



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

July 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 of KSKA,

After the meeting of the Shihankai in Mulheim for the Kan Geiko and in Newcastle during the Gasshuku, we started a period of restructuration and testing of the DAN grading program. The plan is to start our new dan grading program progressively from the October Gasshuku in Glasgow and make it official in 2019.

The actual program was established in 2002 by the Shihankai and confirmed by Sensei Kase; so we will and can not change this content but adapt it better to the different levels (DAN) of the candidates. It will be clearer, more adequate and efficient.

There will be no more free choice of kihon combinations for 3rd and 4th dan. Now there is a clear program instead.

Through this way I am very grateful to the Shihankai members for their continuous, positive support to this examination program.

Concerning the Dan grade certificates a great administration part was handled by Sashiko Kase. Now we still have to find a good functional translation between Mrs Kase (who writes the calligraphy from on the diploma's) and the administration committee. For the moment Mrs Kase is staying in Japan to support her daughter Yumiko, recovering from spine surgery. As soon she is back in Paris I will visit her to arrange this matter.

But it is not only gradings and examinations also and even more important is the daily training connected to our life and our way of living, our jobs, family and health. This can seriously affect our karate practice. To make a good balance and try to live in good harmony with everything is the best support for our daily training.

Here in Sonkajärvi, Finland in my small cottage near the lake, every year I experience the importance of the harmony with nature and the deep power of the elements: earth, water, fire and air.

Let us work together on these essential values which also Sensei Kase always tried to bring into his courses.

Stay strong and train hard.

Dirk Heene, President, Shihankai member



Shihan Dirk Heene 8th Dan KSKA

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Thank you to the contributors of this Newsletter:-

Shihan Dirk Heene

Sensei's Jim Martin

Philip Lehrer

Michela Tucci

Kamikaze Martial Arts
Equipment Supplies

Mrs Kase & Yumiko Kase
We have recently been advised that Mrs Kase also Yumiko Kase are not in the best of health although receiving the necessary treatment.
Our thoughts and best wishes are with them both at this time and wish them a speedy recovery.

KSKA AKI Gasshuku, Glasgow, Scotland

Friday 12th - Sunday 14th October 2018

For those planning to attend the Aki Gasshuku in October but have not already secured your hotel accommodation, please do so without delay as the rooms reserved at the **Holiday Inn Express** will soon be released for general sale. A price discount is currently available so don't miss out.

When making your booking please use the following reference:

KSK Academy block ID385462

Those wishing to attend the course dinner on Saturday evening must notify the organiser in advance as unfortunately last minute bookings cannot be catered for and **will not be accepted** 'on-the-day' places are filling-up fast so please act quickly.

Event Hosts : Kase Ha Shotokan Ryu Karate-Do Academy

Organisation : Kase Ha, Scottish Shotokan Academy

Point of contact: Sensei Jim Martin

Tel.: +44 (0) 7772 325 029 **Email:** marti21@talktalk.net

Transport from and returning to the airport(s) is mainly via public transport that is inexpensive and easy to arrange.

Other than for members of the Shihankai, only in exceptional circumstances will private transport be arranged for which there will be a charge of 25 Euro. Please provide details of your flight arrangements.

Members are asked to bring their KSKA Licence for presentation at the registration desk to maintain your 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 Natsu Gasshuku in May 2019 in Espinho, Portugal, are requested to submit their application to the KSKA Secretary on or before the Aki Gasshuku in October.

KSKA Natsu Gasshuku - Espinho, Portugal

10th - 12h May 2019

The latest details for the Natsu Gasshuku are now available from the KSKA website, including travel and accommodation information.

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



Natsu Gasshuku, Newcastle, Northern Ireland course report

11th to 13th May 2018

Staged in the beautiful coastal town of Newcastle, Co Down, Northern Ireland where even the weather was perfect (well almost). Karateka from as far as Israel had travelled to make this a memorable Gasshuku.

Instruction was lead by Shihan Dirk Heene and ably assisted by members of the Shihankai where the theme of the weekend's training was the kata Sochin, the underlying principles and the various forms including oyo and application.

Shihan Dirk lead Friday evenings session with an inspiring collection of four kihon combinations taken from the kata's opening section that were of such complexity they taxed even the most experienced minds.

When applied the combinations came to life demonstrating their effectiveness especially when the principles of Kase-Ha were incorporated; rooting, hara and breathing that enhanced the principle movement.

