

# KSKA NEWS



Academy

Kase-Ha Shotokan Karate Academy

Newsletter

August 2017

**Welcome ...** to the August 2017 edition of the KSKA Newsletter and thank you to all those who have contributed to this publication. With the first of the years two Gasshuku held in Gandia, Spain proving to be a huge success, the second is scheduled for Dresden, Germany in October. Further details are included within this issue.

## Message from Shihan Dirk Heene 8th Dan

Dear members of the Kase Ha Academy,

After being out of circulation for a little while recovering from a heart operation since the 22nd of March, now slowly but steadily I am coming back to the normal "Do" of budo life.

Unfortunately I missed the Gasshuku in Gandia, both physically and mentally. Now realising how important, also how difficult and complex it is to work together to find a co-existence in the development of martial arts.

After Pascal Lecourt and Velibor left our structure-for different reasons, we found a new bond and relationship in the Shihankai. The personal support that I have experienced over the last months has helped me to pick up the rope of the ship that we are sailing.

But also the positive approach and constructive attitude of our colleagues in this difficult period made me believe in the future, the targets and concepts of our organisation.

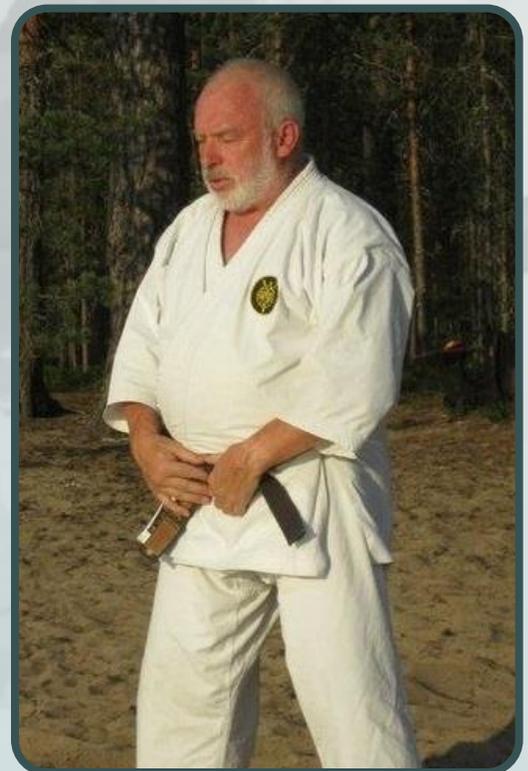
The attendance in the last courses in Aveiro, Dresden, Espinho and Cadiz was impressive; but also the active support of Jim Martin, Michaylo Fedyk, Livia Castro, Pascal Petrella, Mike Cowburn and both Nico Ibscher and Juan Pablo, gave me an extreme energy and Ki-boost.

I am writing this in Finland and from my small cottage in the middle of nature, allowing me the time to think a lot and meditate of what we are, who we are, what we want ...and what we can do....?

Visiting Mrs Kase last month (who remains very healthy in her 89th year) and collecting 46 diplomas, I considered the hard work that has been done and that which is still ahead of us.

I am very grateful to you all and full of hope for the coming events, especially the Aki Gasshuku in Dresden this coming October.

Dirk Heene  
Shihankai member  
President Oss



**Shihan Dirk Heene 8th Dan KSKA**

## KSKA General Assembly

The KSKA General Assembly will be held during the Aki Gasshuku in Dresden, October 2017.

If anyone has an item for the agenda, please email it to the Secretary before 29th September 2017.

### In this issue

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- Aki Gasshuku 2017, Dresden
- Natsu Gasshuku, Gandia report
- Kase-Ha Technical report
- Tough weekend
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Thank you to the contributors of the August 2017 Newsletter:-

Shihan Dirk Heene

Sensei's Livia Castro

Arie Farcas

Philip Lehrer &

Ashley J. Coburn

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

Send details to:

[secretary@ksk-academy.org](mailto:secretary@ksk-academy.org)

## KSKA Aki Gasshuku, Dresden, Germany

Friday 13th - Sunday 15th October 2017

Venue: **TSV Dresden, Paradiesstrasse 35, 01217**

Organisation : KSKA Germany

Point of contact: Sensei Hartmut Simmert

Tel.: **+49 151 2299 5593** Email: [hartmut.simmert@t-online.de](mailto:hartmut.simmert@t-online.de)

<http://www.pub.zih.tu-dresden.de/~simmert/gasshuku>

Recommended airports include; Dresden, Prague, Berlin or Leipzig. Details of the means for onward travel is included within the course advertisement including local hotels with a selection of prices designed to suit all budgets.

