



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

April 2016

Welcome ... to the April 2016 edition of the KSKA Newsletter and thank you to all those who have contributed to this publication. With the first of two exciting Gasshuku's for the year fast approaching, members of the Shihankai and Executive are looking forward to the coming together.

Message from Shihan Dirk Heene 8th Dan

Dear members of KSKA,

A new season is starting, springtime is in the air, though we cannot really feel it because of the chilly windy and rainy days. In the Chinese philosophy it is the ' wood period', the period of growing, changing and transformation. Even if it is cold outside we can see the change in the nature; the days are longer and there is more light.

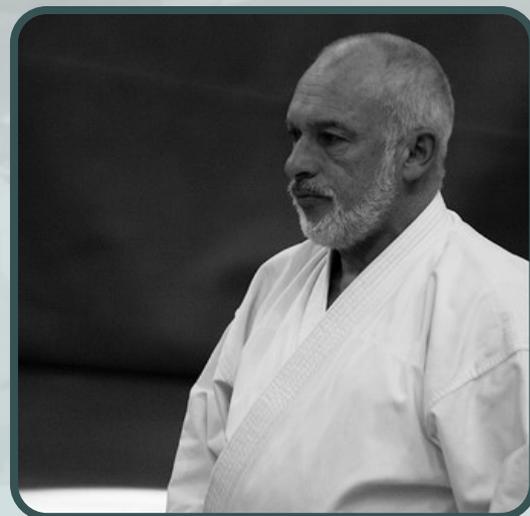
In our meridian system this period stands for the liver and gall bladder meridians. Transformation and adapting. In our nutrition and metabolism the food we take in is transformed into acceptable particles that can be transported through the circulation system. This is an important and essential part of our surviving, health and energy.

On the emotional level, these meridians stand also for transformation, accepting and adapting capacity. If we can not accept certain aspects in our life this can be a sign of a weak liver or gall bladder energy or can cause energy problems on that level. People start to feel anger, with grumpy behaviour and faking happiness and laughter... even become physically unwell and may need to go to the doctor, they may also start taking medicines or even worse ...

Also in the practice of martial arts adapting and transforming the attitude in a fight or in kumite is essential to survive. Not only the technical capacity or the physical power, but also the strategy, the feeling, the control of emotions and the regulation of inside energy is an inherent part of the bushido. Even the lifestyle, the economical situation, the social relationship and more are a deep part of the evolution of a karateka.

On the Kan Geiko, February 2016 in Mullheim these elements were very strong. Jim Martin and myself took part and were standing in the lines (not teaching). The engagement and surprising approaching from Nico Ibscher into geri waza from Christian Le Romancer in Kanku sho and from Tom De Gerssem who related to the methodology of Ju kumite were very creative . We could really feel the need of adapting and transformation !

Continued.....



Shihan Dirk Heene 8th Dan KSKA

Continued.....

The last visit to Kuwait also showed the growing and changing capacity of our members. Greg Konieczka, the trainer and sensei looks over more than 150 practicing students all of which have a good standard.

He told me that he has changed things in his approach to the dojo activity and really feels the beneficial results and I could also see it.

In Jerez (Spain) Segio Salazar is teaching every day (except Sunday) in a country with a serious economical problem and has a group from over 300 students, with a lot of juniors, but also with a lot of seniors over 50 years of age. Juan Pablo Delgado in Cadiz has a waiting list for his dojo and is engaging himself with full energy in the teaching and training. The level of the blue belts is remarkably high in comparison to many brown belts in other dojos ... but nobody is grading before the correct standard and level is achieved.

On the Facebook news I can also see a lot of activities that are ongoing within our members' dojos and also a lot of changes in the structures and relationships in the different countries. This can be sometimes very nice but can also cause friction and tension on different levels.

How we deal with it depends on our Budo level and the capacity of adapting and changing.

Many things can be found and resolved through meditation on the dojo kun also relating to the lifestyle of Sensei Kase, for those who really knew him.

