



# KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

August 2020

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

## Message from Shihan Dirk Heene 9th Dan

Dear members,

Who could imagine that at the end of August we still are in restricted conditions for training and practicing karate.

Who could think that we had to cancel and postpone so many courses and grading examinations. Though a lot is resolved through the "on line" sessions and alternative exercising, we cannot attain the full satisfaction from the dojo atmosphere. Of course also the summer holidays are reducing the activity, but in the spirit of Budo there should remain continuity.

It is easy to say "Don't give up, keep the spirit". The social contact through karate practice and the motivation by meeting the dojo partners is missing. It is even hard to find accommodation.

So to keep the "RIF"-rule (Repetition – Intensity – Frequency) is hard to hold on to. Anyway, we have to keep the standard for our personal progress:

**In kumite on distance**, we are still keeping the timing and the direction. Even the mental aspect is maintained.

Through **kihon** we can keep the technical (coordination) and the stamina.

Through **kata** practice we keep the sense for harmony and definition and memorising the forms and order of the movements and principles of contrast:

**Tai no Shinjuku** (speed)

**Waza no kankyo** (technics)

**Chikara no kyojaku** (tension)

Even if our gasshuku and gradings are postponed let us keep our minds set on the essential content of karate-do and find a way to carry on to become better and stimulate each other.

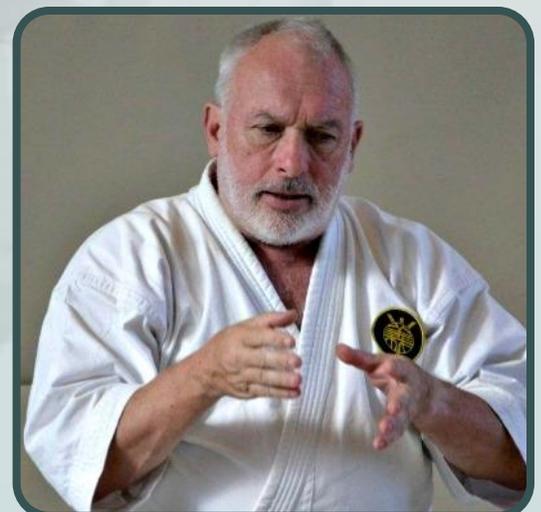
We still have unknown and difficult times ahead; but also we have unknown and hidden power within. Let us keep the core and essential capacity and see each other again in better times. Good courage and all the best.

Dirk

President KSKA

Member of Shihankai

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**Shihan Dirk Heene 9th Dan KSKA**

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## **KSKA Junior Dan Grades**

### **A quick reminder regarding the formal acknowledge of junior Dan grades within the KSKA**

In 2015 the Shihankai agreed to formally recognise junior Sho Dans from the age of 14-years, whilst providing individual countries the opportunity to arrange gradings within their own dojo also on courses.

Member of the Academy can be precide over gradings, where the individual country should then produce their own junior Dan grade diploma.

The cost of Junior Dan grades is also determined by the respective country.

When reaching the age of 16-years the Dan grade is to be re-taken under a Member of the Shihankai in order to be recognised as a senior KSKA Sho Dan and before further advancement in accordance with the agreed protocol.

Further detail of the KSKA Dan grading protocols are available from the website: [www.ksk-academy.org/en/academyinfo/grading/1to4dan](http://www.ksk-academy.org/en/academyinfo/grading/1to4dan)

**Thank you to the contributors of this Newsletter:-**

**Shihan Dirk Heene**

**Organisers of the Natsu & Aki Gasshuku**

**Sensei Pascal Petrella**

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





# KSKA NATSU-GASSHUKU

Müllheim, Germany

Friday 14<sup>th</sup> to Sunday 16<sup>th</sup> May 2021

Under instruction of the KSKA Shihankai

Preliminary arrangements for the KSKA Natsu Gasshuku in May 2021 are included below where further details will be advised as they become available.