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

The course dinner will be held at the Feldschlochen Stammhaus with the cost of 35€ per person. An a la carte dinner is also arranged at the same venue on Friday evening. Any one wishing to attend please contact the course organiser.

### Training

Friday	Saturday	Sunday
19:00 – 21:00hr	10:00 – 11:30hr	10:00 – 12:00hr
	12:30 – 14:00hr	

Training fees remain as 2016 with Members training for free, whilst 'None members' will be asked to pay 60 Euro in total for all training sessions or 15 Euro per individual 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 Natsu Gasshuku in Belfast, May 2018, must submit their application to the KSKA Secretary on or before the Aki Gasshuku in October 2017.



## KSKA Natsu Gasshuku 2018

11th - 13th May 2018

The Natsu Gasshuku 2018 will be held in the beautiful City of Belfast that has become a major tourist attraction including the launch site of the Titanic.

Further details are to be announced shortly.

# Natsu Gasshuku Gandia, Spain

## 12th to 14th May 2017

A big thank you to Sensei Lorenzo Marti and his organising team for their gracious hospitality in hosting the Natsu Gasshuku in the coastal Spanish town of Gandia in May 2017.

The Gasshuku was an excellent event and one that was enjoyed by the strong attendance including members and none-members.

Despite the absence of Shihan Dirk Heene due to his recovery, the training was exceptional including thought provoking and very technical adaptations of Shotokan kata with bunkai that was presented by Sensei's Jim Martin & Pasquale Petrella and Sensei Fedyk's version of Heian Oyo three.

The above was supported by members of the Shihankai demonstrating the technical levels of Kase-Ha karate as instructed by Sensei Kase.

The chosen venue for the Gasshuku proved favorable not only for those training but also for friends and family that came in support.

**Thank you to all those who attended and supported the KSKA**

## Congratulations

It is with pleasure to announce that Sensei's Nico Ibscher 5th Dan & Juan Pablo Delgado 5th Dan have been elevated from their position of Assistants to become full Members of the KSKA Shihankai.

Nico and Juan Pablo are the first of the up-coming instructors to make the transition joining their established colleagues whilst representing the future of the KSKA.

With so many good karateka coming through the Academy the search is on for the next Assistants.

Do you have what it takes?

## KSK Academy Courses

Only a few of the Academy courses that take place throughout the year are being advertised to the Membership and as such you could be missing out on their support.

Please email the details of your home nations courses to the Secretary and see them advertised on the KSKA website: Send details to: [secretary@sk-academy.org](mailto:secretary@sk-academy.org)



## KSKA Aki Gasshuku

12th - 14th October 2018

Is to be held in the Scottish City of Glasgow

Keep your eye on the KSKA website for further details

# SENSEI KASE'S INFLUENCE ON SHOTOKAN KARATE SINCE 1964

Continued from the April 2017 edition of the KSKA News Letter



## HOW TO BRING YOUR KARATE TECHNIQUES TO A HIGHER LEVEL: PART 1

### METHODOLOGY SENSEI KASE ANDORRA 2000

#### A/ BREATHING:

##### 1/ 4 Methods:

- (1) breath in slowly; fix your breath in the 'tantien'; breath out slowly
- (2) breath in slowly; fix your breath in the 'tantien'; breath out fast
- (3) breath in fast; fix your breath in the 'tantien'; breath out slowly
- (4) breath in fast; fix your breath in the 'tantien'; breath out fast

##### 2/ Breathing and techniques:

###### (1) one breathing for one technique:

- ex. (a) breath in during the preparation of the technique, fix the breath in the tantien and
- (a.a) breath out slowly while executing the technique
  - (a.b) breath out fast while executing the technique
- (b) breath in fast during the preparation of the technique, fix the breath in the tantien and (b.a) breath out slowly while executing the technique
- (b.b) breath out fast while executing the technique

###### (2) one breath of two techniques:

ex. defence and counterattack

- (a) breath in slowly during blocking, fix the breath in the tantien, during counterattack (a.a) breath out slowly
  - (a.b) breath out fast
- breath in fast during blocking, fix the breath in the tantien, during counterattack (a.c) breath out slowly
- (a.d) breath out fast

- (b) before blocking breath in slowly, fix the breath in the tantien, during block and counterattack (b.a) breath out slowly
- (b.b) breath out fast before blocking breath in fast, fix the breath in the tantien, during block and counterattack (b.c) breath out slowly
- (b.d) breath out fast



Cont.....



