



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

August 2016

Welcome ... to the August 2016 edition of the KSKA Newsletter and thank you to all those who have contributed to this publication. With the first of two Gasshuku's for the year having been held in Mierlo, Netherlands and proving a huge success, we are now looking forwards to October and the second Gasshuku to be held in Nahariya, Israel.

Message from Shihan Dirk Heene 8th Dan

Dear members of KSKA,

As our Academy, already has a serious history; 26 years since 1990, karatekas and life circumstances are not the same anymore. Young new sandans are joining and finding inspiration and motivation in our instruction, but also older members have new ideas and sometimes lose motivation, including some that elect to no longer support the Academy through payment of their membership fees. This is the circle of life as they say.

Since January 2016 we have over 50 new dan grades from shodan, to...7th dan !. The Gasshuku in Mierlo was a great succes and so was the Kase memorial in Hasselt.

The individual courses organised by different instructors and groups around the world are also well attended. So there is permanent interest and activity in the core of the Academy also in the periphery.

But not only members and numbers, but mainly within the content also the quality of the courses remains important. The technical and physical aspects with the typical Kase Ha basics are a guide line, but also the mental, philosophical and metaphysical aspects are basic items in our evolution.

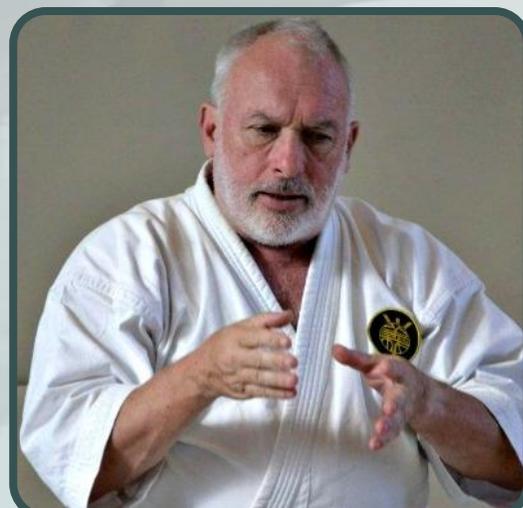
The budo related subjects, the dojo kun, the inside energy progress are targets to maintain and to consider as fundamental in our Ryu, especially for the higher dan grades.

The next event in the KSKA Calander is the Gasshuku in Israel where already 20 participants have subscribed. It is not much! Perhaps it is not easy to travel, maybe complicated political situations, but Israel is safer than Belgium and France right now.

Just like Kase Sensei supported the Serbian karatekas and held a course there during the war in the nineties; no matter what, no matter how, we should think about supporting our active members.

Stay strong in training and spirit

Dirk Oss



Shihan Dirk Heene 8th Dan KSKA

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

Shihan Dirk Heene

Sensei's, Arie Farcas, Philip Lehrer, Frank Shubert, Livia Castro, Velibor Dimitrijevic, Pascal Lecourt,
Kamikaze Martial Arts

KSKA General Assembly

Please note the minutes taken from the KSKA General Assembly held in Mierlo, Netherlands May 2016 are available on the KSKA website.

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



KSKA Aki Gasshuku, Nahariya, Israel

Friday 7th - Sunday 9th October 2016

Venue: **Nahariya Sports Centre**

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

Organisation : KSK Israel

Point of contact: Sensei Arie Farcas

Tel.: +972 52 8360 555 **Email:** arie@sskai.com

Hotel reservations must be made directly, whilst those wishing to attend the course dinner on Saturday 8th Oct please notify Sensei Farcas prior to the 15th September 2016.

None Members Training Fees: The changes introduced in Mierlo regarding payment of training fees for 'None members' will be continued. 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 Natsu Gasshuku in Gandia, Spain in May 2017, must submit their application to the KSKA Secretary on or before the Aki Gasshuku in October 2016.

KSKA Natsu Gasshuku

12th - 14th May 2017

Will be staged in Gandia, Spain

Gandia is a city and municipality in the Valencian Community, Eastern Spain on the Mediterranean. Gandia is located on the Costa del Azahar, 65 kilometres south of Valencia and 96 km north of Alicante.

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

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

Member's Profile

Sensei Arie Farcas 7th Dan KSK, member of the KSK over 25 years



When & where did you start your karate practice?

I started karate 44 years ago with the JKA, when I was just 16 years old.