**Organisation:** Kase Ha Germany & Karate Dojo Müllheim  
Email: [p.petrella@ksk-academy.org](mailto:p.petrella@ksk-academy.org)

Phone: +49 172 759 30 46

**Dojo:** Heinz-Renkert-Sporthalle (Sporthalle 1)  
Moltkestraße, 79379 Mullheim, Germany

Training:	Friday	Saturday	Sunday
	19:30 – 21:30hr	10:00 – 11:30hr	09:00 – 11:00hr
		11:45 – 13:15hr	

**Grading:** Saturday 13.30hr

**Course-Dinner:** Saturday 15<sup>th</sup> May 2021 @ 19.00hr



The course dinner will be held at: **Bürgerhaus Müllheim, Hauptstr. 122**

*Academy members wishing to attend the course dinner should notify Sensei Pascal Petrella.  
The cost for the dinner is to be advised.*

**Accommodation:** There are a variety of hotels within Mullheim to suit most budgets.  
Should you require further assistance please contact the course organiser.

There will also be a pick-up and return service to and from Basel airport that should be arranged through Sensei Petrella where an appropriate charge will apply, details to be confirmed.

# KSKA AKI - GASSHUKU



## Espinho, Portugal

Friday 8<sup>th</sup> to Sunday 10<sup>th</sup> October 2021

Under the instruction of KSKA Shihankai

Preliminary arrangements for the KSKA Aki Gasshuku in October 2021 are included below where further details will be advised as they become available.

**Organisation:** KSKA Portugal - contact Sensei Filipe Sancho  
Email: [filipe.sancho@gmail.com](mailto: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

<b>Training:</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	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 2 October 2021 and inform of the main dish you wish to eat. The cost for the dinner is to be confirmed.

### 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

# On-Line Kase - Ha Taikai

## 15 - 18 May 2020

**Presented by Sensei Pascal Petrella 7 Dan, Germany and Kase-Ha Mullheim**

**Featuring guest instructors; Shihan Dirk Heene 9 Dan, Belgium, Sensei Arie Farkash**

**7 Dan, Israel, Sensei Greg Konieczka 6 Dan, Kuwait, Sensei Juan Pablo Delgado**

**5 Dan, Spain & Sensei Nico Ibscher 5 Dan, Germany**



For those who participated in the on-line Kase-Ha Taikai then I am sure you will agree it was an astounding success with classes attracting karateka from countries around the world including: Australia, America, Belgium, England, Finland, France, Germany, Ireland, Israel, Kuwait, Luxembourg, Poland, Portugal, Scotland, Spain and Switzerland. Sorry if I have missed anyone.

With over 140 log-ins many of which included families or small social groups where as such, the actual numbers participating could not be accurately counted. But were estimated at plus 160 at the peak which is fantastic given this to be the first on-line Kase-Ha karate seminar.

From a personal prospective, the on-line seminar returned a little normality and structure to my life, whilst benefitting not only from the physical training, but also for my mental wellbeing and I am sure this will have been the same for many.

First of all may I pay tribute to the instructors who collectively presented the excellent and seamless karate training that included a common theme running throughout the four day course.

Teaching karate on-line presents a series of different challenges that I had experienced for myself only a week earlier and as such appreciating the professionalism of those who can do it well.

The course content was so good that it would be a pity for it to be archived to the back of my mind, so I thought to make a record of the key points as I would like to work on these as a means of gaining further improvement.

### **Friday evening: Sensei Nico Ibscher 5<sup>th</sup> Dan, Germany**

The principle theme to Sensei Nico's class was kicking whilst maintaining the body's core strength and contact with the ground.

The class started with a series of challenging squatting exercises (well challenging for me) that were intended to flex the lower-back, hips, knees and ankle joints requiring control of the hara to maintain composure and that which is essential for the kicking exercises to follow.

Practicing seven kicking techniques including: hiza, mae, mikazuki, yoko, mawashi, ushiro and ura- mawashi geri that were practiced first individually and from a short stance (hanmi dachi) before stepping back into a longer fudo-dachi.