Grouping into four with directional attacking proved both mentally and physically demanding especially when under pressure whilst taxing the old grey matter to the limit.

Saturday morning and Sensei Juan Pablo Delgado took up the mantle, expanding on the kata form whilst concentrating on the finer detail of movement, connection, timing and sequencing.

Breathing and relaxation further enhanced the individual performance, whilst Sensei Juan Pablo applied tremendous speed and power during the final application of the kata form.

Sensei Pascal Petrella continued during the afternoons training with a reminder of four directional kata; omote, ura, go and ura before launching into oyo and promoting an open mind that is able to adapt whilst drawing from the years of karate experience to deliver and rise to the occasion.

The sectional applications started slowly and deliberately before expanding to feature the whole kata then ramping up with speed and power to a crescendo of vibrant spirit.

The application of kata oyo allowed for individual interpretations based on one's strengths and abilities and with the adrenalin running on full throttle being spurred on by the high quality karate this proved to be a truly memorable class.

A final cool-down provided the opportunity to reflect the fundamentals and concluding with rapturous applause to Sensei Pascal for presenting such excellent training.

Sunday morning saw Sensei Nico consolidate the weekends training reemphasising and underpinning the key principles and in a way that only he can. The session began with a

comprehensive warm-up including the physical and mental preparation for the body and mind also displaying an impressive demonstration aided by his close students that combined strength and flexibility.

Moving on to exercises that sectionalised the spine into three areas before flexing each vertebral section in-turn whilst retaining connection with the tanden (Hara).

The exercise naturally lead onto the sequence of setting the spine, tanden and mind prior to engaging in technique that reminded me of the late Sensei Kenosuki Enoda who would stress the instruction to 'keep your back straight'.

Sensei Nico demonstrated how this is best achieved in order to gain maximum explosive power whilst maintaining a healthy and strong body also the potential damaging consequences if omitted.

When performed at normal speed kata form can present a series of challenges, but when performed at extreme slow speed this substantially increases the level of difficulty, whilst testing the degree of physical and mental control.

Successful application tends to fail where reliance is placed on elementary muscle control and as such, the engagement of the tanden and spine together with the right level of tension and relaxation allows for fluid and controlled movement.

Reaffirming the core principles and reiterating the necessity of good form, further practice of the kata Sochin brought the course to a natural close where the first move of the Gasshuku connected to the last in one of the best coordinated weekend of karate training that I have attended.

Also making this Gasshuku special was the hard work that Sensei Raymond Shannon and his supportive family and friends had put into the organisation for without the background detail and considerable effort the event would not have run as smoothly as it did.

Some took the opportunity to experience the beautiful mountains and forests that present a charming backdrop to the quaint coastal town with an off-road bike ride through woodland that is famed from the TV drama series Game of Thrones.

Ireland is renown for its warmth and hospitality where both were in abundance and sufficient for me to christen this 'The Friendly Gasshuku' that all those in attendance enjoyed tremendously.

On behalf of the KSKA I would like to take this opportunity to thank those who supported this event, but non more so than Sensei Raymond Shannon and his family for their warmth and hospitality. Mike C



XIX INTERNATIONAL KARATE-DŌ SUMMER COURSE
KASE HA SHŌTŌKAN RYŪ / CÁDIZ-SPAIN 5-8 JULY 2018

5-8 July 2018: once more in Cadíz! Yes, it has become a fixed "rendez-vous" for us, the karatekas from the Sho Shin Club Luxembourg; there were 9 of us this year and this number will probably increase in the coming years. As always, it was a perfect combination of top-level karate teaching, a warm, friendly atmosphere and a fantastic location in this charming historical town by the sea, all of which makes this course one of the most attractive of the Kase Ha school.



Under the guidance of our great Sensei's Dirk Heene, François Van Binst, Juan Pablo Delgado and Jim Martin, we followed a varied and well organised program of 10 sessions to study in depth some of characteristic of the approach as developed by Sensei Kase, which gave us the chance to:

Focus on the importance of training properly o-waza techniques from a good static position developing speed and kime.

Study the basic positions of zenkutsu dachi, kokutsu dachi, hangetsu dachi and fudo dachi (stances and footwork) in the context of kihon, kata and kumite.

Train many aspects of breathing with double blocking techniques.

