



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

April 2020

Welcome ... to the April 2020 edition of the KSKA Newsletter and thank you to those who have contributed.

Message from Shihan Dirk Heene 9th Dan

Dear members of KSKA,

The outbreak of the Corona virus pandemic leads us into a very particular situation. It is affecting every one of us and nobody has an adequate defence. Courses are being cancelled and as such we have to rely on our own creativity and karate experience.

If you have your own space or small dojo it is easier; but you still need the discipline to practice on your own. Now more than ever we feel the need of the dojo atmosphere, the social contact with our karate partners and the guidance of a sensei. We also miss the physical and technical effects of regular karate practice and it has its consequences for our mobility.

There are alternative physical activities like running, walking, cycling... but it is not the same as practicing karate. Now it would be good to find a couple of square meters to practice reduced movements. Select our DVDs, videos, notes and films. Create small combinations, connected to kihon and kata and the examination syllabus.

New ways of teaching are possible through the use of different online systems. I am using Zoom.us and already joined several classes with sensei Greg Konieczka from Kuwait.

About 20 persons are virtually attending a session of 1.5 hours every evening. If you are interested, you can contact me on +32 495502765 and I will inform you how to get involved.

The Gasshuku in Mullheim is postponed to next year. The 16th Kase Memorial at the end of May in Hasselt is also cancelled. We have to await further news of Corona evolution and instructions from the various Governments.

We do hope the October Gasshuku in Espinho can take place, allowing us to start up again our international activities and examinations.

In this period we have to create safety for ourselves and our family. As karateka we have a good system to look after our health. For that purpose it is good to schedule a daily fixed program of about 1 to 1.5 hours – in or outdoor.

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Shihan Dirk Heene 9th Dan KSKA

Important Reminder

From January 2020 and until further notice, the cost of KSKA membership has increased to 70 Euro

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Thank you to the contributors of this Newsletter:-

**Shihan Dirk Heene
Organisers of the**

**Natsu & Aki Gasshuku
Contributions received from:
Sensei's Pascal Petrella
Livia Castro**

Continued from page 1...

It is also a way to pick up dojo training after this lockdown period and to maintain your technical level.

The RIF rule is advisable:

R : regularity and repetition

I : intensity

F : frequency (min 3 times a week)

Good courage to all of you. Keep the spirit and do not give up.

All the best. Dirk

President KSKA / member of Shihankai

KSKA Natsu Gasshuku



Müllheim, Germany

In light of the escalating situation with Covid-19, the KSKA Executive in conjunction with the course organisers made the decision to cancel the Natsu Gasshuku in May 2020 at the earliest opportunity with the safety and health of our colleagues firmly in mind.

If you had already booked your flights and hotel then we apologise for any inconvenience, where in light of the gravity of the unrepresented circumstance then we hope you understand.

The positive news is the arrangements for 2020 have been pushed forward into 2021 when Müllheim, Germany are to host the Natsu Gasshuku over the weekend of 7th to 9th May. Course details will be posted on the KSKA website shortly.

Please note the change in dates from the more usual 'second full weekend in the month' where the intention is to separate the Natsu Gasshuku from the Kase Memorial course that is to be held in Hasselt later in the month of May 2021.

A big thank you to Sensei Pascal Petrella and the course organisers for their understanding and assistance in rescheduling. It is very much appreciated.

Mike Cowburn

KSKA Secretary



KSKA AKI - GASSHUKU

Espinho, Portugal

Friday 9th to Sunday 11th October 2020

Under the instruction of KSKA Shihankai

So far as we can advise at this time, the KSKA Aki Gasshuku is to go ahead as planned, but please stay in touch and we will advise further as details become available. If this is to be the only Gasshuku for 2020 then let's make it the best.

Organisation: KSKA Portugal - contact Sensei Filipe Sancho

Email: filipe.sancho@gmail.com - Phone: +351 912 114 091

Dojo: Napoleão Guerra Sports Hall (Pavilhão)

Address: Rua da Mina, 59, 4500-704 Espinho

GPS: 41.004927, - 8.604332

Training:

Friday	Saturday	Sunday
19:00 – 21:00hr	10:00 – 11:30hr	10:00 – 12:00hr
	12:00 – 13:30hr	



The course dinner will be held at: **Restaurante O Golfinho**

Academy members wishing to attend should notify Sensei Filipe Sancho before 3th October 2020 and inform the main dish you wish to eat. The cost for the dinner is €25 per person.