When I turned 18 I volunteered for an elite combat unit in the Israeli Army. In the army I developed and practiced advanced skills in the Krav Maga system where my background in karate helped me a lot. When I ended my army duty I was 22 years old and I started my first Dojo. Since then I never stopped learning and teaching Karate also Practical Self-Defence (PSD).

I attained the grades of Shodan to Yondan under the JKA then continued under the leadership of Sensei Kase and the KSK to attain the grades Godan to Sichidan, whilst also having included 8 years participation at the Instructors training program of ISKF (parallel to the JKA instructor program).

Having graduated as a Senior Martial Arts Instructor (level 3) at "Wingate" Sports Institute, Israel where the programme included "Training theory lecturer", I became the Chief Instructor of KSK Israel that was formed over 40 years ago.

This training also included practical self-defence becoming an instructor LEVEL 3 (based on the Israeli Krav Maga system) being recognised as an active instructor of self-defence on behalf of the Israeli Educational system.

My career continued as the head of the technical committee of the Israel Karate Federation, whilst in terms of competition achieving the first European medal in Kumite for Israel. From this platform I was also a sports Karate trainer, technical adviser and guest Instructor "Zanshin Shotokan" to Australia for 30 years becoming the founder and Chief Instructor of KSK Australia.

What of your training history and what are you training today?

I started Karate with the JKA reaching the grade of Sandan and under the leadership of the late Miyazaki Sensei from Belgium. After Miyasaki Sensei passed away I became a member of the ISKF that was led by Master Okazaki. I also trained many times with Enoeda Sensei and his assistant Otah Sensei. I'm still training and working with Otah Sensei regularly.

Secondly, my Army experience led me to practice intensively the Israeli Krav Maga and the Practical Self-Defence system. The principals of these styles are realistic and very efficient, every move has a meaning related to real life situations.

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

About 25 years ago I meet with Kase Sensei and I joined the WKSA Academy that was run at the time by Kase Sensei and Shirai Sensei.

Very shortly the relationship with Kase Sensei and the Kase family became very amical. This allowed me to follow Sensei Kase very closely and I learned from him his way in Karate that became my endeavor.

The thing that applied to me the most about Kase Ha, is the fact that it combines the Karate and the Self-Defence. It's practical, realistic and it fits in with my life experience. I believe in the way of Kase Ha.

When Kase sensei visited Israel for the first time he was accompanied by Dirk Heene Sensei and a group of 10 Belgium Karatekas. The party demonstrated strong support for Kase Ha. I had never seen this kind of dedication before.

Nowadays, Dirk Heene Sensei is our mentor, visiting Israel on a regular basis and guiding us in the way of Kase Ha. Our members are also visiting Hasselt frequently and are made to feel very welcome.

This is the place and time to mention that in the past Sensei Pascal Lecourt also visited Israel and helped us a lot in our journey to become part of the KSK.

How did you further develop your karate?

About 35 years ago I met the late Frank Nowak Sensei, the founder of "Zanshin Shotokan" Australia. As he became very sick he nominated me as the overseas technical connection and supporter of this group.

Cont.....



Member's Profile cont....

Sensei Arie Farcas 7th Dan KSK

After I joined Kase Sensei I began to introduce Kase Ha karate forming the KSK Australia with the goal to promote Sensei Kase's way and approach. I was even very fortunate to have Kase Sensei visiting Australia and running a memorable seminar.

Seven years ago in Israel, I formed the Shotokan umbrella organisation. That includes seven major traditional Shotokan groups forming the members of that organisation. We are running on a regular basis Shotokan karate seminars and holding Israel Shotokan Championships.



KSK Israel is doing very well representing the Kase Ha element within the group.

KSK Israel is running every year, three major events. The biggest event is usually during Passover.

A few years ago Pasquale Petrella Sensei joined us with a group of 19 Karateka from Germany. We had a great time together and since then every year members and groups from Israel are eager to visit Mulheim and train with Pasquale Sensei.

I'm mentioning these events because I believe that the best way to improve our Karate is through friendship and cooperation.