The tempo and complexities were gradually increased to include a series of combinations using leg and complimentary hand techniques and with each maintaining the connection with the ground and one's core.

Conclusion of the exercise was to repeat the same kicks only this time using the front leg that proved even more testing whilst being described by Sensei Nico as the more advanced mode of training.

### **Saturday morning: Shihan Dirk Heene 9<sup>th</sup> Dan, Belgium**

Focusing on karate practice within limited space availability and as such precise and efficient movement became paramount whilst focussing on three states of mind.

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The three states of mind include:-

Sen-shin – preparing before an engagement for the various possibilities to come

Soe-shin – maintaining the level of concentration and connection throughout the movement

Zan-shin – maintaining the connection and level of awareness after the movement. 'Do not switch-off'

Shihan Dirk further explained that Zan-shin at the end of one combination can then become the Sen-shin for the next encounter especially where one faces multiple attackers either in or outside of the dojo.

Applying the above stages of mind-set, Shihan Dirk introduced a series of four, multiple block and counter combinations that were applied in four directions each with specific turning motions that were intended in the defence of close range attacks.

The first combination included: left hand shuto-barai jodan (rising block) countering with shuto uchi (same hand striking to the neck) and supporting with Soe-shin (same-time preparation) for ganmen jodan shuto strike with the right hand to the opposite side of the neck.

Whilst this style of karate can be practiced in the linear mode, where space is limited or should attacks come from different directions, then efficient circular turning movements prove essential. To this effect the next defence and counter sequence followed a turn of 45 degrees.

The second combination: left hand gedan shuto barai followed with ura-haito (chu-waza mid-range distance) to the right side of the neck using the same hand and prepare for gyaku haito (right hand). Cover with left hand and step forward to strike to the same target with right hand haito.

Explaining that haito is not a particularly strong technique when compared to others. But where it is intended to attack the opponents' vulnerable energy system: San-Win-Tow, the meeting point of three meridians; kidney, liver and spleen and in order to disable the opponent from within.

Turning through 180 degrees with right leg forward and preparing for the attack with Sen-shin, the third sequence included: right hand teicho chudan (horizontal palm hand block) with irimi (turning of the body in support), striking jodan shuto (from down to up same hand) then striking gyaku haito jodan (left hand) before stepping kai-ashi forwards striking gyaku haito jodan (right hand).

Step forward and turn through 180 degrees facing left side forward, the fourth and last combination included: left hand tekubi uke (hand/wrist block) countering with teicho to the face (same hand) above the top lip then haito (right hand), using tsugi-ashi (forward movement) and striking with double shuto, hojo oshi (augmented push-strike) to the opponents clavicles with kime before turning to face the front.

Shihan Dirk explained this attack is aimed at disrupting the Du-mae meridian.

Building the exercise slowly with individual techniques, then each combination and finally with the sequence of all four combinations including the rotary movements to take account of attacks from four directions.

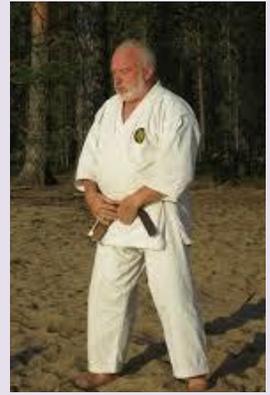
Shihan Dirk reminded the class of the necessity to start with Sen-shin having a prepared mind, then to maintain the connection through each combination and linking movements with Soe-shin (supporting) then finishing each combination with Zan-shin (do not switch off especially when against multiple attackers).





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The Zan-shin from the first combination then becomes the Sen-shin for the next and so on throughout and even to maintain Zan-shin at the end of the sequence as this is not competition and no one is going to call Yamae, so the attitude and level of awareness must remain until the situation is deemed to be under control and only then must you relax.

Later and during the 16<sup>th</sup> (on-line) Memorial Sensei Kase course, Shihan Dirk further enhanced the introduction to this type of training with a connected warm-up exercise using six blocks performed at three distances; 'O-waza (long distance, Chu-waza (middle distance) & Co-waza (close distance).