Train kihon combinations for shodan level with applications with partners.

Train Kata Bassai Dai plus Bassai dai Ura (with focus on the correct technique and the importance of contraction/relaxation for maximum speed and kime and kata kumite of the whole kata in groups of three people).

Train Kata Hangetsu plus Hangetsu Go (with applications of the whole kata with a partner).

Work on body support for blocking techniques and for tai sabaki with the study of the many aspects involved, and continue with different applications with partners increasing progressively the level of difficulty.

Exercise basic kihon with tai sabaki and applications with partners countering from different angles.

And... We had an unforgettable midnight session! Yes, a night session in a very special Dojo: with a floor made of sand, the ocean breeze caressing you, while performing kumite under the stars, in front of the Atlantic. This took place on Saturday evening after the dinner when most of us went to a part of the beach where it was quiet and we could be on our own. So, under the lights of stars and moon and with sand underfoot, we had a completely different experience of what it is like to practice karate.

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XIX INTERNATIONAL KARATE-DŌ SUMMER COURSE
KASE HA SHŌTŌKAN RYŪ / CÁDIZ-SPAIN 5-8 JULY 2018

And after only a few hours' sleep it was back to the Dojo for the last day's training and, to wind up the course, a yoga/somatics session with Peter Taylor to relax the body and the nervous system after the exertions of a very intensive four days of karate.

It was particularly rewarding to train with people who follow the Shotokan Kase Ha Ryu system coming not only from different places in Spain (Cádiz, Jerez, Puerto de Santa María, Gibraltar, Extremadura, Barcelona and the Basque Country) but also from many other countries, such as Belgium, Luxembourg, the Netherlands, Poland, Scotland and Germany.

And now, from the tourist point of view: we could also particularly appreciate the variety of activities offered not only to the karatekas, but to all the people accompanying us, who could take part in the yoga courses held by Peter Taylor, and to the very nice kayak trip organised on Friday in the natural area of Sancti Petri. This is really worth a mention, because it is one of those things you don't expect at a karate course and gives people a chance to share an unforgettable experience. Particularly when it is followed by an excellent seafood lunch!

What more is there to add? The surroundings of Cadíz, of course, plenty of options to enjoy the weather, the beaches, the seafood, the history (just an example: the impressive dunes of Bolonia and a very interesting archeological Roman site).

One of the things that make this karate course unique is that you can combine it with your holiday. You can bring your loved ones who will not be bored because there is a variety of activities for them.

So....2 years ago me and other friends from Luxembourg spent only the four-day course in Cadíz. Last year we added a day. This year we stayed an entire week... And we're planning to add another day next year!

Cádiz: it's never enough!

And the dates for next year are 4-7 July 2019 - put it in your diaries!

Michela Tucci.

Member of Sho Shin Karate-do Club Luxembourg.



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**XIX INTERNATIONAL KARATE-DŌ SUMMER COURSE
KASE HA SHŌTŌKAN RYŪ / CÁDIZ-SPAIN 5-8 JULY 2018**



14TH. KASE MEMORIAL, HASSELT, BELGIUM 25-27MAY 2018

As usual this was a very well-attended course with at a certain moment, more than 100 Karateka from 9th Kyu up to high Dan-grades training fast and hard.

Many different countries were represented. It was a great pleasure to meet old and new friends from France, Germany, Holland, Israel, Portugal, Scotland and Spain. I hope I haven't forgotten any other geographical locations; if I have, my sincerest apologies.

The Karateka were located in different venues, including the Honbu Dojo, where I used to train when I lived in Belgium, as well as different hotels and hostels. Everybody seemed happy and although weight was lost during the very physical training sessions, there was no lack of good eating spots in Hasselt, known as a very welcoming and yes, fun-and good-food loving, town.

Actually, this was the time of "Hasselt Live" where in the evening of the second day of the course, after 2 tough sessions, the participants could stroll through the town and enjoy some excellent live music, played by top Belgian and foreign groups. All in all, this and the feeling of comradeship amongst the different groups of Karateka made this, as always, one of the most popular scheduled courses in the very busy K.S.K. yearly curriculum.

And now to the course and the different sessions given by Dirk Heene Shihan and Jim Martin, Pascal Lecourt and Pasquale Petrella Sensei(s).