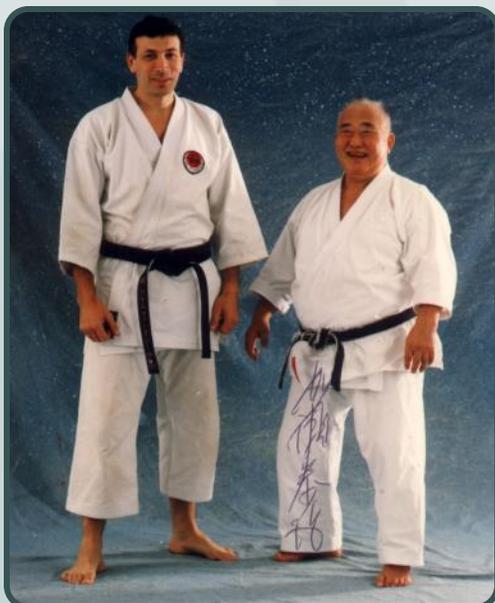
Our next project is hosting the KSKA Gasshuku in October this year. Most of the Shihankai members will be in attendance having confirmed their support. We are sure that we all will have great time in Karate.

What message would you like to give to your friends and colleagues?

The message that I'd like to give is that Sensei Kase left us a treasure. We all have to remember to master the knowledge and pass it on to the next generation the same way that Sensei passed it to us. We don't need to change anything just pass it on as a heritage. It is worth every effort....

Sensei Arie Farcas 7th Dan KSKA

Oss



Passover course Nahariya

KSK/SRN Dojo Nahariya 5th -7th May 2016

Dirk Heene Sensei of the KSK Academy, arrived in Israel last Tuesday. He had a little time before the course started to visit some interesting spots, which he always enjoys doing, until the course started 2 days later.

The first training Dirk Heene Sensei gave was, he explained, a continuation of courses, given in the KSK/SRN Dojo of Arie Farcas Sensei, on previous visits.

After a short warmup, we worked on some hip swivelling and rooting via training Uraken techniques in different directions. Then what looked like what would be quite a simple routine, turned out to be far more.

Choosing 3 of the 9 blocks used in Kase Ha: Nagashi Gedan, Uchi and Soto Uke chudan, Sensei

Showed us, what Kase Ha is renowned for. After working this slowly in Uchi Komi, we speeded things up and by the end of the lesson we were all doing the routines with speed and power.

Here a special word for Arie Farcas Sensei must be included. The level of proficiency achieved by his young black belts, from the ages of between 14 and 17 is very good if not excellent. Their speed and power, when they demonstrated what they had been taught, was so good that a smile could be seen on Sensei Dirk's face. We finished this session with some Ibuki breathing which, after the intense pressure, immediately relaxed us.

The second training, the next day, which lasted 3 hours was a continuation of the day before

including Kihon with the added elements of Geri Waza. First we trained on Shi-Ho Tsuki, using different footwork.

Dirk Sensei emphasized the 3 Ts: Technique, Timing and Tactics, as well as the spearhead directions which are the essence of successful Kumite. We continued with some stability exercises consisting of 5 Uke Waza against each other, by 2 partners. I had the pleasure of doing this with Loris Afara Sensei, a very good partner to train with. An important element in addition was exercising the right way of executing 4 basic kicks. Dirk Sensei (re) taught us these in the static manner, basically dissecting them into 3 different steps at first and then having us do them in the proper manner with full power. Then we trained on them in the same way as the Te Uke we had practiced the previous day, again with the different Uraken from

Taesabaki positions added on. In the second day's demos, some post-army pupils of Sensei Arie Farcas did what we had been shown, again, in a way that showed how much Arie Sensei had worked with both the youngsters and them on the Kase Ha techniques. Dirk Sensei looked very satisfied.

After a short break, we went over to Kata; not just Kata, but a same-level combination Kata consisting of parts of Bassai Dai, Jion and Kanku Dai, following each other, as if they were one. This was in the spirit of the Oyo Kata, introduced by Kase Sensei (Heian and Tekki Oyo) and Dirk Sensei himself (Ji Oyo), which are integral to Kase Ha. Very interesting. Again the Karateka took to it like a fish to water. We again finished the session with the Ibuki breathing we had learnt in the first session

The final day, would Dirk said, be a continuation and preparation for the following courses in the Kase Ha cycle, which on the second day saw many visitors, from other Shotokan schools, who were highly impressed with what they saw.

The third and final 3 hours on the last day, were, after what we had seen the first two days;



the training of all the techniques combined. After a warm-up and some more breathing techniques, followed by some basics (called Yum bi, specific Kamae, a name I hadn't heard before), we put into practice first, with one partner, then with 2 attackers, the 3 Taesabaki techniques and the Gyaku Tsuki, and Uraken and Gyaku Uraken counter-attacks, we'd trained, both left and right. Most of the participants managed to do all correctly, albeit, with some doing much better than others. To finish off the course, we trained the first 5 Oyo Bunkai of Bassai Dai, which were in actual fact, applications on the movement and footwork we had been working on over the length of the course.