## (3) more techniques:

- (a) use more breathings: combination of (1) and (2)
- (b) in one breath: the more techniques you can do with power in one breath, the faster you can be.

## B/ KIHON:

### 1/ TSUKI

#### (1) Tsuki from different kamae:

First we start from normal hikite at the hip: this way your tsuki becomes stronger, faster with good kime.

If you want to do this tsuki on a higher level you have to perform this tsuki from your legs and abdomen, you have to push your shoulders down, your legs into the ground and tighten your abdominals.

***Remark:** in the beginning the shoulder often comes up while executing tsuki, this is ok, because also that kind of tsuki can be strong and fast, kime can be ok. But if you want to bring that tsuki to a higher level you have to push your shoulder down, your feet into the ground and bring the energy from the ground through your pelvis and your trunk into your arm and fist. Only when you can do this you will be able to:*

#### **Perform tsuki from different kamae:**

from jodan soto kamae; jodan uchi kamae; chudan soto kamae; chudan uchi kamae; gedan soto kamae; gedan uchi kamae:

First you perform these kamae with closed fist, later with open hand.

#### (2) From O-waza to KO-waza:

##### (a) History:

In Shotokan deep stances and large technics (O-waza) are used.

In Okinawa they used smaller stances and smaller technics. They also used large technics and deep stances, but only for a few technics. We can still see this in Goju Ryu and Shito Ryu.

When Funakoshi Sensei went from Okinawa to Japan to introduce karate in Japan it was important that he would take into account the BUDO way.

In Kendo large technics and large displacements were used. He was going to use this method in karate. At that time they did less techniques, only tsuki, for blocking: age uke, soto uke and gedan barai and for kicking mae geri, yoko geri and mawashi geri.

How did they come to this methodology in Kendo?

There was quit some time without war and in time of peace they wanted to continue training, so they wanted to build a system to train the body in an effective way.

Cont.....

## SENSEI KASE'S INFLUENCE ON SHOTOKAN KARATE SINCE 1964



They used large movements and lots of repetitions: large movement because this way you will get a strong body and good kime.

If, after years of training, the kime is good you can make the movement smaller and still have the same kime. In this way it also becomes easier when you get older: you can relax and the moment it's necessary just do your technique(s).

Sensei Kase gave use the example of a master in Kendo: he was walking with a cane, a little bent forward and limping. But the moment somebody wanted to attack him he pulled out at once and then continued walking.

As higher belts we did O-waza many years, so now we have to do KO-waza.

(b)Practice example:

**Tsuki from O-waza to CHU-waza to KO-waza**

Left hanmi dachi, gedan barai/ on the spot gyaku Tsuki jodan; half hikite // gyaku tsuki jodan; small hikite // gyaku tsuki jodan; gyaku tsuki ; full hikite // gyaku tate tsuki chudan (half way); full hikite // gyaku ura tsuki (short) ( // = same arm)

To be continued: next time: Blocking – Geri waza - Kumite

Livia Castro, 6th Dan KSKA Treasurer

Oss



# Kase-Ha Germany



Tough Weekend Training with Sensei Nico Ibscher 5th Dan

19<sup>th</sup>- 21<sup>st</sup> May 2017

Advertised as a tough weekend of training and by invitation only, this is the first weekend of specialist karate training that has been opened to other than Nico's closest students, whilst the 30 places were taken within days of the announcement.

Held in a picturesque village lying within the heart of Saxony, Nico and his very understanding wife Michaela kindly opened their home to us and provided warm hospitality that was greatly appreciated.

Delegates were asked to bring boxing and grappling gloves plus a skipping rope that alerted the senses as to what might be ahead. The first and warm-up session on Friday evening started with ground work and defensive tactics using the principles of Tekki kata bunkai to prevent an assailant from kicking you when on the floor.

Sounds simple, but it was far from, proving both physically and mentally demanding and as the session progressed Nico demonstrated how to raise yourself off the ground whilst maintaining zanchin and preparing to continue with an effective response from a standing position.

Donning the gloves Nico led us through a series of attacks and defence principles from close quarter introducing an element of realism, yes actual contact that is sometimes lacking in traditional practice. At first parts of this training felt alien, but time and again Nico brought this back to Kase-Ha Shotokan karate by reminding us which kata's include these moves and demonstrating them with such precision.

Efficiency of movement and with purpose proved essential otherwise there was no stopping the determined assailant and with the possibility or should I say probability of a sharp blow to the head this kept us focussed on the task.