The first training of the 4 given to the high grades, with which group I participated and shall proceed to describe the sessions of, was given by Pasquale Petrella Sensei. He had us warm up in the unique fashion he is known for, with having us spar, lightly, whilst regularly changing partners.

After about 15 minutes we had all loosened up sufficiently to start on the real program he had prepared. This consisted of a ferocious Kihon Kumite routine, first training our peripheral vision, by having a centrally placed "Uke" surrounded and attacked from 3 directions.

To start with the attacks from the 3 sides, were orderly and not too fast and hard. Gradually they increased in speed and power, till Pasquale instructed the 3 "Tori" not to attack in order, but randomly with one ultimate block and counter-attacks by the "Uke".

This was a very good preparation for what was to follow, after our reactions had become so sharp, that we were, all of the alternating "Uke", anticipating well, where the next attack was coming from, so that we were hardly making wrong moves anymore. That is when Pasquale Sensei had us work on "Shi Ho Tzuki" which consists of being attacked from not THREE, but FOUR directions, from which the only escape is to block and counter so hard that basically the centrally situated "Uke" overwhelms the attacks of all the "Tori".

We all finished this session in a euphoric mood with some bruises but miraculously no serious injuries. I believe this is thanks to the excellent basics that we have trained, through many years, which is a most important, always to be trained on, even by the highest grades, element of good Karate-Do. Here I want to mention and thank my partners in this session, Francois, Gertjan, Ola and Gerry, all of them top Karateka.

The next morning after a good breakfast, we had the honour of training with Jim Martin Sensei, who worked with us on open-hand techniques followed by fluid movement in different directions, accompanied by various "Geri Waza", of which the most difficult was without doubt, "Kaiten Geri", which to those not used to it is very difficult to execute. It looks like an "Ushiro Geri", BUT in the opposite direction from the usual way of doing this technique. This means instead of executing the kick by simply swivelling on the front leg, chambering and kicking straight backwards with the back one, the opposite is done and one needs an EXCELLENT sense of balance to do it. It could be the equivalent to "Ushiro Geri" that "Ura Mawashi Geri" is to "Mawashi Geri". It is NOT the same as "Kaiten Geri" in Kyokushinkai, which is basically an also, very difficult BACKWARD "Kakato Geri" (axe-kick). Jim who is QUIETLY getting on in years (as we all are), is an incredible, though very modest, Karateka, admired, though he might not realise it, by a multitude of Karateka worldwide. I always marvel at some of his kicks, especially his left "Kizami Mawashi Geri Jodan", used many times successfully in his competition days. I have seen one of his most fervent admirers in Israel, teach in the same way Jim does and very well too. He is one of the best Karateka around and I'm using this forum to let him know how appreciated he is.

14TH. KASE MEMORIAL, HASSELT, BELGIUM 25-27MAY 2018

Pascal Lecourt Sensei, well known to us all, then gave the afternoon session, which was focused on "Hente" techniques. These are "same-hand" blocks and counter-attacks, for instance, "Age Uke", immediately followed by "Tate Tsuki" with the same arm, which he took very good care to point out, is not executed at the same distance as the block, but via the use of "Yori"-or "Suri Ashi" which have very strong penetrative power, via the body sliding forward, to increase the impact. Well-executed "Hente" techniques are first of all faster and secondly much more unexpected than "Seite" ones. Pascal started us on one block and one counter-attack. As we progressed he had us do two and two of the above as well as the body changing direction, as in "Taesabaki", to avoid full frontal and potentially extremely damaging "counter" counter-attacks from one's "Tori". As we advanced in the, unfortunately, short time of each session, we could feel ourselves developing the necessary techniques, in the spirit of Kase Sensei himself, so aptly given to us by the teachers who were his direct pupils. I have seen these techniques taught many times and I always marvel again at how potent, as given by Jim, Pascal, Pasquale and of course Dirk, all these techniques can be, if used at 100%, or in anger. THAT is also one of the reasons to admire our school, as during these very focused training-sessions a few bruises but never much more, are entailed, practicing these admittedly very dangerous drills.

After these 2 sessions, exams were taken, in a closed forum. Almost all of the candidates did very well and for those less fortunate, their day will come too; just putting a little more time and practice into training, will soon see you attain the desired result.