Many of the individual blocks and blocking principles including timing and distance can be found within the Shotokan kata.

From left side forward in hanmi-dachi (short stance) prepare for the blocking combinations with gyaku tate-shuto (right hand) and following each of the six individual blocks return to this position.

1. Punch left hand kizame zuki chudan (no step), using the same arm block inside teisho chudan (horizontal palm hand block) with irimi (turning of the body in support) using O-waza distance.
2. Punch kizame zuki and using the same hand block outside tate-shuto chudan (O-waza).
3. Punch kizame-zuki and using the same hand block jodan soto-uke (Chu-waza distance).
4. Punch kizame-zuki and using the same hand block jodan fura-uke (Chu-waza distance).
5. Punch kizame-zuki and using the same hand block jodan soto-uchikomi (outside sweeping block taking the blocking hand back to the right ear) in Co-waza distance.
6. Punch kizame-zuki and using the same hand block jodan uchikomi (inside sweeping block taking the blocking hand back to the left ear) in Co-waza distance.

Repeat the exercise right side, first slowly then with increasing speed and power.

The above exercise was intended to demonstrate the different possibilities of blocking distance, each with specific timing and distance of movement. The O-waza blocks being very small (short) movement, whilst performed at full arm's length, but with fast reaction timing.

The length of movement decreasing incrementally through the Chu-waza and Co-waza blocking sequence, whilst the timing also changes.

This type of exercise is best performed with a partner in order to perfect the timing, movement and effect. But with on-line training only possible at this time then it is more important to record these principles for later practice when we can once again come together as a group.

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### **Saturday morning (Two): Sensei Arie Farkash 7<sup>th</sup> Dan, Israel**

Picking-up where Shihan Dirk had left-off, Sensei Arie explained how to generate explosive power from within using contraction and expansion of the body then to utilise and target this energy when under two directional attack.

The warm-up exercises comprised of a series of upper body compressions first from a closed then open position contracting the chest and abdomen then 'bursting out' with a powerful explosion also in reverse starting from an open position then closing the chest rapidly using kime.

The above principles were put into practice and amply demonstrated using the opening movements of three kata; Kanku Dai, Kanku Sho and Chinte with incoming attacks from left and right side.

Building the exercise and applying the principle of contraction/expansion whilst subtly moving from basic kihon form into kumite as Sensei Arie emphasised the use of one's inner strength and character that comes from the heart.

Sensei Arie explaining that an instructor can teach a student the moves, but the student must apply them using their own Budo spirit in order for techniques to become more effective.

With increasing speed, power and concentration (Soe-Shin, Sen-Shin & Zan-Shin) the three sections were combined where Sensei Arie once again stressed the importance of demonstrating good spirit and determination.

### **Sunday morning: Sensei Pascal Petrella 7<sup>th</sup> Dan, Germany**

Harnessing the energy that had already been generated from the previous two days, Sensei Pascal focused his class on 'blocking whilst moving' utilising sequences taken from the KSKA San Dan grading programme that was presented in a series of five block and counter combinations.

Once again capitalising on the three stages of preparedness, Sensei Pascal encouraged the feeling of 'realism' within his training with the main emphasis being on concentrating on the attacker and responding with perception, timing, movement together with the corresponding block and counter techniques.

Using both open and closed hand blocking with similar counters also introducing the different timings of hentai and setei with both O-waza (long) and Co-waza (short distance).

During the diagonal movements Sensei Pascal stressed the importance of maintaining Soe-Shin, whilst connecting with the ground through three points of contact on the feet together with an inward and upward rotational movement of the legs and hips to form a strong bridge within the stance.

Similar examples can be found in structural engineering including bridges hence the reference, where the design includes steel cables that are placed in rotational tension in order to enhance their comparative strength.

Sensei Pascal also stressed lifting of the pelvis and his particular and perhaps favourite expression; "Tense your butt".

Five different geri waza then followed each of the block and counter defensive combinations as part of the second and now attacking phase before disengaging with gyaku uraken.