Most if not all of the Karateka who participated in the course, understood and were able to put into practice very well the theory they had learnt. Again a tribute to the wealth of knowledge

Dirk Sensei possesses and to how fantastically he knows how to impart it to his multitude of pupils worldwide. Hopefully at the Aki Gasshuku in October, again in Israel, all the foreign participants as well as the local Karateka will increase their knowledge under the guidance of Dirk Sensei as well as other Shihankai members.

On Sunday, Dirk Sensei and I left Nahariya and travelled to my home in Netanya, where we spent a day of resting and reminiscing about Kase Sensei and common friends whom he had taught and trained with.

Philip Lehrer 4th Dan KSK Israel



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· **Poster-collage master Taiji Kase**, color, 40x70 cm (Shotokan Ryu Kase
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Please place your orders by writing an email directly to Frank Schubert
at frank@kamikazeweb.com

KSKA Gasshuku, Mierlo, Netherlands - May 2016



With over 110 Dan grade karateka training on the dojo floor in Mierlo and enjoying the excellent instruction that was delivered by members of the Shihankai and their assistants, the course will be remembered as a great success.

Congratulations to those who ascended in the Dan grade ranking include Sensei Geoff Beasley who attained 7th Dan. The standard of examinee was described as being very high.

The training experience was further enhanced through the excellent organisation with the accommodation and training facilities being combined that made for less travel.

The Saturday evening course dinner was excellent with the waiting staff looking after us making the evening a memorable one that was enjoyed in the spirit of friendship.

Out sincere appreciation goes to Gerard Schouten and his team for their sterling efforts. Thank you. Oss

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

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

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

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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

The 12th Kase Sensei Memorial Course, Hasselt Belgium 27- 29 May 2016

Groups of Karateka from Belgium (of course), Germany, France, Luxembourg, Scotland, Holland and Israel (who were already there), started trickling into Hasselt from the day before this ultimately, but maybe more so than usual, very successful course, which happened to occur on the same weekend as "Hasselt Live", a weekend of music and general Rocking and Rolling, which is now also traditionally frequented by what this year, at its height, was a massive 140 Karateka of different levels, but all raring to go.



Dirk, Jim, Pascal and Pasquale Sensei(s) all gave of their best, as always. I can only describe the activities of the group I was training with (2nd Dan up), but got the same feedback from the others. This course was Karate at its highest level, from a "Budo" perspective. It must be noted that the whole of the course was devoted to Kata, Bunkai and Oyo Bunkai, as the respective Sensei worked, as far as I could see, mainly on these, actually doing very little set drills, as in Ippon, Sanbon and Gohon Kumite, or even more advanced Kihon/ Kumite.

Our first session was with Pasquale Petrella Sensei, who gave, what can only be termed, an excellent lesson, based on Empi. As a matter of fact, this is the only session that I sat out, so I was able to observe it close up and watch guys like Tomer and Onur working on the Bunkai that Pasquale was giving. We've all practiced Empi a lot in the past, but I have to admit that most of us hadn't seen all the applications as shown here. It was particularly interesting with the use of Hira (overhand) Nukite and the chokeholds, which are very effective in real combat.

The next morning Pascal Lecourt Sensei was our teacher, with again a very interesting session based on Niju Shi Ho, which were both executed in Omote and Ura directions. As always his giving, with Gallo-Japanese flair, of this quite short but very powerful Kata was impressive. It was a pleasure working with Mario Sensei from Mulheim, whose wealth of experience added to the enjoyment of training on this Kata. As it is, standing next to Tomer and Onur, young Karateka, whose fitness level, allowed them to work at maximum power over the whole length of the course was really impressive.

Then, after a short one-hour break, Jim Martin Sensei taught us. His choice of Kata Oyo Bunkai to work on was, what many find from a difficult Kata, namely Gankaku. Jim is a fantastic Karateka, whose physical and technical prowess are fabulous He's one of my heroes and to top it all the most modest of men. I trained with my old friend Michael, who successfully then passed his 4th Dan. It was a very very good session, not easy to latch on to technically, but ultimately again, a model of power and lethal precision, typical of all the KSKA Shihankai members.