Let us all work together and to stick to the tremendous traditional values that we have whilst adapting to the changes that lie ahead.

Thank you

Dirk Heene, President, Shihankai member



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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In this issue

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Thank you to the contributors of the April 2016 Newsletter:-

Shihan Dirk Heene

Sensei's, Lorenzo Marti, Tim Harte, Pascal Petrella, Jani Somppi, Velibor Dimitrijevic, Pascal Lecourt, Kamikaze Martial Arts

KSKA General Assembly

Please note the KSKA General Assembly will be held in Mierlo during the Natsu Gasshuku.

Anyone wishing to include items for the agenda contact the KSKA Secretary.

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 who are 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

Organisation : Kase Ha, Netherlands

Point of contact: Sensei Gerard Schouten

Tel.: +31 634 736 113 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"

Places on the Saturday evening dinner should be pre-arranged via email through the course organiser. Payment for the dinner can be made at the course registration desk, but places must be booked prior to 1st May 2016 including the meal option of meat, fish or vegetarian.

None Members Training Fees: A change from the previous system, and one that will be introduced from the Natsu Gasshuku in Mierlo. Rather than the one set fee of 60 Euro, none members will be asked to pay 15 Euro for each training session. This change is intend to encourage greater participation also the further development of the Academy and with a payment structure that is believed fair and equitable.

Members are requested to present their KSKA Licence for signing at the course registration desk.

Please note those wishing to present a senior Dan Grade at the Aki Gasshuku in Israel 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

For those who have ordered a DVD of the Aki Gasshuku held in Cork, Tim Harte has advised these will shortly be completed and ready for distribution.

Anyone looking to order a DVD should contact Tim directly:

tim_harte@eircom.net

8th KSKA Kangeiko

19 to 21 February 2016

Müllheim, Germany

Participation list:

Dirk Heene, Jim Martin, Millet Jordi (ES), Marti Lorenzo (ES), Steven Vanbeek (SC), Roland Reiszek (CH), Davide Aratori (I), Cerar Peter (G), Gilgin Thomas (G), Gross David (G), Ibscher Nico (G), Christian LeRomancer (F), Touch Morgan (F), Oliver Sprinz (G), Parlati Christopher (F), DeGersm Tom (B), Scheuriker Gerhard (G), Doyle Yvonne (UK), Kovaleinen Anti (Fi), Millan Francis (ES), Liebelt Jörg (G), Tietz Martin (G), Longo Paolo (G)

For the 8th time, Sensei Pascal Petrella organised the KSKA Kangeiko, a special very intensive seminar. The training is always nicely built up and balanced between Kihon, Kata and Kumite, with mental and spiritual aspects, tactical aspects and timing elements included.

This year also the President of the KSKA Dirk Heene and the Vice-President Jim Martin wanted not only to see personally the progress of the group, they also wanted to take part at the training. This was actually very inspirational for many of the participants, to see their Sensei's standing in the line, sweating and having fun practicing Kase Ha.

Friday evening started with a Kihon session led by Sensei Pascal Petrella, using the basic open hand blocking techniques and counter attacking combinations in different directions. Emphasis was in rooting, connecting to the ground, positioning of the pelvis during the movements and the end position of the movements, and of course turning on the heel, keeping balance and up-right torso position, connected with sharp breathing in order to focus the techniques. After the Kihon, the combinations were applied in Kumite.

Some of the participants had a long day, some of them started their journey from 3-4 am in the morning, hence after training we had a nice meal Hotel Stadthaus and everybody went to sleep early to be fit for the 3 sessions on Saturday.

On Saturday morning Sensei Nico Ibscher was teaching kicking, applying Okuri-Ashi combinations from the 2nd Dan grading syllabus. Here Nico really emphasised effective kicking technique, connection to the ground and the way the techniques should be correctly performed.