Time flew-by and within the blink of an eye two hours was gone, but Nico had one last gem up his sleeve with a cool-down exercise. Some cool-down it proved to be with pads or mitts the exercise involved engaging the core and working rapidly with a succession of partners to focus the energy with significant contact. Bow and change again and again brought the class to a close, whilst my temperature was off the scale, but my Budo spirit was riding high.

Nico and Michaela had laid-on a fantastic BBQ with all you can eat ribs and burgers plus the healthy option together with the opportunity to reunite old friendships also to make new, the close to Friday evening could not have been more perfect.

Following a good night's sleep plus healthy breakfast and we were ready to face the day with training being held in a smallish dojo giving no place to hide.

Training started with a combination of fitness and coordination using an array of aids including tennis balls that tasked both mind and body, whilst proving to be thoroughly enjoyable.

**Cont...**

# Kase-Ha Germany



Tough Weekend Training with Sensei Nico Ibscher 5th Dan Continued

How could this be linked to karate. Easy!

Coordination, concentration and dexterity. It is not so easy as you might think, then add a transition across a line of medicine balls when balance and confidence comes into play. But with practice success came.

Karate-ka who think that reality combat is staying on your feet are sadly mistaken and when taken down they are lost. Disguised within our kata are numerous take downs and with a little creative imagination ground defence and recovery becomes a reality.

Even the smallest and lightest within the group performed well when faced with a much larger opponent. I laughed when I saw my father receive a swift kick to the nose by a small female opponent as he failed to appreciate her ability and resilience.

Once again we donned the combat gloves and progressed the attack and defence principles. Close quarter combat whilst using basic karate brought an element of reality that one simply does not experience when punching fresh air together with endurance when being hit.

Both pace and technicalities progressed but under the expert guidance of Nico who made everything look so easy with relaxation and confidence. The Budo spirit was electric with everyone fired-up, but no one lost sight of the KSKA family unity. In the face of physical and mental demand the group pulled together and inspired each other to achieve even greater heights.

To close the session bicycle inner tubes were introduced to add a degree of resistance as effect was applied to focus mitts. Working in groups of three, places kept changing with what was left in the tank quickly dissipated.

After four hours of hard but enjoyable work Yamae was finally called and immediately the group came together as one. A true reflection of the unifying spirit that Nico had created.

Saturday evening and that spirit of unification continued when talented individuals demonstrated their musical prowess. What better than great company, good food and live classical music. Oh I forgot to mention the best of German Pilsner.

Conversations over breakfast proved how much the group had gelled together when preparing for the finale of what proved to be an exceptional weekend.

Without losing sight of traditional karate practice the final three hours began with more ground work then bringing together what we had learnt over the past three days with a strong flavour of reality.

Hook and straight punches to the head and body were now being repelled or absorbed with an air of confidence and if a head shot got through that was your mistake. Learn from the mistake and try to prevent it from happening again.

Cont.....

# Kase-Ha Germany



Tough Weekend Training with Sensei Nico Ibscher 5th Dan Continued

Anyone who practices karate without the thought of getting hit is not living in the real world. Training to hit and be hit, riding the blows and recovering to fight on is the place where we were taken during this course.

How relevant was this weekends training to traditional Kase-Ha karate practice?

VERY relevant I would say as Nico continuously referred back to kata whilst expanding on the possibilities and proving that with practice and confidence the simple things not only work but are very effective, whilst the more complex will simply take time and practice in order to achieve. But isn't that what we are all striving towards.

How relevant was the weekends training to me and my karate journey.

Again VERY relevant, finding your own way in karate is a journey of discovery and believing there is only one way or one opinion is very narrow minded. For years we have trained in white Gi's and followed the core principles including respect for our seniors, but here we were in shorts and T-shirts, all equal with each striving to better themselves and assist others in the process.

Sensei Kase taught us to be open minded whilst demonstrating some of the various possibilities with his legacy then being entrusted in the hands of the Shihankai and with such as Nico and his analytical mind also his patience of trial and error then he continues to develop these principles taking them into a whole new dimension.

Learning the deeper and meaningful lessons of practical application whilst maintaining the core principles of grounding, breathing and Budo spirit was brought to life during this course.

Will I be attending next years Tough Weekend Training with Sensei Nico. Wild horses would not keep me away.

Thank you to Sensei Nico for the great training and knowledge sharing also to your very understanding wife for the excellent hospitality.

To my KSKA colleagues, I look forward to seeing and training with you next year.