KSKA International Instructors Certificate

Take-up on the KSKA Instructors Certificate remains at a steady pace, where some may not realise the availability criteria has been reset to San Dan level and above providing the applicant is a full member and remains active within the Academy. Certain cases may be referred to the Shihankai for approval.

The means of application is relatively simple with the respective form being available from the website that once complete should be sent to the KSKA Secretary with the initial and renewal cost remaining at 25 Euro. Certificates are valid for three years.

[Click here](#) to download an application form

KSKA Membership Renewals 2020

If you haven't already paid your membership fee this year and were possibly waiting until the Natsu Gasshuku in Mullheim, then please follow the details below and continue to support the Academy

From January 2020 the cost of the annual re-affiliation has increased to **70€** where the additional income will aid in the sustainability of the Academy and the associated events including the Gasshuku and Kangeiko both of which are believed imperative in the continued development of Kase-Ha karate.

Arrangements for payment continue with the account details included below:-

The account to be used for all payments made to the Academy in Euro's is:-

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 when calculating the total amount payable as all bank charges must be met by the member so as to ensure the total sum that is received by the KSKA is 70 Euro.

Membership application : www.ksk-academy.org/div/membership-application-form.pdf

Please note that KSKA membership records are retained in accordance with the GDPR



Please stay in touch

To continue to receive communication from the KSKA, if you change your email address or have a message that you wish to be presented to the Academy, please inform the Secretary otherwise you could be missing out on vital information. If you wish to un-subscribe then contact the Secretary.

secretary@ksk-academy.org

12th KSKA Kangeiko

Müllheim, Germany - 28th February to 1st March 2020

The KSKA-Shihankai invited 33 Karateka from all over Europe to attend the 2020 Kangeiko. Although due to genuine concerns surrounding the Coronavirus, 16 of the invitees decided not to attend.



Greeting in standing Munkoso at the start of Friday evenings training

The participants of the 12th KSKA Kangeiko were: Josu Duran Aguirregomezcorta (ES), Davide Aratori (CH), Onur Ates (B), Peter Cerar (G), Tom DeGersm (B), Yajaira Fernandes (ES), Gregory Gillet (B), Fabienne Kürner (G), Pablo Martin Lloret (ES), Xavi Lobo (ES), Paolo Longo (G), Nicole Matschiavelli (G), Lorenzo Moruzzi (B), Pascal Reiner (B), Leonardo Schwartz (IS), Oliver Sprinz (G).

Due to the Corona virus, the Kangeiko organiser, sensei Pascal Petrella had a lot of hard work to do with updating the pick-up lists, informing drivers, respectively cancel hotel rooms and updating accommodation lists etc. But everything could be managed, where due to circumstance the Hotel owner didn't ask for compensation payments, whilst everybody arrived safe in Müllheim.

Despite the cloud that was cast over the Kangeiko caused by Covid-19, all the participants were highly motivated and ready to practice. Sensei Pascal's topic for the first trainings was to use one block like open hand shodan shuto-uchi against an oi-zuki jodan attack.

This is one block, but with many, many variations and with each depending on the situation. It also works with one partner or with multiple partners, against a very strong partner or a very fast partner etc.

The idea was to experience consciously different blocking tactics for all open hand situations of the Shodan Grading Syllabus. It was not only o-waza, chu-waza or ko-waza, but also the same block being applied in different trajectory angles.

The target was to consciously use different blocks, how does it feel and what can one do after the block.

In the first all blocks were performed with a proper conscious rooting, before the block the torso had to be put into Hanmi-position. To increase the level of difficulty, the next stage was to use the block in a non-static position, but also during moving like kawashi.



12th Kangeiko, February 2020



Pascal Renier & Lorenzo Morruzzi, Belgium



Juan-Pablo, Spain & Peter Cerar, Germany



Leonardo Schwarz, Israel & Yajaira Fernandez, Spain



Pascal Renier, Belgium & Nicole Matschiavelli, Germany



12th Kangeiko, February 2020

After the training everybody enjoyed sitting together at the dinner table, exchanging the latest news and also getting to know the new participants.



Enjoying good social company during the course dinner

On Saturday morning Sensei Tom De Gersm was asked to teach the Kata Unsu, his grading kata for Godan.

Tom, a sports teacher, has always delivered a great set of exercises for warming up the majority of which are related to Karate training.

One specific exercise included the use of glass coasters, which Tom organised the night before at the Restaurant. Standing on your supporting leg, use the other leg (the toes) to move from a parallel stance backwards in Zenkusu dachi and back, same forward.

The above proved to be quite a demanding exercise including with the same being performed forward and same from Kokozu-dachi.

