



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

April 2018

Welcome ... to the latest edition of the KSKA Newsletter, and thank you to those who have contributed to this publication. We hope you enjoy the content and please keep your messages coming in.

Message from Shihan Dirk Heene 8th Dan

Dear members and pilgrims on the path of karate-do,

Stepping already into 2018 for a while, I look at the positive aspects of the evolution of our Academy .

In February, the "Talvileiri", was led by the Finish instructors and was very succesfull. A week later the Kangeiko took place in Mullheim with the full participation of the Shihankai. This Group stayed some extra days and spent concentration and study upon the examination syllabus including the technical aspects of: Go Kata, Tekki Oyo, Ju ippon Kumite, Ten no kata...and in order to set our sails heading in the same direction. An active and positive "thinktank" started in the mind to develop and explore better and more of Kase Ha.

We see what happens around us but often not what happens in the evolution of our members in the periphery; Kuwait, Bahrain, Israel, Australia... In these groups often the KSKA lives stronger then anywhere else. Good ideas,challenge and a lot of experiments are developing and filling up the quality of the training in Kase Ha karate. Through my visit again and after recovering from surgery, I try to advise and keep the connection, but also learn a lot about the local working situation and structure.

After my visit to Paris on the 15th of January, to say hello to the Kase family and arrange the diploma protocol, everything seemed to be fine. Then on the 13th of March Sachiko suddenly passed away unexpectedly from a heart attack... A very hard shock to Mrs Kase who stays alone at 90 years old in Paris and in the house where she lived with Sensei Kase and some years with Sashiko ...She is strong and has always expressed couragebeing typical of a samurai family...

We all have to carry on and charge our life battery with the energy we can find in the practice of karate and the support of our companions. We can find this energy in the attendance of the Gasshukus and grow; like we grew after Dresden and will grow again in Newcastle closely followed by Glasgow where we are likely to continue to grow and develop more and more. Stay strong and continue to train hard

Dirk Heene
KSKA President & Shihankai member



Shihan Dirk Heene 8th Dan KSKA

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KSKA NATSU Gasshuku, Newcastle, Northern Ireland

Friday 11th - Sunday 13th May 2018

For those planning to attend the Natsu Gasshuku in May but have not already secured your hotel accommodation, please contact the course organiser urgently for assistance.

Event Hosts : Kase Ha Shotokan Ryu Karate-Do Academy

Organisation : Kase Ha, Northern Ireland

Point of contact: Sensei Raymond Shannon

Tel.: +44 (0) 7745 794 595 **Email:** Raymond.shannon@yahoo.com

Transport from and returning to the airport(s) can be arranged by contacting the course organiser for which there will be a small charge of 25 Euro. Please provide details of your flight arrangements.

Places at the Saturday evening dinner can also be arranged through the course organiser. This can be paid for at the course registration desk.

Members are asked to bring their KSKA Licence for presentation at the registration desk to maintain their record of attendance.

Further details for this course can be found on the KSKA website

Please note those wishing to present a senior Dan Grade of San Dan or above at the Aki Gasshuku in October 2018 in Glasgow, must submit their application to the KSKA Secretary on or before the Natsu Gasshuku in May.

Thank you to the contributors of this Newsletter:-

Shihan Dirk Heene

Sensei's Raymond Shannon

Oliver Sprinz

Philip Lehrer

Livia Castro

**Kamikaze Martial Arts
Equipment Supplies**

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

Send details to:

secretary@sk-academy.org



KSKA Aki Gasshuku - Glasgow, Scotland

12th - 14th October 2018

Details of the Aki Gasshuku are available from the KSKA website, including travel and accommodation information.

This course is to be instructed by members of the Shihankai.

Sachiko Kase 1964 - 2018

It is with sadness that we announce the unexpected passing of Sachiko Kase at the relatively young age of 54. Living in Paris with her mother, Sachiko had shown no previous sign of illness, but in early March 2018 she suffered a problem with her heart from which she did not recover.

The KSKA Executive and Shihakai continue to offer their support to Mrs Kase during this difficult time. The funeral was a private affair including friends of the family together with members of the KSKA. Sayounara Sachiko, our thoughts are with you.



10th KSKA-Kangeiko

Müllheim / Germany

February 23rd to 25th 2018



From February 23rd to 25th Sensei Pascal Petrella organised for the 10th time the KSKA-Kangeiko with the support of the complete Shihankai of the KSKA (President sensei Dirk Heene (Belgium), Vice President sensei Jim Martin (Scotland), sensei Mike Fedyk (England), sensei Pascal Petrella (Germany), sensei Nico Ibscher (Germany) and sensei Juan-Pablo Delgado (Spain). Together with 26 participants from 11 different country's (Lithuania, Scotland, England, Ireland, Germany, Belgium, France, Italy, Suisse, Spain and Portugal) all taking part in the 10th KSKA Kangeiko. To get a homogenous group of member and potential members from different countries, the KSKA-Kangeiko is by invitation only.