To top off all of these physical exertions that we enjoyed of course, the many bands playing at "Hasselt Live", after the end of the day's efforts. Some of them featured top quality musicians, such as Mauro Pawlowski of the internationally known band "Deus", whose guitar playing and singing reminded me a little of Eric Clapton. This took place against a backdrop of a very pleasant town with many good pubs and restaurants, which we all enjoyed, maybe some of us a little INXS (pardon the pun).

To end the course at the level of the high grades, Dirk Heene Sensei, gave us the last session of the course. As is his wont, he didn't surprise us with anything we already knew. He started off with an original warm-up; the "Bah Duan Jin" breathing exercises. He also explained the 3 types of breathing techniques for one slow move, multiple fast moves and one fast move, all very enlightening. He then had us work on a compilation Kata, which he suggested we switch, or add on to the order of, whenever we find the right time to do this on our own. The sequence is as follows; first a part of Bassai Dai, then a part of Jion and then to finish, a part of Kanku Dai. We then did the Oyo Bunkai of the Bassai Dai part, the Kata which I had the honor to perform, while, standing slightly behind and to the left of me, Dirk showed the Bunkai. My old friend Felix Croonenborghs Sensei partnered up with me for this.

The usual presentation of presents to the various Sensei's, brought this terrific Gasshuku to its end and over the next 24 hours, we all went our own ways, in my case back to Israel, with Arie Farcas Sensei, Loris Afara Sensei and Tomer Sokolovsky, who as always made new and reconnected with old friends. We also informed those who didn't yet know of the Aki Gasshuku in Nahariya Israel, which will be taking place in October.

So to quote the Bard again: "Parting is such sweet sorrow". We'll meet soon to continue the traditional Gasshuku of the KSK Academy, so full of knowledge, friendship and the spirit of "Budo".

Philip Lehrer 4th Dan KSKA, Netanya, Israel

Oss

Recognition for Shihan Dirk Heene's dedication to Irish Kase Ha karate.....

During his recent visit to Cork, Shihan Dirk Heene was the recipient of an award presented by the Cork indoor sports associations during their annual awards night held on the 15th of April. The award was in recognition of the many years that Dirk has supported the Irish KSKA organisation. This was the group photo taken with the other award winners including Sensei Tim Harte.



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.

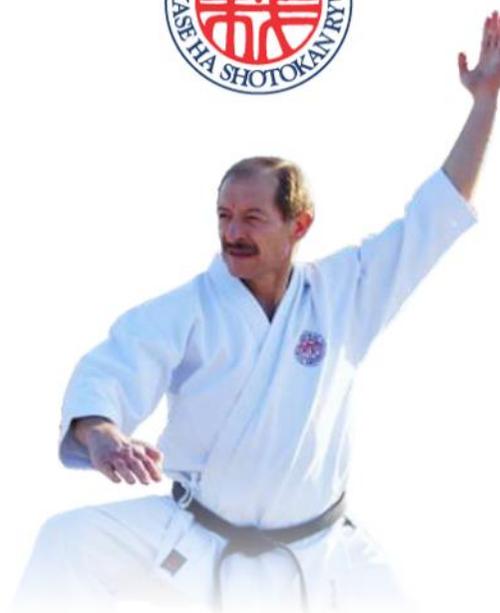
Now for the first time in 45 years, he offers an insight into his training system incorporating technical and physical aspects of practice with abdominal breathing and mind control, thus leading to a better understanding and application of the Ki energy phenomenon.

www.vebodo.org

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Change to the KSKA Bank Account

Following the election of Livia Castro in May 2016 to the Executive position of KSKA Treasurer, the Academy's financial affairs have been transferred to Belgium and with a new bank account the details of which are advised below.

Anyone wishing to make payments to the Academy should do so using the new account details in order to avoid bank charges or worse, losing your money as the old account has now been closed.

Please note that future payments can only be made to the Academy in Euros as the KSKA no longer retains a UK bank account and as such, Sterling is no longer an accepted form of payment.

The new account should be used for all payments made in Euros to the KSKA and until further notice.

Bank: BNP PARIBAS FORTIS

Address: Herckenrodebosstraat 40, 3511 Kuringen

Account Name: KASE HA SHOTOKAN RYU KARATE-DO ACADEMY VZW

IBAN BE80 0017 9066 6577

BIC code GEBABEBB

Should you require any further details please do not hesitate to get in touch.

Livia Castro

KSKA Treasurer



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