots. In fact in a recent conversation, Sensei expressed his desire to continue to train and improve, which is yet another measure of his enormous character.

If you have never trained under Sensei Jim Martin then my advice is head to Scotland to see what you have been missing.

With the upmost respect
Mike Cowburn Oss



Members taking KSKA Senior Dan Grades

The recent meeting of the Shihankai included discussions relating to the protocol for KSKA Dan grade applications and agreed on the following changes.

From 1st January 2016, senior KSKA Dan grade applications of the level of 5th Dan and above must be sponsored by a member of the Shihankai, whilst the sponsor is then deemed responsible for ensuring the candidate is of the level required for the grade both physically and mentally.

In order to assess the candidate has attained the respective level, the sponsoring member of the Shihankai should have regular contact with and assist in the technical direction and development of the candidate during their preparation for the grading.

Dan grade application forms are to be sent to the KSKA Secretary who in-turn is to advise the Shihankai of the candidates' intention to take their grade', with detail of the grade application, date and location etc being included on the candidate's application form.

For the sponsoring member of the Shihankai to not only sit on the grading panel, but to lead the grading examination, whilst the panel should consist of a minimum of three examiners (all Shihankai members) that also assess the level of the candidate.

In the event of the candidate failing to meet the level required, the sponsor is to communicate the reasons and advised improvements.

Dan grade application forms are available from the KSKA website: <http://www.ksk-academy.org/div/grading-application-form.pdf>

Introduction of KSKA Junior Dan Grades

The Shihankai also discussed and agreed the introduction of a KSKA Junior Dan grade with details as follows:-

Individual countries will be allowed to continue to grade and issue their own junior Dan grade diplomas as may be applicable to their country, association or group.

KSKA recognised Junior Shodan: candidates are eligible to take junior Shodan from the age of 14-years that would be recognized by the KSKA providing the following criteria are met.

Grading examination for the KSKA junior Shodan can be examined within the respective country, association or group and by one or more members of the KSKA of minimum grade Sandan (two levels above the candidate).

The same KSKA examination programme should be used for junior Shodan as for senior Shodan.

Each respective country, association or group are able to produce their own KSKA junior Shodan diploma where this can be based on the KSKA Dan grade diploma. A specimen copy will be produced by the KSKA.

The cost when taking a junior Shodan grading is to be determined by the respective country, association or group, but where the candidate wishes the grade to be recognised by and to receive a KSKA Dan grade diploma, the additional fee of 20 Euro is payable to the KSKA.

When a KSKA junior Shodan reaches the age of 16-years the Shodan grade should be retaken at senior level where the examination will be officiated by a member of the Shihankai.

From the age of 18-years and above the candidate would be eligible to take a KSKA Nidan under the examination of a member of the Shihankai.

The above scheme is to be introduced from 1st January 2016.

The same Dan grade application form as for senior Dan grades can be used.

KSKD Fuyu-Keiko Mullheim, November 2015

Yet another fantastic stage to be held in Mullheim, Germany, whilst instructed by Sensei's Dirk Heene, Pascal Petrella, Gerard Scheuriker, Nico Ibscher and Juan-Pablo Delgado, where as you will see from the course photograph below, this was very well attended.

The common theme that ran throughout each of the four senior grade sessions was that of effective blocking with counter strikes through the application of good timing and technique, whilst enhanced by rooting, breathing and relaxation.

The standard of karate and karateka on the course was very high where the spirit that was present in the dojo created an intoxicating atmosphere driving everyone onwards in order to achieve their best.



Sensei Pascal Petrella opened the senior grade training on the Friday evening with an excellent rendition of four directional blocking using a combination of effective zuki, open hand blocking and striking techniques also geri waza, the practical application of which proved both challenging and demanding, yet thoroughly enjoyable.

Saturday morning and Sensei Dirk Heene opened the session with Tao-Chi Kung, breathing and relaxation exercises that lead nicely into a series of block and counter combinations using both open and closed hands, whilst reacting to the response from their tori before disengaging with either gyaku uraken or geri waza.

Saturday afternoon and Juan-Pablo Delgado presented a physically demanding rendition of closed and open hand blocking the pace and momentum of which grew in magnitude as the zanchin spirit within the class reached fever pitch.