Trainers

The training sessions were held by sensei Pascal Petrella (Two courses), sensei Juan-Pablo Delgado and sensei Nico Ibscher. As guest-trainer this time sensei Roland Reiszek (Suisse) was invited.

Friday: the evening training (1st training)

The first session was held by sensei Pascal Petrella. His main focus was to show the instructors how to execute techniques, what general mistakes are made by students and how to correct the basic movements. Sensei Pascal started his training with the Tachi-Kata and how to help students to get the right feeling for a good position. He also indicated to us the main mistakes that could be made during the movement and which different methods the instructor should use assist the students to achieve the right feeling for the correct execution of the techniques.

After this sensei Pascal had his eye focused on the correct hip movement from Hanmi to Shomen and back to Hanmi. What happens if the stance is too long, what impact has the too long position on hip rotation and health? The length of the position has to be adapted to the individual flexibility of the student in order to be able to use the hips and also to stay healthy.

He also sharpened our eyes on mistakes that should be avoided when moving from point A to point B, e.g. attacking with Oi Zuki or defending with Age Uke.

The tenor of his training: We are all black belts and we have to execute the techniques correctly not only for us, but also for our students. Because they copy all also our technical "impurities".



Sensei Pascal Petrella corrects the posture of Christopher Parlati (France) and Andrew Shannon (Northern Ireland) before demonstrating the correct hip position during a forward movement.

10th KSKA-Kangeiko

The lesson was physically not so hard but intellectually demanding.

After the lesson we all joined at the Hotel Restaurant "Altes Spital", where we got a late dinner and our rooms in the hotel.

Saturday: three training sessions

2nd Training

The first lesson Saturday morning was led by Sensei Juan-Pablo Delgado. His topic was kicking. From different positions Sensei Juan-Pablo thought us kicking with different keri-waza from different positions. Therefore we trained Mae-Geri, Mawashi-Geri, Ura-Mawashi Geri, Yoko-Geri and Ushiro- Geri.

All of the exercises were performed with a single partner. Sensei Juan-Pablo then raised than the level and we had to fight against two opponents, and the task was always a counterattack with a kick. Therefore it didn't matter if we choose Deai, Go no Sen, Sen no Sen or whatever. Doing it in a moderate way was not easy, but to execute the exercises strong and fast pushed us to our limits. But it prepared us well for the following sessions.



Sensei Francis Millan (Spain) executing a Yoko Geri against Sensei Martin Tietz (Germany)



Sensei Martin Tietz (Germany) stops Sensei Francis Millan (Spain) with Deai Yoko Geri



Sensei Morgane Touch (France) executes a Mawashi Geri Chudan using Tai Sabaki against an Oi Zuki Chudan from Sensei Rafael Santos (Portugal) while Sensei Juan-Pablo Delgado is watching.

Cont....

10th KSKA-Kangeiko

3rd Training Session

The second lesson before lunch was presented by Sensei Roland Reiszek. His topic was the way from the traditional fixed Kata form to the free Kata called Oyo. Therefore he used the Kata Heian Nidan, a kata which we all knew well. In Kase Ha Karate-Do there is a clear build up from the Omote to Ura, to Go and to Go Ura which leads in the highest level to Oyo. Which means that the sequence of the kata stays the same, but the direction and the forms Omote, Ura, Go, Ura-go is adapted to the Bunkai. This Oyo form is quite advanced and one must know the Kata very well. Afterwards we developed Bunkai applications with one partner and finally we did the Oyo Bunkai applications against two opponents.



Sensei Francis Millan (Spain) executing a side kick from Heian Nidan

After nearly four hours of training we went back to the hotel for lunch and a short rest until the last training on this day.

4th Training Session

The third course held in the late afternoon was completely under the banner of Kumite. Sensei Pascal Petrella explained different defence techniques against Oi-Zuki and Kizami-Zuki with Tai-Sabaki movements. As usual in the training from Sensei Pascal he encouraged us to attack stronger, harder and faster also to block and counter attack in the same way.

At the end of the training Sensei Pascal again demanded completely our mental and physical strength by a little kind of competition. Everyone was asked to show his skills in a Jiyu Ippon Kumite Shiai situation. After this long training day we had to call again upon our skills and focus our concentration and power to master this last task for the day.

After the session we went back to the hotel where we had a fine dinner and a lot of good talks with friends we hadn't seen for a long time.