The second session was led by Sensei Christian Le Romancer, France. His topic was Kankusho-Bunkai. His training build up was very good, he prepared for each combination first a kind of normal Bunkai and second Oyo Bunkai with lots of reality application. After 3 hours of training, everybody enjoyed the lunch break to have some food and a "power-nap" to be ready for the traditional 3rd training session with Sensei Pascal Petrella, Kumite of course. Open Hand, O-Waza, Chu-Waza, Ko-Waza... Faster stronger, change partner... 2.5 hours. Anyway, the real fun was that any time one changes a partner, he got again a strong challenging partner, were one could check his own ability to block and to counter attack.

Since Sensei Pascal celebrated his birthday on the Saturday, he invited all participants for dinner to his home. Also some students from Mullheim and friends from Dojos in France joined the party. Many of the participants used the opportunity to talk to each other about karate and life and also used the opportunity to talk to Sensei's Dirk and Jim, and of course enjoy the food and drinks.

On Sunday morning Tom DeGersm from Belgium took the last session. Sensei Pascal asked him to do a step by step build up for De-Ai kicking. Tom did a very challenging training were all the participants in the end could perform a De-Ai kick with maximum speed and power. The key is a good eye for the timing and to anticipate the attack.

Thanks again to Sensei Pascal for the excellent organisation, and looking forward to next year's Kangeiko.

Oss

Kangeiko Delegation - February 2016



Member's Profile

Sensei Lorenzo Marti 6th Dan KSKA



When & where did you start karate practice?

I started my training in karate thanks to my father who told me that I was a weak person, weighing on 55kg and being 17-years old, although I was already practicing weightlifting.

I wanted to make myself stronger so my father would change his opinion about me, then in 1977, I discovered that karate was being practiced in Gandia my home city, a place 65km south of Valencia. My first instructor was Jean Pierre Carbila and this is when I started training in sportive karate.

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

No doubt when for the first time that I met Sensei Kase, it was on a course in Alicante when he was instructing together with Sensei's Shirai, Aoki, Enoeda and Kawazoe. Whilst most of the students preferred to train with the other Sensei's, for me the principle reason why I preferred Sensei Kase was the humanity of the man together with his outstanding karate Do abilities.

Being accustomed to the senseless demands of my instructor, I felt that I had finally found the kind of karate that I was hoping for some time and this is when I decided to follow the path of Sensei Kase.

Where do you train now and who with?

Looking principally in Spain where it is very difficult to find people with whom to share my karate principles, so I've largely been training alone. Yet, I have colleagues like Frank Schubert, Jose Mompou and Martin Fernandez with which we train together on occasion, but it is not so easy because of the distance preventing us from seeing each other regularly. Training on a day today basis is then with my own students, some of them were already black belts when we began.

Apart from the above, I also met with Sensei Jean Pierre Lavorato in 1998 and since then and whenever I could, I trained under his command and guidance a minimum of four times per year in Spain or travel to France. Now, and thanks to the KSKA Academy, I can train a minimum of three times a years with wonderful Sensei's including the two Gasshuku's and the Kangeiko. However, now it is not so easy to travel due to the current financial situation in Spain as money is a consideration. Also due to the financial situation I had to close my own Dojo nine years ago.

What is your favourite aspect of karate practice?

Training every day with my students fills me with happiness, although numbers may not be great, currently less than twenty, but I always think of a phrase that my friend Frank Schubert told me:

At the same moment that we are training hard, in Europe all of our colleagues from the schools of Kase-Ha are doing the same and with all that energy this somehow has to benefit so that we can all improve ourselves year after year.

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

For my students I look for them all to become members of the Academy, so they can continue with the spirit that one breaths and thus become karateka of a good level.

And my ambition is to be able to follow Karate Do, without ever veering from this purpose.

Short term I see Sensei's Heene, Lavorato, Martin, Fedyk, Petrella, Lecourt and Dimitrijevic, I would like in the future to reach their level in the practice of karate.

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

I will say one thing, and I don't know if our line of karate is the best or not. But, one thing that was said by Sensei Kase and a phrase that has been engraved within me is:

"Increasingly rapid and increasingly strong and everything will come"

"Each time quicker and each time stronger and everything will come"

And that is the message that I want to give, follow that what you think is good, at first I did not believe that speed and strength could be further increased, but Sensei Kase's system has proved to me that anything is possible.