If there was ever any doubt as to the effectiveness of combination blocking sequences, there was certainly no doubt by the end of this session and when applied properly there was limited evidence of the Japanese flags (bruising to the arms).

Sunday morning and the prospect of training with Nico Ibscher was enticing, the class focused on the kata Jitte together with bunkai. Moving straight into the kata form as a warm-up then focusing on the practical application of relaxed open hand blocking (the power of the hand) in a continuation of the main course theme.

The yang side (strong application) of karate is all too often focused upon within our training, whilst Nico expressed the necessity and devastating effect of the softer (Ying) approach especially when applied with kime, rooting and timing.

One on one partner work quickly turned into groups and a line-up followed by a half circle taking me back to my competition based training. Once again the spirit within the class was 'buzzing' yet and at the end of a physically demanding weekend the class was reinvigorating. Leaving the dojo there was none of the more usual aches or pains or tiredness whilst feeling re-energized and wanting more.

What a fantastic course that was matched only by the level of comradery and friendship in the true family spirit of Kase-Ha.

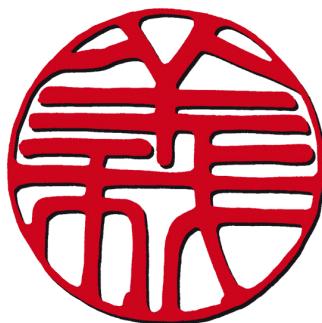
Thank you to the course organisers, instructors and participants, I will definitely be returning next year.

Ashley J. Cowburn Oss

A selection of photographs taken during the Fuyu-Keiko Mullheim, November 2015



A selection of photographs taken during the Fuyu-Keiko Mullheim, November 2015



Aspects of karate-do as a vehicle for spiritual development.

It is 1976 a very famous JKA sensei arrived in Malmö and I attend my first ever stage. His reputation has made everyone nervous and eager to behave as one thinks one should. In a group at this time, about 10% of the students are women and none are children, so as a girl child I am well aware of my place.

Now, he's left the group standing absolutely still for a very long time. I struggle at the back but have to remove a fly from my face. I remove the bug as discretely as possible and try to show the appropriate respect for the sensei's lesson.

He makes me do 25 push-ups on the knuckles, a performance never exceeded, in front of the whole group and I think: "*He is not as good as they say.*" I am 9 years old and I am on to something; skilled karate must be detectable in skilled manners (or: he could at least make a noticeable effort.)

During the years that followed, through my mother, the karateka who got me started, I was the fly-on-the-wall in dojos, restaurants, competitions, stages and in my home with many of the people considered the great karatekas of the time.

For some reason the childhood conclusion that good karate must equal good behaviour never left me. As an overlooked witness of all kinds of behaviour, I was often in silent disagreement concerning who was a great karateka.

In the early 80's, at the annual JKA stage, the humble instructor speaking respectfully to us students about breathing and chi wasn't invited back next year. The one who shouted, gave beatings with a stick and made us jump up and down, resulting in nothing more than a very well centred pain in the calves, was.

Competition did not change things, small or great success, national or international achievements; the sought-for connection between skilled karate and skilled living was not to be found. A sense of purposelessness and despondency grew in the young mind; is this all there is?

In 1987, it was time for the annual stage in Crystal Palace, England. The late sensei Steve Cattle told me: "Now, Anette, you look closely, because you'll never see anything like this anywhere else". So I looked. Sensei Taiji Kase walked into the dojo laughing. He joked, smiled, made funny faces and voices and, most shocking, he spoke to us students as if we had



functioning minds (ok, to be fair- about things that we could not grasp). I was 20 years old and looked-on in confused wonderment but also with a sense that I later came to resemble with the relief of finally finding the way home.

I resolved myself to remember the strange words I did manage to decipher, to keep for future reference in the hope of later understanding. And, of course, the great master also made very, very large men fly through the air.

In 1989 in Malmö, Sweden, Kase sensei stated that he'd start the WKSA and we were lucky to have him 2-3 times per year in our town. Always uncompromising in his Do whilst humorous, respectful and even caring towards all. This was so drastically different to all earlier and current instructors, many of whom were very good at pointing out the importance of showing respect. This was often done in a verbally and also physically aggressive manner, whilst talking about karate as "something-something Eastern", "something-something Zen", "Art", "Do", "samurais", "Buddhism" and- as "spiritual"...

