

KSKA NEWS



Academy

Kase-Ha Shotokan Karate Academy

Newsletter

April 2017

Welcome ... to the April 2017 edition of the KSKA Newsletter and thank you to all those who have contributed to this publication. With the first of two Gasshuku planned for 2017 rapidly approaching our colleagues in Gandia, Spain are busy with the preparations. Details of the second Gasshuku will be announced shortly.

Message for Shihan Dirk Heene 8th Dan

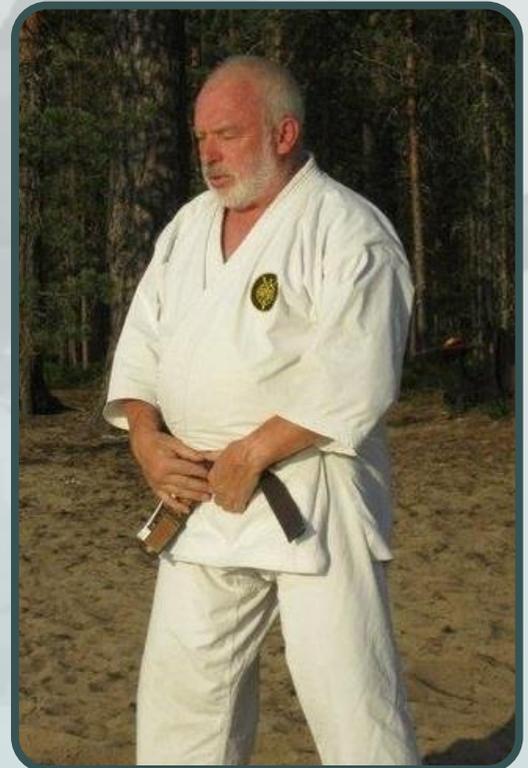
Dear Sensei Dirk,

Your friends and colleagues of the KSKA wish you a speedy recovery following your recent spell in hospital.

As always your leadership and technical guidance is greatly valued and we look forward to your return.

With the upmost respect from fellow

Shihankai & Executive Committee colleagues



Shihan Dirk Heene 8th Dan KSKA

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Thank you to the contributors
of the April 2017 Newsletter:-

Shihan Dirk Heene

Sensei's Pascal Petrella

Nico Ibscher &

Livia Castro

Reminder : KSKA Membership Renewals January 2017

Membership renewals for 2017 are going well and once again demonstrating a strong following for the Academy with increasing numbers.

If you haven't already paid your KSKA Membership this can also be done at the forthcoming Gasshuku, that is scheduled to be held in Gandia, Spain 12-14 May 2017.

The annual fee is **€60** and can be paid at the reception desk or be transferred directly to the KSKA bank account.

The following account should be used for all payments made in Euros to the KSKA.

IBAN BE80 0017 9066 6577

BIC code GEBABEBB

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

Address: Herckenrodebosstraat 40, 3511 Kuringen

Bank: BNP PARIBAS FORTIS

I wish you a Healthy and Happy 2017.

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

KSKA General Assembly

Please note the KSKA General Assembly will be held during the Aki Gasshuku in October 2017.

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

With Respect

A founder and Shihankai member of the KSKA being a dedicated follower of Sensei Kase, it is with regret to announce that Sensei Velibor Dimitrijevic has taken the decision to leave the Academy.

In addition Alan Armstrong also a founder member and former Treasurer has resigned as a member of the KSKA for personal reasons.

We would like to thank them both for their dedication and support to the Academy over the years and wish them well in their futures.



Fast Approaching

KSKA Natsu Gasshuku, Gandia, Valencia, Spain

Friday 12th - Sunday 14th May 2017

Venue: **Poliesportiu Municipal**

Organisation : KSKA Spain

Point of contact: Sensei Lorenzo Marti

Tel.: **+34 685 995 471** Email: lorenzoshoto@gmail.com

Recommended airports include; Valencia 'Manises' or Valencia-Elche 'El Allet'. Details of the means for onward travel is included within the course advertisement.

Reservations should be made directly with the hotel of your choice with detail of the recommended hotels being included on the course advertisement. Don't forget to mention 'Karate Gasshuku' to attain the agreed preferential rate as may be applicable.