Tom then continued sequentially with the Kata Unsu, but always introducing variations to the exercise, like ura, go and ura go for some parts of the kata. After 2-hours of kata and bunkai nearly everybody was able to practice Unsu and the bunkai by themselves.

Sensei Pascal used the next hour to deepen the understanding of the kata details, repeating sequences, explaining and practicing the finer details of Unsu.

After lunch and a quick power nap, Sensei Pascal's topic was connected to the teachings from Friday evening where the topic was not to block automatically, but instead to block consciously.

Sensei Pascal replicated a training seminar of sensei Kase that was delivered in July 2003 in Andorra that proved to be one of sensei Kase's last. The idea included what do you feel after the touch of the attacking hand?

Can I block or
Can't I block?

This happens automatically in a split second and not when the mind decides, with the body deciding what to do, to continue the block or change the direction of the block in the direction where the power came from. This is called **attobaya**.

12th Kangeiko, February 2020

Atto means after, and baya means touch.

This is by no means an easy task as it needs a great deal of practice together with considerable experience. It also needs a lot of conscious sensation during blocking.

This principle is not reliant on power, this is what sensei Kase called the highest level of physical blocking.

Sensei Pascal had the chance to be the partner to sensei Kase at that seminar in Andorra when he demonstrated the exercise. To feel how effortlessly sensei Kase diverted the strong attacks was just amazing.

After 2-hours of practice the course participants were happy to achieve a degree of success with at least 2 out of 10 blocks being diverted and feeling the sensation.

During the course dinner the participants had the chance to discuss karate topics whilst getting to know each other better.

The next morning sensei Juan-Pablo Delgado presented a great session featuring the Kata Gankaku demonstrating a series of exercises on how to execute the techniques properly, also demonstrating various applications of the kata. Juan-Pablo is a great motivator in training.



Kata training on the Sunday morning



12th Kangeiko, February 2020



Kata training on the Sunday morning



Sensei's Pascal Petrella & Juan Pablo Delgado together with the participants of the
12th KSKA Kangeiko 2020

Some of the course participants had to leave for the airport immediately after the training, whilst some to the opportunity to enjoy the hot spring baths in Badenweiler to ease the muscle stiffness and reflect on the weekends training.

Sensei Pascal Petrella 7th Dan KSKA

Oss



New Release DVD

As a means of communicating recent changes to the KSKA Grading Syllabus, the Shihankai demonstrate the core principles on this new release DVD

DVD box n°1 contains 2 DVD's filmed during the summer course in Cadiz 2019

Disc 1: Tekki Nidan (+ bunkai)	Sensei François Van Binst
Shiho Uke	Sensei Dirk Heene
Kumite (at the beach)	Sensei Dirk Heene
Kumite Combination	Sensei François Van Binst
Tekki Sandan bunkai	Sensei Nico Ibscher
Open Hand combinations	Sensei Jim Martin
Kata Jitte (+ bunkai)	Sensei Pascal Petrella
Disc 2: Kata Heian 1 – 5 go	Sensei Juan Pablo Delgado
Shiho Uke level 2	Sensei Dirk Heene

DVD box n°2 contains 2 DVD's filmed during the Gasshuku in Luxembourg 2019

Disc 1: Open hand combinations + geri waza in 4 directions	Sensei Jim Martin
(for the full explanation of all applications please purchase DVD boxn°1)	
Kumite	Sensei Michaylo Fedyk
Kata Meikyo (+ bunkai)	Sensei Pascal Petrella
Disc 2: Warming up	Sensei Tom De Gersem
Movements in kihon en kumite at Sandan level	Sensei Dirk Heene

Price per DVD box: members: €15 non-members: €20

Those who pre-ordered and paid the DVD('s) in Luxembourg will receive their copy on one of the next courses or can contact Livia to send their copy by post. (see below)

The DVD boxes will be available during the Gasshuku's and other courses like Cadiz, Kase Memorial Hasselt.

To be sure of a copy during those courses please order in advance by emailing livia@gendai.be

There is also the possibility to send copy by post:

for Belgium the cost is €5 extra (maximum 2 DVD boxes per postage)

for other countries in Europe the cost is €12 extra (maximum 2 DVD boxes per postage)

for countries outside Europe the cost is €15 extra (maximum 2 DVD boxes per postage)

This postage is without tracing number.