Sensei Juan-Pablo Delgado (Spain) stops Sensei Peter Cerar (Germany) with Deai Yoko Geri.

10th KSKA-Kangeiko

Sunday Morning: the 5th and the Final Training Session

Pain is so close to pleasure. The song by Queen got a new meaning. Pleasure because everyone was looking forward to Nico's training and pain because everybody felt his body after the last two days of training.

Nico's concept was Bunkai from Gojushiho Sho against all kinds of attacks and not only against the typical Shotokan attacks like Kizami Zuki, Gyaku Zuki. He ask for non-typical attacks like hooks, uppercut punches, roundhouse punches and so on. The use of the kata for self-defence and not for show.

Nico started his warming-up with ground fighting skills. After a short time everyone's body was warm and well prepared for the coming session. He then let us attack with all kind of hand techniques. However we like to attack everything was allowed and possible. After that we used the techniques from the Kata Gojushiho-Sho against these attacks. Together with a partner we applied the defence against the different attacks; counterattacks were included of course.

As a topic of Nico's training we were fighting against two opponents. The task was to bring the first opponent between the defender and the second attacker. As you can imagine this was not easy.



Sensei Nico Ibscher shows a takedown technique.



Sensei Gerhard Scheuriker (Germany) attacks Manolo Sancho (Portugal).



Sensei Oliver Sprinz (Germany) attacks Sensei Jordi Millet (Spain) with a Mawashi Zuki.

Cont....

10th KSKA-Kangeiko



Sensei Mike Fedyk (England) receives the counterattack from Sensei Mario Sammarco (Germany).



Sensei Nico Ibscher pushes away Sensei Paul Carre (France).



Sensei Nico Ibscher, Sensei Martin Tietz (Germany) and Sensei Gerhard Scheuriker (Germany) demonstrate the Bunkai application of the Goshuishiho Sho: two opponent's against the one defender.

As a summary I can say that the 10th Kangeiko is the best seminar of the KSKA in the year with high level instructors and well selected skilled participants. The course demanded a lot of power, concentration, mental and physical strength from us all. Despite the very intensive training sessions, no one was seriously injured, which also speaks volumes for the excellent level of the participants.

Also it is worthy of mention that all the members of the Shihankai, took part in the trainings, standing in the line and sweating with us. This is really a good example for us. Sensei Kase always said "Keep on practicing, no matter what age you are".

After the Kangeiko the Shihankai had a three day meeting to work on a new Dan-Grading Syllabus. The details of which will shortly be announced.

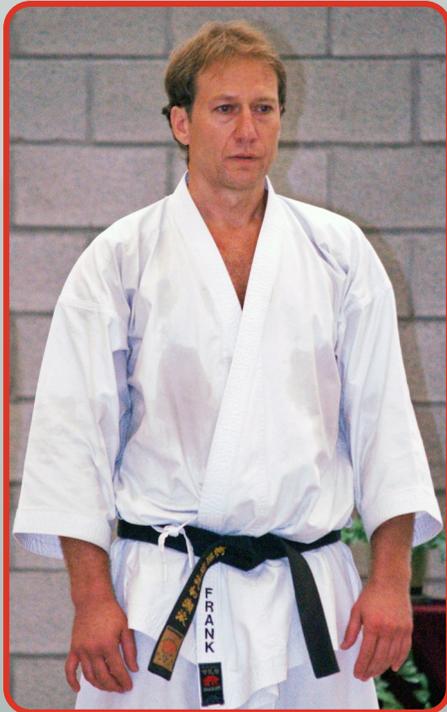
Last not least I need to say; Thank you to Sensei Pascal Petrella for organising the 10th Kangeiko and also his team who were responsible for the airport transfers.

Oliver Sprinz 4th Dan

KSKA Member (Germany)

Oss

Meet the team at Kamikaze



Sensei Frank Schubert

The team at Kamikaze is 100% committed to client satisfaction. Each in a different department but all of us providing help and support by answering questions before, during and after purchase and in all the main languages.

The KSKA Members' discount is available on Martial Arts Supplies when you purchase from Kamikaze

www.kamikaze.com



Back row: Keiko, Pilar, María, Pascale.
Front row: Nacho, Carmen and Raúl.

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神風

Spring Course

Nahariya, Israel 22nd to 24th March 2018



As is custom, Dirk Heene Sensei was back with us in Nahariya for the yearly Spring Course at the KSK/SRN Honbu Dojo of Arie Farcas Sensei and his dedicated team of Loris Afara Sensei, Arie Gliksman Sensei and Leonardo Schwartz Sensei. They have all been training in Kase Ha for many years now and they and the Junior Dan grades, instruct the youngsters training in the various Dojo in the Northern part of Israel, in the techniques, typical to our Shotokan Ryu, developed by the founder of the K.S.K. Academy, Taiji Kase Sensei.