Ashley J. Coburn, 4th Dan KSKA

Oss



# Letters Page



## Passover course Nahariya 2017

Every year the Israel branch of the KSK organises its yearly course in Nahariya.

This year Pascal Petrella Sensei from Germany joined the course as guest instructor.

The course took place over a very tough 3-day period. Its subject was actual self-defense.

Actual self-defense combines very well with Kase Ha. All the blocks and counter-attacks attain special significance, when one distances oneself from the technical side and looks at them from an actual and realistic viewpoint, which unfortunately, is a daily part of the atmosphere here in Israel.

It is similar to the execution of the Bunkai of the Kata.

Pascal Sensei took the Tekki Kata from the basic Bunkai aspect and adapted them to actual self-defense.

After that he taught an interesting Bunkai development from the Kata Tekki Shodan at a 45 degree angle.

The Israeli Karateka, young and old(er) gave their maximum. We understand very well the importance of the information given to us; wanting to be fast and strong, with the hope of not having ever, to use these lethal techniques in reality, but always in a Budo manner, only in the Dojo The atmosphere at the course was fantastic.

In May, we are preparing a return visit to Pascal Sensei's Dojo and from there to the 13th Kase Memorial Gasshuku in Hasselt

Arie Farcas Sensei, 7th Dan KSKA

Oss

Unfortunately I injured myself training last week, so could only participate in one of the training session at Arie Farcas Sensei's KSK/SRN yearly Gasshuku in Nahariya.

This year exceptionally it is being given, not by Dirk Heene Shihan, but by Pasquale Petrella Sensei from Mulheim, Germany, of the KSKA Shihankai.

The class that I participated in was the first of the various sessions given at the course and this one, under the very able guidance of Pasquale Sensei, including a preparation of the basics for the grading examinations that are to take place over the weekend.

It is always interesting to see how basics should be and are corrected by the various Sensei of all the different Ryu. This session was no exception and eventually my partner Ben and myself, were really working up a sweat just doing, correctly, what would seem to be, but isn't, a given series of beginner's techniques, in which we were fine-tuning what is so ingrained in our minds that we practically, sometimes do them sloppily.

We are both black belts, but, like all our peers, must still train the basics regularly.

The second training of the day was for the juniors and lower Kyu grades. It is always interesting to see how Arie Sensei teaches around 100 little Karateka, who try to follow his instructions to the letter.

Thanks to this, the KSK/SRN Dojo is a vital and strong organization.

The Sempai and Kohai are always circulating and instructing the various grade and age-groups, in what Arie Sensei is teaching, so that this large group stay focused on the subject of the session.

At a certain moment, Arie Sensei asked me to work with one group, on some self-defense techniques, which in spite of my injury I could.

# Letters Page Cont....



This group of 12 young Karateka between 4th Kyu and 1st Dan worked very well and on 4 different defences against potential knife/empty-hand attacks, based on Shotokan Kata.

Then we practiced Heian Sho-and Nidan Henka (variation, in this case open where closed hand techniques are used).

The third session of this already well-filled day, was for the advanced group only and presented by Pasquale Sensei at the Honbu Dojo.

Pasquale Sensei gave a very spirited session of Kase- Ha open hand Kumite techniques, which I didn't participate in, due to my injury, but took a lot of photographs and film footage of which will soon follow.

This kind of training is typical to the KSK Academy kind of Shotokan and very powerful. It is almost never used in sport-Karate, but is excellent for self-defense.

I wish I could have stayed, but due to various circumstances, not least the (slight) injury to my right Sciatic nerve, which reduced my ability to move, I regretfully returned home, very impressed by what I had seen.

Thanks again to Arie and Pasquale Sensei and all the team in Nahariya for their untiring efforts in advancing the level of Israeli Karate and may I wish a speedy and complete recovery to Dirk Heene Shihan.

Philip Lehrer 4th Dan

Oss



## How to Remember the Principles of Timing



Go no sen



Sen no sen



Sensen no sen

## KSKA Membership Renewals 2017 .....

Membership renewals for 2017 have gone well together with a continuation of new members that have joined the Academy once again demonstrating a strong following with increasing numbers.

Members are encouraged to maintain the consistency of payments that can be made via the KSKA Treasurer Livia Castro with details included below also at the forthcoming Aki Gasshuku in Dresden this coming October.

Anyone wishing to make an advanced payment for 2018 will be able to do so.

The annual membership fee remains at **€60**

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**

Best regards

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](mailto: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)**