Lorenzo Marti 6th Dan KSKA Oss



Shotokan Ryu Kase Ha, Tampere

HEART, THE MOST IMPORTANT CREATOR FOR POLARITY

The heart is a continuously working organ, which largely regulates our health, well-being, vitality throughout life. It is often thought that the heart is only for pumping blood where in fact, the heart is forced to actively inside rotating and the corresponding dynamically reverts back.

The heart is attached, sitting on top of the diaphragm. All breathing exercises will affect the heart. Kase Ha Karate is aimed at more advanced levels, 3rd dan black belt and above of understanding, to search and to practice those things that can affect an invisible force, bio-energy, KI. The terms are numerous and they describe things a little differently against actions.

KI and Chi are the oriental terms, electromagnetic field is the one we in the western world use. It is important to understand that there is an electric, measurable energy in the so-called physical force behind the heart and its mechanics.

Through Western studies, it is known that the heart creates polarity. The heart in particular creates an electric field that flows around our bodies (picture 1). This field is strongly associated with the unconscious brain activity, our subconscious mind. Various means of this field can be strengthened and expand, as well as vice versa to reduce and weaken.

Hara control can also create conditioning through such as Ibuki-breathing, which contributes to the heart through the polarity. The optimal functioning of the body and especially good health is reflected wider through the electro-magnetic field or EMF.

Some call this aura. Where some people see the EMF, the aura colors, which reflects the different vibrations frequencies. **Thoughts seem to be a very strong cardiac function. You can sometimes get this feeling in the company of certain people, regardless of whether they are a nice person or otherwise.**

According to the literature, this is invisible, whilst in the Western world it is almost a forgotten polarity, it is present within our subconscious mediated environment sensor. And this polarity is regulated from the heart.

Budo's one goal is to develop a high KI, that is strongly connected to the heart. **Only very rarely in budo do we speak from the heart.** Sensing though negative thoughts, the wrong kind of exercise can weaken and even destroy KI. This is reflected in weakened heart health and polarity. Karate training can be sometimes very stressful and, at worst, the body of KI debilitating.

Electromagnetic Field of the Heart



Kihon is a great way to deliver maximum performance but safely. This is the best way to develop KI. Another way is to meditate regularly.

When training with a partner, one can often sense the negative energy with someone who does not manage their training with harmony that in effect reduces the polarity of both. The feeling is usually detectable after the event with an increased level of fatigue, irritation and even soreness.

The heart knows. The highest level of kumite practice is that the mind is open and cheerful, 110% confidence in training with a partner and with your thoughts being pure, whilst your ego is set to one side. Technically, the more experienced the karateka is then it is easier to prevent this from becoming a weaker training exercise.

However, this is called by the ego of practice. **It is very important to understand that the discordant training has long-term health, vitality and heart-impairing effects.**

Attacking, where your partner is attacking at the same time requires the maximum physical and mental commitment, as well as the power of technique in the control, with the mind being full of consideration towards your partner is the highest level of attack. A higher level of attack is no longer considered as an attack, but pure power of heart, which is then transmitted to the other person. The technically level of this cannot be called an attack, but a good hoping, to transmit to the other. The issue is the balance of life and peace.

Some of the dedicated have said that if you treat someone close to you in this way then the polarity will improve. It also has an impact on those nearby.

Who can feel the energy-lifting and re-vitalizing effects of practicing harmonious karate. Anyone can feel this as it is just your own heart.

Cont...

Will karate training come to an end? Where do we find new energy from also the joy and motivation to continue to work out?

Experienced would suggest that when the time feels different in their body, the tingling, feeling the heat in hara, there is no need for any further assurances, then why do we need to practice for the rest of our lives?

It is through a sense of searching in the coming years to develop a clear motivation for practice that is important. This feeling is unexplainable. I think that finding and retaining that feeling is the highest goal in Budo.