The course dinner will be held at the Hotel Don Pablo with the cost of 25€ per person that includes a buffet dinner, beer and soft drinks. Those wishing to attend the course dinner on Saturday 13th May please notify Sensei Marti prior to the event.

Training

Friday	Saturday	Sunday
20:00 – 22:00hr	10:30 – 12:00hr	10:00 – 12:00hr
	13:00 – 14:30hr	

Training fees remain as in 2016 with Members training for free, whilst 'None members' will be asked to pay 60 Euro in total or 15 Euro per training session.

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 October 2017, must submit their application to the KSKA Secretary on or before the Natsu Gasshuku in May 2017.

KSKA Aki Gasshuku

13th - 15th October 2017

Details are to be announced as soon as the country and venue have been confirmed

9th KSKA Kangeiko
24th-26th February 2017
Müllheim, Germany



On behalf of the Shihankai, Sensei Pascal Petrella organised and hosted the 9th Kangeiko, that was again held in Müllheim. Present was also the KSKA President, Sensei Dirk Heene and Vice-President, Sensei Jim Martin who also practiced with the group and observed the level of progression and development of the KSKA instructors.

The Kangeiko is one of the toughest seminars held during the year, but it continues to gain popularity which is demonstrated within the numbers attending with nearly 30 participants and from ten different countries.

Sensei Pascal Petrella presented the Friday evening training with a kicking and punching exercises including Ko / Chu and O-waza distance including different distances. From very short, one of Sensei Kase`s favourite exercises, to very long range.

The idea being; How to attack if the opponent is not within your comfort zone, but still be able to attack with an effective geri. Also how to overcome a distance of 3 meters? How to plan the strategic steps to get as fast as possible from point A to point B...

After 2 hours of Kicking everybody was happy to go for dinner, as some of the participants had been travelling since 2am and welcomed the break.

The first training on Saturday morning was presented by Sensei Lorenzo Marti of Spain who was asked to demonstrate his teaching ability. Lorenzo chose the topic Bassai-Oyo, a Bunkai combination taken from Bassai-Dai and Bassai-sho. Both kata and the bunkai were complex, but this group were nearly all 3rd dan and above with the group rising to the challenge.

The second morning training was presented by Sensei Nico Ibscher of Germany, he continued with the topic of Bassai, but adopting a slightly different approach. Nico demonstrated his applications of Kumite and Self-defence principles within Bassai.

After a lunch break and a short nap, Sensei Pascal Petrella presented the now obligatory Saturday afternoon training. He depend the topic of long distance attack over e.g. 4m using zugi-ashi as a step, like Sensei Kase used to teach. But this time the attacker must expect a counter attack at any time during his attack. The exercise proved quite challenging.

After a good meal at the Hotel Stadthaus, by midnight everybody was kaput and in bed.

Sunday morning Sensei Juan-Pablo Delgado from Spain took the last session of the KSKA Kangeiko.

Juan-Pablo presented some open hand kumite applications omote and gyaku. This exercise helped to develop both body sides.

Juan-Pablo then asked half of the group to stand against the wall with the other half attacking repeatedly one after the other. There was a great kime and spirit in the sports hall.

Sensei Dirk Heene and Sensei Jim Martin were very contented with the development of our younger instructors, giving them on one hand the opportunity to practice regularly at a high level, and on the other giving them the opportunity to remain connected with each other.

A big thank you to Sensei Pascal Petrella for the organisation and the training also to the drivers for the airport pick-up and drop off.

The 10th in series Kangeiko is scheduled for February 2018 and those who attended this years event plus those who are eligible through their membership to the KSKA will be invited to attend.

Also those below 3rd dan, but who are inspiring to progress to this level should make their intentions known to the Shihankai as the core principle of the Kangeiko is to promote our young and up-coming instructors of tomorrow within a learning and positive atmosphere.