For years I had tried to make the connection between Zen, budo and spiritual cultivation comprehensible and verbally clear. To not only perceive that it's there, but to be able to express in words, as far as possible; *exactly what needs to be done for this practise, that is focused on different aspects of mortal combat, to make us become better people, friendlier, more humble and honest and for it to assist in lessen both ego and suffering?*

I never quite bought the common idea that if we get close to the feeling of real combat, we will automatically refrain from violence and bad behaviour. The other common belief that "fighting out the anger makes you peaceful afterwards" is simply incorrect. The human brain does not work that way..

In the newly released DVD of sensei Velibor Dimitrijevic, there is an astounding clip where Kase sensei explains, in one take, all the crucial and deep points of karate as a Do and the totality of the demands and possibilities if we want to strive to make it truly life-encompassing.

For me personally, there were many difficult years with some extremely trying life experiences that definitely would not have gone well without my karate practice. There was also a long education resulting in Master of Science of Psychology, there was hours of meditation and silent retreats, there was a lot of searching, reading and of course, general life experience.

Watching the DVD, I heard Kase sensei speak and yet again pointing out a logical way home. I was grateful, humbled and amazed by the great depths and the crystal clarity in his explanation of the warrior's way to create peace and goodness for all; *create terrible power that could destroy a city of hundred thousands, but don't do that. Use it to do good. The same power can be used to give warmth and comfort to the same people.*

In the approach of Kase sensei's karate-do there is the potential for extensive good for human kind. However, we ourselves must be willing to lead by example, like all teachers in non-sport activities with cultivating aspirations. We need to strive to be altruistic, honest to self and others (a challenging matter), humble and let go of ego gratification. The last point is often especially difficult because we have this or that colour of belt, grade, years, seminars attended, competitions, people bowing, mythologization of our self or by others and so on).

There is a whole range of human conditions, sufferings, personal challenges and shortcomings out there, *but* the human potential for healing and growth reaches far beyond the previously perceived human limitations *if* we do the work as truthful and all-encompassing we can at *any* given moment.

The ancient and modern facts are consistent; the ever-present signs of the enlightened person are always the same: focused, friendly, honest, calm, present and typically a humorous person. The rest of us, not-yet-so-very-enlightened, who want to walk that path as far as we can, need to strive to embody and to transmit these qualities to others too.

To be clear on one point; what we do in karate practice needs to function, we need to practice with sincerity and an intention that certainly doesn't seem very

altruistic. We are martial artists, and we need to devote ourselves thoroughly for stuff to work, in war, in love and in life. Otherwise we are like a monk in seemingly deep meditation but inside the mind is really enjoying how the poverty robe make him look good where he sits at the high seat in the monastery.

However, if we want to achieve spiritual evolvement we must also arm ourselves with knowledge, the science of mind is out there in plenitudes. Kase sensei made the brilliant translation between karate and Buddhism, meditative activities and state of mind, altruism, science, medicine and psychology. By this he made it a full feathered Do, equalling any Soto, Rinzai, Dzogchen or other school, as a possible path to enlightenment (or as far as we get to enjoy the ride).

There is an enormous mass of knowledge, both very old and very new, if we want to get educated. However, if we want to walk that kind of path, we need more than just common sense. We need to become educated and as instructors, it is my firm opinion, we must.

Skilled karate (meaning correct breathing, grounding, yin / yang, function and so on) *needs skilled behaviour* (Dojo kun and The Noble Eightfold Path are two good sources) *to lead to spiritual evolvement.*

Combining practice and function with education of the mind and spirit deepens the beauty but also the difficulty of the demands if we truly want to undertake this way to meet life and living. We will fail often and then have to admit it, make the experience educational and even interesting. And then continue to practice.

In the last bulletin Sensei Dirk Heene brought up the important point of observing Dojo Kun. A great, comprehensive starting point that will prove itself very demanding indeed if we are to follow it sincerely and live life as in the Dojo, so outside. As an absolutely necessary support on how to manage to follow through with this difficult life task in a more and more skilled way, there is surprisingly hands-on guidance to be found in traditional Buddhist literature.