Dirk Sensei, president of the KSKA and Shihankai member, has been coming here annually for quite a few years now, so upon his arrival on Wednesday the 21st and after a long flight, unfortunately at too late an hour to give a regular training in the Dojo, he was quite happy to have a little R. and R. before beginning the course the following day, Thursday, in the sports hall at Kibbutz Cabri, a little way out of town.

Thanks to their knowledge of the basics there were a lot of Kyu grades, even down to one 6th Kyu present at the 3-day course, whilst being divided into two 2-hour sessions per day, which at the level of the training routines was just enough, so that the course, which I can only term as BRILLIANT, would remain in the minds and bodies of everyone present.

As is his wont, Dirk Sensei worked on different aspects of one general theme; in this case, combination blocking and countering in Fudo Dachi.

At the beginning he showed us 4 different combinations, two from Jodan Soto Kamae and two from Shudan Uchi Kamae.

The first 2 consisted of 6 techniques; 3 blocking techniques followed by 3 striking techniques, with both closed fists (the blocks) and open hands (the counter-attacks)

The second 2 consisted of 7 techniques; 4 blocks and 3 counters, these being both open and closed.

We developed the theory with partner-work on the above routines and one could almost feel the sparks flying.

Very complicated you might think and rightly so. However, we all worked so diligently on them that I'm sure that a week later now the vast majority of us can do them well.

As time went by Dirk Sensei also focussed on footwork connected to the practice of Gyaku Uraken, so typical to our Ryu on which we also did partner work. Some of the younger Dan grades who got leave to participate, were very good at this

and here I must mention Tomer, Ron and Elad.

As an addition to this, the mixed use of blocks, Hente counters and Gyaku Uraken finishing was trained.

A natural partner to this was the use of Geri Waza for defensive use whereby 6 different kicks were used.

You might have guessed by now that the 4 previously-mentioned different combinations were related to a Kata and of course you would be right in guessing that Kata to be Sochin, one of whose Bunkai I found particularly interesting, namely Harai Uke, which if well executed will find the Tori with his back full-on to the Uke with potentially devastating consequences.

We practiced the whole Kata in its various details and Dirk Sensei gave us a lot of background information about the training in the various techniques we were using.

During the 12-hour total time of the course Dirk Sensei also taught us a Kihon, which I understood to be practiced as a standard routine in Kase Ha Dojo internationally.

It consists of 52 different Te and Geri Waza practiced, 22 forwards and 30 backwards finishing with a 20-second breathing hiatus, which went very well considering that 20 seconds is quite a long time.

As is always the case wherever a Kase Ha course takes place and especially in Israel, where we are blessed with beautiful weather, in the pauses between the trainings the guests (in this case only Dirk) are taken on sight-seeing trips. While at the same time being wined and dined in the food and wine typical to the area.

Dirk Sensei was taken to Pekiin a Druse town, Hamat Gader hot springs for a relaxing dip and also visited a well-known local Sensei a good friend of Arie Farcas Sensei, in the Druse town of Shfaram. Thanks again to David Hasson Sensei for your warm hospitality.

As ALWAYS, this was a fantastic chance for us all to continue our learning in Kase Ha Shotokan Ryu Karate Do. Thank you very much Dirk Sensei. We can't wait to see you back here again.

Philip Lehrer 4th. Dan KSKA Israel

Cont.....

Spring Course, Nahariya, Israel

22nd to 24th March 2018



Stay in Touch

In order to continue to receive communication from the KSKA, if you change your email address please inform the Secretary otherwise you could be loosing out on vital information.

secretary@ksk-academy.org

Reminder : KSKA Membership Renewals.....

May we take this opportunity to remind you that 2018 Membership fees were due on 1st January. Thank you to those who have already paid, but to those who are yet to make a payment, please ensure this is made one of your priorities and in doing so, continue to support the Academy.

The annual membership fee remains at **60€** and should be transferred directly to the KSKA bank account as shown below.

Payment can also be made during the bi-annual Gasshuku at the reception desk.

Non payment could lapse your membership and will be shown as dormant, therefore you will not be eligible to enjoy the benefits of membership or vote on Academy issues during the General Assembly.

The following account should be used for all payments made in Euro's 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

A special message to those from non EU countries or for those paying in currencies other than the Euro.

Please note that bank charges may apply and as such account should be taken in calculating the final amount.

All bank charges must be born by the member so as to ensure the total sum received by the KSKA is 60 Euro.

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, 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