Kangeiko Delegation - February 2017



Anti Kovalainen



Ashley Cowburn



Christian LeRomancer



Nico Ibscher

Kangeiko Delegation - February 2017



Juan-Pablo Delgado



Lorenzo Marti



Thomas Gilgin



Morgan Touch & Gerry McGeoch



Veronica Conejero



Oliver Sprinz

SENSEI KASE'S INFLUENCE ON SHOTOKAN KARATE SINCE 1964

When Sensei Funakoshi came to Japan in 1923 he brought with him a large background of Okinawan karate. The mysterious reasons for which this man emigrated to Japan certainly had nothing to do with the noble task of propagating karate.



He lived in poverty and sustained himself by doing cleaning jobs. This period of soberness gave Funakoshi the opportunity to observe the rich budo-experience of Japan and to draw his own conclusions.

He was a pedagogue (teacher in Okinawa) and in the period of 1923 to 1940 he brought about strong changes in Okinawan karate.

His son Yoshitaka took over these changes and intensively practised them during the Second World War. In contrast to his father, Yoshitaka put karate at the service of the military government (since 1943). Anyway, karate knew an enormous evolution in that period that was principally aimed at achieving reality and efficiency.

In 1944, young Sensei Kase came into contact with this fundamental change in karate and he was so enthusiastic that to his last days he keeps on speaking about the influence this period had on him.

Sensei Yoshitaka died young; his father then resumed the coaching of the instructions. At his death, Kase joined the instruction of the newly founded JKA (1949). From 1957 onward, Sensei Kase was strongly involved with the JKA instructor courses and he was of quite an importance in the training of, among others: Sensei's Enoeda and Shirai.

When Sensei Kase decided in 1964 to go abroad to support instruction there, he as well decided to further study the evolution of Shotokan karate and to help develop it.

He studied different pedagogic systems and also did a thorough study of existing Budo information. Kendo, Shintoism, Judo, Taoism and even astrology were studied by him in solitude, in order to find points of comparison with karate instruction.

On Wednesday 26 July 2000, in the five-day course held in Andorra and in the presence of about 70 experienced karate teachers, Sensei Kase gave a survey of his ideas concerning his evolution and instruction since 1964.

First phase of evolution

Funakoshi came to Japan and compared the Okinawan karate system with the Kendo-system from Japan. After the Tokugawa period there was approximately 300 years of peace in Japan. The war was over and there was more time to improve techniques.

Large techniques were designed (O-WAZA) to develop power and speed.

O-WAZA stood for: amplitude, power, speed.

KO-WAZA (short techniques)

Are too difficult at first and will lead to cramped techniques.

The aim is to evolve from O-WAZA to KO-WAZA.



Second phase of evolution

Some basic techniques were often used and in the correct way; others got less developed, such as the open hand techniques.

Sensei Kase decided to change this and he brought about a development in the use of the open hand; in defence as well as in attack. Defence was bent into attack in order to harm the opponent. Originally leg techniques were quite simple but Sensei Kase gave them another dimension; e.g. ushiro geri – formerly only practised backwards and now rotating.

Third phase of evolution

SEI-TE waza developing into HEN-TE waza.

SEI-TE: technique with arm or leg

HEN-TE: several techniques with an arm or leg

We have 2 arms and 2 legs.

Principle: 1 for defence

1 for counter-attack

These techniques are done with 2 arms.

New evolution: 1 arm works as 2 arms.

2 techniques (nidan waza) or 3 techniques (sandan waza) with one arm/leg.

Instead of using 2 techniques, this adds up to 4 or 6 techniques.

Sensei Kase got this principle from Muramotu Musashi's thinking (Go rin no sho); he always used his 2 swords as well and not 1 sword with two hands, as tradition prescribed.

e.g.: defence jodan-chudan

counter-attack jodan-chudan

Fourth phase of evolution

Timing of defence

Traditionally a defence movement comes at the end of the attack.

When Okuyama asked Sensei Kase to observe the rain, he knew not what to think of it. Kase sat for a long time, watching and not really knowing what he should observe. When he was about to stop, Okuyama asked him to hold on a bit longer. Kase gradually began to discern the raindrops and next he could also follow the trajectory of an individual drop. His eyes got used to seeing certain subparts, facets of movement.

We should view an attack much in the same way: not watch the movement from start to end, but from the initiation moment in the spirit to the start; from the start throughout its trajectory and from its arrival to its penetration.