In the field of science there is a fast growing body of research directed towards the crossroad between medicine and psychology. Many of the research studies focus on the numerous aspects of how mind-body work affects the human. Meditators from different fields are hooked up and measured in all kinds of ways, resulting in one boundary-breaking scientific result after the other. transformative, demanding but rewarding work.

Science now knows, beyond all doubt that the potential of the human mind-body lies far beyond where we used to believe it did. Through right practise and living, and yes, there is a lot of knowledge about what that is too, we can reach beyond the limits, or rather, the *perceived* limits.

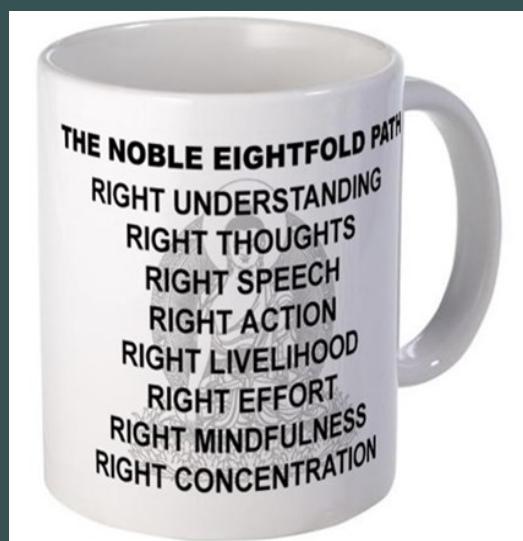
This is the potential of Kase sensei's approach to karate that he made equal to other spiritual mind-body practices that are scientifically proven by modern science and experientially verified for more than 2000 years, *if* we choose to practise according to correct principles and take on the challenge of self-transformative, demanding but rewarding work.

I here tried to convey a massive material in few words. I hope I've managed to make at least some of my intended points get through. I express my experience and view, my knowledge and aspiration; clearly I also express a great many points that I have yet to manage to live fully. Agree or disagree but please do not hesitate to contact me for continuing talks and mutual benefit.

Sincerely,

Anette Nilsson Pavlovic, 5th Dan

Kase Ha Karate-Do Academy, Malmö Sweden



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神風

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.lecourtascal.fr

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

1 DVD Languages Format

Movie English-French-Japanese-Spanish

Bonus English-French-Japanese-Spanish

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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

Letters Page



The latest introduction to the KSKA News Letter, have your say on the letters page

Please send us your letters and emails sharing your views and opinions with the aim of helping the KSKA to better meet the ambitions of our members.

If you change your email address, please let me have your new contact details in order to stay in touch and to continue to receive the KSKA News Letter.

secretary@ksk-academy.org

Breaking News

11th December 2015 is the release date for the long awaited book plus DVD pack produced by the family of Kase Sensei

Legend of Taiji Kase

If you have not already ordered your copy of this fascinating insight into the life of Sensei Kase then now is the time to do so.

This remarkable pack would make an ideal Christmas gift.

More including ordering details can be found on the following link:

<http://www.spn-works.com/Legend/>

Quo Vadis KSKA?

My first encounter with Taiji Kase was 1993 in Homburg, Germany where he inspired me in many different areas. In the years I spent taking part in his instructional courses and in the time since his passing, I have continuously contemplated and analysed Kase Ha. Thus, Master Kase's inspiration is still strong today.

But what is Kase Ha? What are the priorities of Kase Ha? It's objective, or higher purpose? And where do we want to go with Kase Ha?

Since Master Kase's death, I have been observing the various viewpoints of our master's students. And, as in all aspects of life, there are more than one path being taken. In my own recollections and in videos of Master Kase's courses, I have found much of what is taught today in the KSKA more or less. And although some things are, in my mind, contradictory, they all stem from the same source!

Obviously the individual interpretations and priorities within the KSKA vary according to the Shihankai members: the (non) use of hips, more or less focus on breathing, more or less free fighting, static or dynamic etc. There are more than enough examples of each conviction to be found, but isn't that the way it should be? Is this diversity not an enrichment for us and a mirror of the many facets of our master?