Train with a light heart and peace of mind, what other words can we use. This internal energy of the aging body can remain ever youthful and full of vitality.

Interested parties can find a lot more information on this subject from the Internet by searching:

- Electromagnetic field and the heart
- KI, chi
- vitality

I wish everyone budoka clarity to the heart and the inner light for training.

Jani Somppi

5th Dan KSKA



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神風

KSKA Aki Gasshuku

7th - 9th October 2016

Will be staged in Israel

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.

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.lecourtpascal.fr

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

All ages - All areas

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

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

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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



Dojo Kun prepared by Sensei Tim Harte

As a long term member of the KSKA and as one of the (elder statesman) of the group, I have for a while now been advocating the idea of promoting the deeper meaning of the dojo kun and the niju kun, and as such I have now been requested to elaborate on this theme.

Many times in the past I have listened to Sensei Kase speak of the deeper meaning of our art, the development of the internal energy, perception, spirit, etc.

Some karateka, who knew Sensei Funakoshi have passed on what they felt were his thoughts on what he really meant by these words, by the training methods and attitudes he wanted to pass on to the karate world.

As we are an organization of Sandan's and above, whose philosophy (generally) does not include competition training. As we grow older and hopefully wiser, the maturity of our outlook could be helped through the deeper study of the dojo kun / niju kun.

Remember Sensei Kase was 55yrs old when he decided to elaborate on his own vision.

I will in this first section, briefly, delve into the five dojo kun, and (if agreeable) in future section's delve more deeply into the more subordinate twenty niju kun. The following are therefore my feeling's on the philosophy on the dojo kun and at this point of my life.

Feel free to agree, partly agree, or completely disagree with views, feedback is welcome.

I have no wish to push these views on anyone, but I do have the full text's, on computer, from the source, which is most eloquently written by the author. Anyone that is interested please contact me at karateacademyofireland@gmail.com and I will pass them on to you.

Dojo kun

Jinkaku kansei ni tsutomuro koto

Seek perfection of character

Perfection is impossible for human beings, seeking perfection of character means knowing that there is always room to improve, and acting to do so.

As we endeavour to pass to higher grades, we should have an understanding of greater awareness of manners, etiquette, humility etc, don't train just to pass your grade, but to improve your character.

Makoto no michi o mamoru koto

Be faithful

Being faithful means, being true to the commitment of what Sensei Funakoshi meant with these words;

Cont...

It means keeping our integrity and carrying out our genuine intentions, be honourable in the dojo, and off the dojo floor, be sincere.

Doryoku no seishin o yashinau koto

Endeavour

If we endeavour in training, as we grow older, we will endure, and be able to face, and recognise the subtle tests, in life, that naturally come our way.

As instructors in karate, in later life, we put on our gi's and participate in the training, this encourages our will, to stay in shape, and continue to challenge ourselves.

Reigi o omonzuru koto

Respect others

In maturity, and having hopefully gained some wisdom and humility from our studies, having respect for others with different views, it gradually shows as a strength of character in ourselves.

In my opinion, we are thankfully removed from the competition scene, and having respect, is a meaningful and beneficial trait, in our continuing pursuit of character development.

Kekki no yu imashimuru koto

Refrain from violent behaviour

As martial artists one of our first endeavours, should be to achieve more control over ourselves, hopefully this leads us the ability, of not reacting in a violent manner to any type of provocation,

In today's world, we can see all around us, what is happening simply because of different view points in all walks of life.

There are multiple dimensions to our training, and the area of human relations, is one I believe, we should cultivate and pass on to the next generation of KSKA.

So in review

In our search for perfection of character, we learn to be faithful, endeavour to respect others, and naturally learn to refrain from violent behaviour.

Sensei Tim Harte

Oss

Reminder : KSKA Membership Renewals January 2016

Don't forget that KSKA Membership renewal fees were due on the 1st January 2016 so if you haven't already done 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: Livia Castro Weg naar As 198 3600 Genk Belgium

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