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Sadly time ran out thereby preventing the combination from being practiced as a whole, but as Sensei Pascal advised, this is for you to practice in your own time.

### **Sunday evening: Sensei Greg Konieczka 6<sup>th</sup> Dan, Kuwait**

Sensei Greg's class focused on three main parts having the common theme of kicking running throughout including during the warm-up that following related stretching when the group were led through a series of five kicking techniques and from a seated or kneeling position.

Mae, yoko, mawashi, ushiro and ura mawashi geri with emphasis on correct technique together with controlling the knee.

Progressing from seated to a standing position and using the same sequence of kicks that were applied together with supporting movement taking into consideration that some participants may be limited to space.

Sensei Greg further emphasised the necessity of being prepared 'Sen-shin' also maintaining the connection throughout the movement 'Soe-shin' and finally to maintain Zan-shin (do not switch off) at the end of the combination.

Moving on to demonstrate then to practice a different form of Ten-No-kata including open and closed hand blocking and striking, first from a static then moving position.

The class finished with a version of Chi-No-Kata (kicking kata) as taught by Sensei Shirai, again applying the above principles with the same geri waza in four directions.

### **Monday evening: Sensei Juan Pablo Delgado 5<sup>th</sup> Dan, Spain**

As is often the way with most karate courses, they are over far too soon, yet Sensei Juan Pablo was about to finish on a high by encompassing all of the key principles that were included within the past three days and through a series of moving, blocking and counter exercises.

The core principles that came across were; detail, detail and more detail when polishing the diamond that was enhanced with the following:-

- ground connection and stability through the stance
- incorporating hip rotation shomen, hanmi, irimi
- keeping underbody connection and not coming up when moving through the stance

These principles were incorporated within a series of kihon movements and later in kumite using five combinations, plus moving off with directional blocking, geri waza, disengaging and zanchin.

When teaching kumite, Sensei Juan Pablo simulated the attack with the on-line students preparing in readiness for defence, whilst using directional blocking and counter techniques before disengaging.

Sensei Juan Pablo then followed with a double attack with the defendants blocking and moving into another and advantageous position to be able to counter strong with geri waza before disengaging.

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# On-Line Kase - Ha Taikai

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The course was concluded with a few words of appreciation from Sensei Pascal towards those in support. But it was us the participants that owe a debt of gratitude to the Sensei's for presenting such a fabulous course also to Sensei Pascal and Kase-Ha Mullheim for their fantastic organisation.

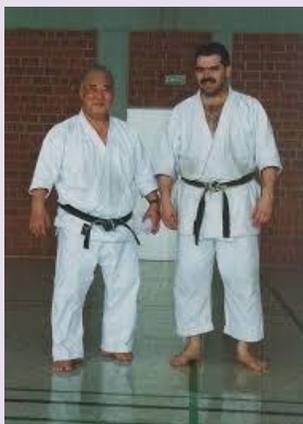
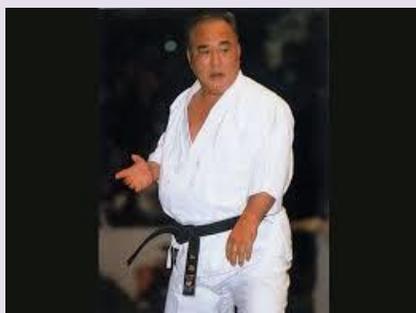
The KSKA is often referred to as a 'family' and one that came together through Sensei Kase and our common beliefs and interest in his teachings that is now kept alive and prospering through the current and next generation(s) of karateka.

Whilst we have been kept apart by a virus this does not mean that we cannot remain connected, 'where there is a will, there is a way' and on-line karate training is a proving to be a positive means of achieving this.

Stay strong and keep training my friends and colleagues for soon we will be able to meet and train together.

Thank you to Sensei Pascal

Mike Cowburn



## Recent 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](mailto: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](mailto: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**

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**Bank: BNP PARIBAS FORTIS**