The more we KSKA members occupy ourselves with judging these differentiated paths, the more we polarize. In my experience, polarization leads to separation and I do not believe that would be what Master Kase would have wanted from or for us.

I invite you to join me in searching for integrative aspects.

There are so many valuable aspects to discover if we can just consider the result of our training without being judgemental of the process. I wholeheartedly believe, that in doing so, we will all benefit from a greater level of enrichment.

Personally, I welcome and enjoy exchanges where individuals are able to soundly demonstrate and express their ideas and find it commendable to accept opposing views and ideas as being equally valid. And although the ability to do so is certainly magnanimous, I too am sometimes lacking this capability.

For a moment, let us put the technical aspects of Master Kase's teachings aside and instead concentrate our efforts on other, less explored sides of his way. In doing so, perhaps we can find a path to more tolerance, a deeper sense of personal development and maybe even the spirit of discovery. It is then up to each of us to independently decide what aspects we will integrate in our own teachings.

Through our art we already maintain a relationship to one another and it makes me happy when we view ourselves as a family. The greatest challenge for me in a relationship though, is to unconditionally accept others. In my observations, Master Kase was not afraid of challenges.

With concern for the future of the KSKA

Gerhard Scheuriker Oss

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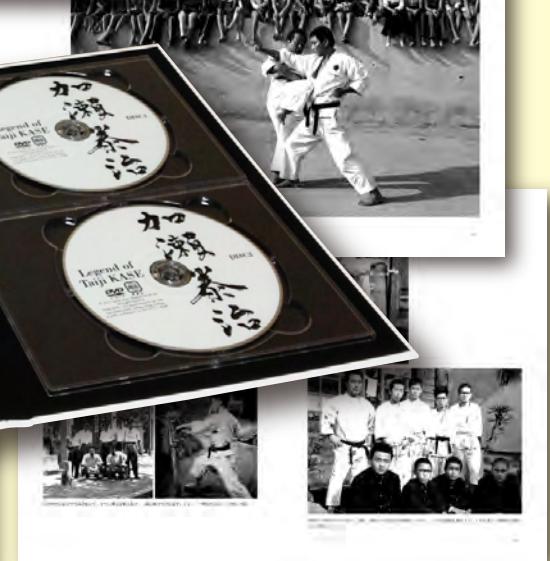
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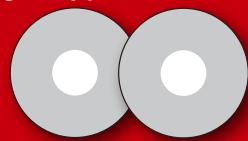


etc...

- Author : Yumiko KASE
eldest daughter of Taiji KASE
- Book format : A4
with 2 DVDs (240mn in total)
- The book is written in 3 languages :
English, French & Italian
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Biography, Photo Album & 2 DVDs



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▼ Synopsis of the book

- Foreword
- Chapter 1 Young Taiji, Pictures
- Chapter 2 The avid reader
 - A devotion to karate
 - Marriage
 - Our house in Japan
- Chapter 3 Journey to South Africa
 - World trip of the karate ambassador team
 - Karateka in Paris
 - His two daughters
 - The dog named Samourai
 - His final abode in Vanves
 - His language of karate was understood all over Europe
- Chapter 4 Sake & Japanese-style confectionery
 - Amateur photography
 - Musashi Miyamoto & Montesquieu
 - His full schedule
 - His last days
 - His karate

etc...

▼ Synopsis of the DVD

- 1st DVD
 - ① DEMONSTRATION Sep.30 1984
 - ② SEMINAR Sep.30 1984
 - ③ UTRECHT NETHERLANDS Jun.28 1990
 - ④ ALICANTE SPAIN Sep.28-30 1990
CURSO INTERNACIONAL DE KARATE
 - ⑤ HASSELT BELGIUM 1991
 - ⑥ HASSELT BELGIUM 1992
 - ⑦ ANDORRA May.5-7 1995
I CURSO INTERNACIONAL DE KARATE
 - ⑧ ANDORRA May.5-7 1995
INTERNACIONAL DE KARATE
 - ⑨ FREIBURG GERMANY Jul.19 1996
 - ⑩ MULLHEIM GERMANY Nov.23-24 1996

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