To receive the DVD box by post please email livia@gendai.be with your name and address where payment can be made via the KSKA account. (same account as membership payment)

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

Stretching & Strength Exercise

by

Sensei Livia Castro 6th Dan KSKA

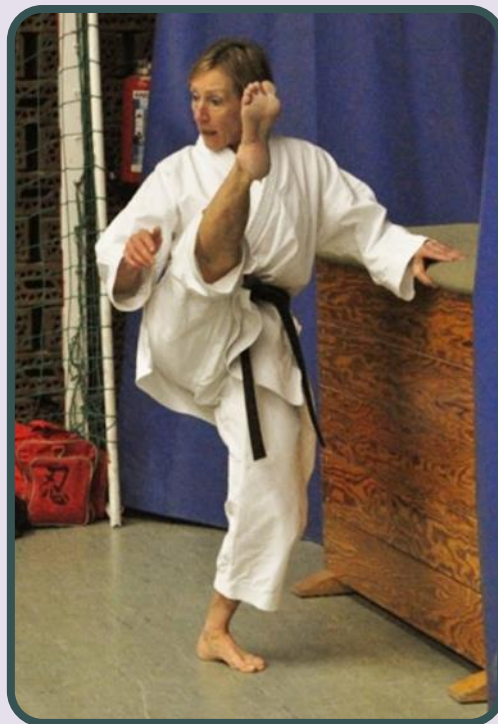
MY FAVOURITE ALL-IN-ONE STRETCHING AND STRENGTHENING EXERCISE FOR KICKING.

This exercise you can do at home, all you need is a chair or table or just put your hand to the wall. (I have ballet bars in the dojo, so I do the exercises holding the bar)

I'll explain the **exercise for Mae Geri** and add below

- some specific attention-points for the other kicks
- some extensions of the exercise

Stand in zenkutsu dachi or fudo dachi left foot in front and your left side to the bar (chair, table, wall), only slightly rest your hand on the support so as not to lean.



Cont.....

Stretching & Strength Exercise

Push your left foot in the ground and lift your right knee, hold your right upper thigh with your right hand, pull your knee as high as possible/

- slowly stretch out your right leg, feel the movement from the ground through your left standing leg, your pelvis and your right leg to the ball of your foot. Breathe slowly out while stretching your right leg and fix your leg, your abdominals and your breath at the end of the movement; slowly come back, bend your knee, but keep your knee high and breathe in, bring your energy back in your abdomen(dantien, tanden, hara) Do this 5 times slowly and concentrate on the energy from the floor, through your standing leg, pelvis to the contact point of your kick.
- hold your knee high, but your supporting hand and arm become your kamae arm pointing forward during mae geri / kick 5 times fast and strong, good kime

Change side, right foot front, right side to the bar, right hand on the bar (chair, table, wall)

Yoko Geri Keage:

Same exercise as for Mae Geri, but kick to the side, supporting hand – arm becomes kamae arm to the side. Start with your knee turned out, foot sole pointing to your standing leg.

Yoko Geri Kekomi:

Same exercise as for Yoko Geri Keage, but start with your knee in front of you (like Mae Geri) and push out to the side.

Mawashi Geri:

Lift your bent leg to the side, kick in front of you and bring your leg back to the side

Ura mawashi Geri:

Lift your knee to the front, stretch out to the diagonal (about 30° from the side of yoko geri) bend a little in your knee to kick ura mawashi geri, stretch back to the 30° angle and come back with the knee in front of you.

Ushiro Geri:

Stand with your **left leg** in front and your **right side** to the bar, don't touch the bar yet, first turn backwards and then grasp the bar (chair, table, wall) at the moment you have to fix your pelvis in the right position before kicking, then grasp your upper thigh and do the exercise as before. Do the turn only the first time, for the other times only kick back to stretch and strengthen in the right position and direction.

Stretching & Strength Exercise

Ushiro Mawashi Geri:

Same as Ushiro Geri but with your bent leg to the side and stretch out in an 30° angle from straight back, bend your knee a little for the kick and fix, come back the same way.

Extensions:

- do the exercise first chudan height, but stretch out as far as possible
- do the exercise jodan height or as high as you can
- instead of doing the exercise 5 times slowly chudan, do it 6 times: first time chudan, second time jodan..... feel the difference in the position of your pelvis.
- the last time your kick fast and strong : put your kicking leg on the floor and follow with a punch or uchi
- use your creativity and add other things

Why I like this exercise:

It is a very safe all-in-one stretching and strengthening exercise, you can't cheat. It gives you a good idea of how far and how high you can kick without forcing/ injuring your body.

You can feel very good the connection floor-supporting leg- position of the pelvis-kick and how the energy from the floor comes into your kick.

HAVE FUN!!!

Sensei Livia Castro 6th Dan KSKA

Oss