SENSEI KASE'S INFLUENCE ON SHOTOKAN KARATE SINCE 1964

One must learn to observe the attack in different phases:

- the start, coupled to the initiative
- the 1st $\frac{1}{4}$ of the traject
- the 2nd $\frac{1}{4}$ of the traject
- the 3rd $\frac{1}{4}$ of the traject (= ideal defence moment)
- the arrival of the technique



Defence has to come at the $\frac{3}{4}$ timing moment and not at the end, where the power is 100% and in full force.

In the end the eyes have to do the work and finally the feeling.

TIMING EYES FEELING

This brings one to dimensions such as "TO-ATE" and "DE-AI". The DE-AI principle is usually trained as counter-attack with Kisame tsuki, but it had better be used as defence.

Fifth phase of evolution

Breathing is a vital and energetic part of technique and action. The use of abdominal breathing or vertical breathing is very important. The diaphragm and hence the hara-region are used more and more by the movement. By techniques such as 'sandán and nidán waza' the hara region and ensuing the Ki-flow get enormously stimulated. This enables one to level up and to surpass techniques.

Conclusion

Shotokan karate knew a strong evolution from 1923 to 1946. Funakoshi Gishin and his son Yoshitaka developed karate in an enormous way.

The foundation of JKA in 1949 gave karate a fundamental structure in which basic techniques and a methodology were laid down.

In 1964 Sensei Kase left Japan.

Between 1950 and 1964 all was standardised and thus retained conservatively.

Sensei Kase wanted to work with the ideas of 1946 without denying the set values of Sensei Nakayama.

The training principles of the JKA-system are very good up to a certain level. But one should not come to a standstill.

The act of searching, creativity and experimenting as challenge will lead to new discoveries and finally to valuable experiences.

The essence of KARATE is in "the empty hand".

July 2000

Dirk Heene

Translation: Martina Vantournhout

In the next KSKA News Letter: a résumé of the notes taken by Livia Castro during the course with Sensei Kase in Andorra

Kase-Ha Germany



Train-The-Trainer Seminar with Sensei Nico Ibscher 5th Dan

17th-19th March 2017 in Müllheim

The topic of the 1st Train-the-trainer seminar of Kase-Ha-Germany in 2017 was dedicated to the training for teenagers and kids. Including how to implement coordination, power and speed training into the daily Karate training programme.

Kids and teenager training is quite important to have a constant input of new talents into the dojo training.

Sensei Nico said that as a kids and teenager instructor one must also be an entertainer with a big variety of exercises, because the kids nowadays become bored very easily.

A teacher must therefore make sure they have a big toolbox of exercises for e.g. push-ups, speed training squatting, games and exercises that are designed to improve coordination, which in-turn helps to perform our complex karate techniques.

The kids really have a lot of fun and never get tired of trying new things. At the end of the course the instructors had a lot of new tools to use in their own kids and teenager training programme.

Thank you to Karate Dojo Müllheim, especially to Peter Cerar, 4th Dan KSKA, who motivated his 50 students to take part for the full weekend training.

To attract and develop talent in the dojo for general training or competition, one must start already with the age of 5-6 years with karate training. A constant and clever build-up of the kids is necessary to keep them motivated and also to develop excellent technical students also competitors.

Sensei Pascal Petrella could observe during the eastern seminar 2017 held in Israel at Sensei Arie Farkash's group, what can be achieved in respect to competition training. There are some really excellent talents who regularly compete and win at international level.

Thank you to Sensei Nico for the great training and knowledge sharing.

Oss

Train-The Trainer Seminar



Above: Monkoso for the group. Below: Developing power



Above: Monkoso for the instructors. Below: Clear instruction



Kids revenge on their instructor



Developing speed and coordination skills

Letters Page



Rapidly approaching my sixtieth year the majority of which I have spent practicing Shotokan karate and I now look back on those years to consider what I have achieved, the mistakes that I have made and what I might have done differently if I had my time again.

The two burning questions for me are what and why. What has kept me going all these years also why should I continue to drive forward.

Times certainly have changed where over the years there has been periods of harmony also periods of turbulence and instability. Right now we appear to have entered a period of turbulence, but we have been here before and will no doubt come through.