As described earlier a fun evening was had in Hasselt, although there seemed to be less bands than usual. They were all very good. This year I decided not to try to get a gig, as my voice was very hoarse from a lot of "Kiai" and I'm starting to realise that it might be A BIT late in the day to make a career of singing. Jim also seemed a little weary, so I told myself not to make his life more difficult by my usual, wailing rendering of "the house of the Rising Sun".

The next morning the last session given to the high grades was by Dirk Shihan. He is a fantastic teacher. I trained with him when I lived in Belgium, for 25 years and it's thanks to his technical and practical training that I'm still doing Karate.

His was the only one of the 4 sessions where the subject was "Kata", but also "Bunkai" and "Oyo Bunkai". He chose a very popular Kata which is extremely powerful and not very long. It was also given at the Spring course in Nahariya. "Sochin" has 2 techniques which are specific to it. The first is "Harai Uke", a circular movement used to deflect a punch turning the "Tori" completely around with potentially devastating effect on his back and neck. This is followed by a "Gyaku Tate Uke", which is very much the kind of thing that Kase Sensei liked. The second is 2 "Ushiro Yoko Geri", the first to the left REAR together with "Uraken Empi". In the "Ura" version, which Dirk advised us to practice as well as the "Go" and "Ura Go" versions, the first kick would be from the right leg. There are also 6 "Shuto Uke" and even an "Ura Nukite", all very lethal techniques.

In the "Oyo Bunkai" part of the session, there was even a "Mae" and "Mawashi Geri" introduced. Dirk had Martin Tietz from Jirka Achilles Sensei's Dojo demonstrate the "Oyo Bunkai" and his "Kime" and speed were impressive. At the end of the session we were all doing "Sochin" with even more assurance than we usually do. Dirk is without doubt a Master, always adding on to the traditional Shotokan that is the foundations of what we know, but with the essence and much more, of "Kase Ha", continuing to be added.

We are always surprised by new elements introduced by the team of the Shihankai and guest instructors from the K.S.K.A. worldwide. After the end of the Memorial, we all dispersed back to our homes but we can be sure that the "band of brothers" (and sisters of course) that we are, will soon meet at other courses to continue the "Do" of our teacher Kase Sensei and his oh so talented pupils, under the guidance of Dirk Heene Shihan.

One last word of thanks to Yvette Martens and all the team at the "Honbu Dojo" for the perfect organization and reception at the "Memorial".

Philip Lehrer 4th Dan K.S.K.A. Israel

General Data Protection Regulations (GDPR)

For European Member states the GDPR came into force from 25th May 2018 replacing the earlier Data Protection legislation, whilst introducing wide sweeping reforms that places certain duties on commerce together with private associations including the KSKA.

In accordance with the new Regulations the KSKA have produced a GDPR Privacy Policy copy of which is available on our website. As these Regulations may also apply to your domestic associations then it is advisable to prepare your own policy where applicable.

The KSKA is obliged to advise the membership of the existence of our Privacy Policy also to follow its general guidelines in the protection of members rights together with the rights of third parties.

A principle requirement of the GDPR is the protection of an individual's right of privacy where that includes photographs or film footage. To assist us in meeting our statutory obligation, we respectfully ask those who wish to take photographs or video during or after training to limit this to the central demonstration or with the express permission of those concerned as we can no longer permit the previous practices of general photography or filming.

Those not wishing for their photograph to be published have the right to withdraw when the course photograph(s) is being taken otherwise it is assumed that you have granted your permission for publication.

We appreciate this sounds a little officious, but we are duty bound to comply with the law that is after all, intended to be in the best interest of the individual. Thank you for your cooperation.

KSKA Executive Committee

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

Send details to:

secretary@ksk-academy.org



An advertisement for Karate equipment. The top section has a red background with the text "KAMIKAZE KARATEGI" in white, followed by "First class Karate equipment" and the website "www.kamikaze.com". Below this is a photograph of several karate practitioners in white gi, some with black belts, in a training session. The bottom section has a red background with the "SHUREIDO" logo, which includes the Japanese characters "守礼堂" and "MADE IN JAPAN", and the email "info@kamikaze.com". The Japanese characters "神風" are also present in the bottom right corner.

Reminder : KSKA Membership Renewals.....

May we take this opportunity to thank those who have affiliated with the KSKA for 2018 through the timely payment of your Membership fees together with a polite reminder to those who may not have already done so.

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 as received by the KSKA is 60 Euro.

Membership records are retained in accordance with the GDPR

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