So what continues to drive us, certainly not money at least in my case. I work for my living and would never consider karate as a means of earning an income. So what are my key drivers.

When first advancing from a student of karate to the point of teaching karate not only was the technical content superficial but also the underlying reasoning.

Ashamedly I admit that my first teachings were focussed entirely on the winning of competition and we were reasonably successful in this regard. Now I look back and cringe at just how shallow that approach was.

When a parent places their young and impressionable child in your hands unwittingly you become so much more than just a karate instructor where the influence extends far beyond the walls of the dojo.

Like a blank canvas the karate instructor has the opportunity to shape the future of the young person and done well this presents so many possibilities in karate, in work also in life. Done badly and the resultant effects can be devastating.

Being a parent has helped me to rationalise my thoughts, where I am both pleased and proud to report the turnout of our son remains our greatest success. But how many more young people have I / you influenced in your time.

I make no apology for sharing the contents of the following email with you. This is not the first of its kind that I have received over the years and I doubt it will be the last, but what it is, is a firm reminder as to why I keep going despite the occasional negative influences that may arise.

The email is an impromptu outlet of a former student that begun his training with me from an early age, but one of many who have retained the fundamentals of the true karate spirit.

As a karate instructor your influence and responsibilities extend far beyond the dojo where even now I feel an overwhelming responsibility to provide positive guidance to this troubled young person although I haven't taught them for many years.

In the privileged role of KSKA Secretary, and yes I do see this role as a privilege. Why, because it provides me with the opportunity to give something back to karate.

The role of Secretary is difficult as my successor will no doubt find, not that I plan to go anywhere just yet, but eventually the role will run its course for me just as so many others have throughout my lifetime.

But for now I have the privilege to learn from a true master and one who has the wisdom that simply lies beyond most.

Working with and listening to the wisdom of Sensei Dirk Heene is a privilege that I did not envisaged when taking on the role of KSKA Secretary, but where my maturity helps me to recognise this in real time and not twenty years later as with my former role of club and association instructor.

So the advice to my eventual successor is to grasp the opportunity to learn with both hands and in doing so be positively influenced.

The following email is upsetting, but at the same time uplifting in the knowledge that during dark times you can turn to your karate in order to gain strength and solitude.

It is important to remember during times of turbulence the true meaning of karate and as so eloquently expressed by Bushi Matsumura (1809—1901) "Let humanity, the cornerstone upon which karate rests, serve to remind you to place virtue before vice, values before vanity, principles before personalities".

Keep strong

Mike Cowburn
KSKA Secretary

Hi Mike,

I hope this email finds you well. I hear that you're as busy as ever. I know it's been quite a long time since I contacted you but I feel it's important that I do this now.

I visited your former karate club last night and caught up with a few familiar faces. It's good to see that the club has some more healthy numbers for attendance nowadays.

In dropping by I just wanted to take the opportunity to thank you for all you did for us. For all the support you gave me.

It's been several years since I've trained in a dojo, but during that time I have always kept the teachings with me and would occasionally practice at home. Karate was the foundation of all I've gone on to achieve, thanks to the discipline you taught me and has helped me deal with some pretty rubbish moments of my life.

Cont...

Letters Page Cont....



Sadly, I've recently hit rock bottom. I lost my Dad in October. It was my Grandad and myself who found him.

It's been really difficult coping with that and I've had to take some time alone, away from work for several months.

I've since been consulting with a therapist about everything and I was encouraged to focus on things that make me happy in order to try and cope with the ordeal.

Some of the best moments of my life happened in your dojo and I mostly have you to thank for that.

I hope you don't find this inappropriate, but as a very young man at the time, you were always a father figure to me. Someone I aspired to be and was eager to learn from. I was foolish to leave when I did, but at the time life got in the way.

I plan to return to training shortly, but in the meantime I'll be spectating every Monday and Thursday. I hope that this will be what I need to heal - to focus on becoming a better, a more experienced karateka.

I write this email now, a completely different man to what you may remember. But I write it with thanks and gratitude to my true Sensei.

Wherever you are and whatever you're doing - you will always have my deepest respect and I hope that one day soon, I might get the chance to see you again.

