

# KSKA NEWS



Academy

Kase-Ha Shotokan Karate Academy

Newsletter

April 2021

**Welcome ...** to the April 2021 edition of the KSKA Newsletter the first publication following what proved to be a challenging year for us all where and with fingers crossed, we are hoping that 2021 will see our return to the dojo. Until then we can stay connected through the various on-line Kase-Ha training courses in order to maintain the spirit and continue along the path of development.

## Message from Shihan Dirk Heene 9th Dan

Dear members,

For more than a year now we have lived with the difficult situation and without proper karate training in a dojo. Regular practice in the dojo, the international courses, gradings etc ... it is all so far away.

We are now learning to fight and defend ourselves against this invisible enemy that is attacking from all sides and indiscriminately killing people, friends and family all around us. It is hard to eliminate this type of evil through normal budo skills.

We try to maintain the standard through "on-line" training with practice in the living room; but after a while we miss the real stuff. The contact, the fighting spirit, the action and self control under mental pressure ... it is all missing.

On the other hand, there is a huge possibility to join "zoom-sessions" on almost every day of the week. By this way I want to thank Pascal Petrella, Juan Pablo Delgado, Livia Castro and Greg Konieczka (who are already organising nonstop zoom training for more than one year), Jim Martin and Michaylo Fedyk who are also helping in Greg's zoom classes. Also in Portugal and Finland the instructors are working very hard. In Israel as well the zoom sessions are supporting the local members.

Again like last year the Gasshuku and the Kase Memorial course in May will be organised on-line where this is an opportunity to bring several instructors in contact with the members to share their experiences.

We have now representatives in more than 18 countries. It is a great job from our Secretary Mike Cowburn to keep all these people connected and informed.

We can announce and welcome a Shotokan Kase Ha group from Mexico with a good number of experienced Dan grades. The Mexican ASMJ's Shihan Kai is very welcome to join us during our Gasshuku and Kase Memorial course's at the end of May. Mr. Alejandro Padilla Velis is our contact and we are really looking forward to meet them and hopefully we will train together soon.

We are all connected through our practice in the Kase Ha Shotokan Ryu Karate Do. In the code of the samurai: the "Hagakure" what means literally "hidden in the foliage", we find ourselves in the philosophy and the traditional values of our Budo-life standard.

In this period we can even go deeper into the standard of our practice by reading some traditional works with an ethic content linked to Karate-Do.

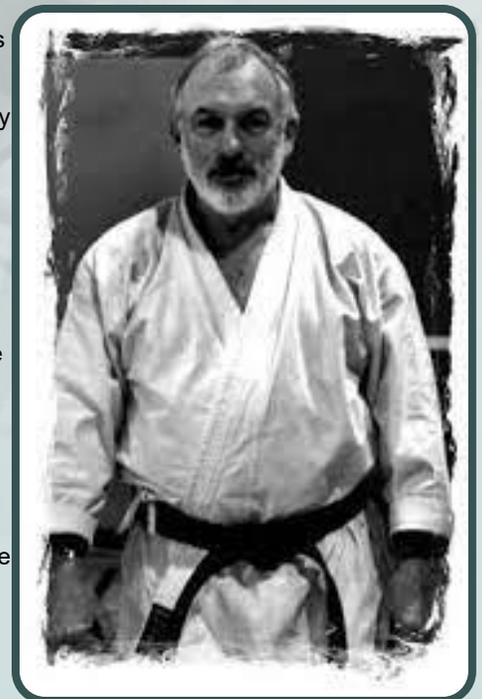
It is good to sit back every day and find a moment in which to meditate on the five rules of the dojo kun and look beyond the borders and the threat as is being presented during these difficult times. Stay strong, keep safe and all the best.

Dirk

President KSKA

Member of Shihankai

Oss



Shihan Dirk Heene 9th Dan KSKA

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

**Shihan Dirk Heene**

**Organisers of the Natsu & Aki Gasshuku 2021**

**Sensei's Livia Castro**

**KSKA Finland**

**KSKA Portugal**

**KSKA Israel**

## MESSAGE FROM THE TREASURER.....

Dear KSKA Members,

As treasurer I want to thank all of the members who have already paid their membership fee for 2021. Thank you for continuing to support the KSKA financially during this awkward Corona-virus period.

Fortunately we can see each other and train together during the online-sessions.

Many of you would pay your membership in cash and usually at a Gasshuku, the Kangeiko or another course and are maybe not familiar to paying by banktransfer.

So on the records I can see that in the main, this category of member have not paid for 2020 or 2021 as yet.

Therefore, can I ask these members to make the effort and to transact your payment by banktransfer.

**Payment information can be found within this Newsletter.**

I hope to see and train with you on the online-sessions and especially on the on-line Natsu Gasshuku in May!

Let 's stay in touch, even on-line!!

Livia Castro

Treasurer KSKA



## Message from the Secretary

I hope this News Letter finds you and yours keeping safe and well during these unprecedented times where I am sure that many like myself will be finding different ways in which to stay fit and active also to remain self-motivated.

The development of a Coronavirus vaccine was achieved in an amazingly short time, but the effective roll-out appears to be happening at a much slower pace that is likely to continue to impact upon our lives and until it becomes possible also safe to once again travel then the opportunity to be together with our karate friends and family inside and out of the dojo makes me appreciate just how good and essential those times were.

Behind the scenes the Executive and Shihankai continue with the hard work not only in maintaining, but also in the furtherance of the KSKA. In this regard, I would like to pay tribute to Sensei Dirk who's commitment and dedication to the Academy has continued relentlessly throughout these tough times where regardless of circumstance he remains the rock upon which the foundations of the KSKA are securely placed, whilst steering this ship through uncharted waters.

In the role of Secretary I will often have the privilege of speaking with Sensei on a one to one basis where his humility and compassion towards his students together with a deep understanding, balanced and philosophical approach are clearly apparent.

Following each conversation I will sit and reflect on the content of our discussions to try to understand the deeper meaning also to learn from his wisdom and to use this not only within karate, but also in general life. Unlike some karate instructors, Sensei Dirk is always approachable, amenable and will provide sound guidance and we, his students should grasp every opportunity to harvest this knowledge with both hands. What constitutes the true spirit of Karate-Do if not this.

Stay strong and I look forward to seeing you very soon. Mike C



# KSKA NATSU - GASSHUKU

On-Line

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

Presented to the Members by the KSKA Shihankai

Dirk Heene, 9<sup>th</sup> Dan (Belgium) - Introduction

Jim Martin, 8<sup>th</sup> Dan (Scotland)

Pascal Petrella, 7<sup>th</sup> Dan (Germany)

Juan-Pablo Delgado, 5<sup>th</sup> Dan (Spain)

Nico Ibscher, 5<sup>th</sup> Dan (Germany)

**Host:** Kase Ha Shotokan Ryu Karate-Do Academy

**Organiser:** KSKA via Sensei Pascal Petrella

Training times:	Date	Time	Instructors
Friday 14th May	18.45hr	Introduction by Shihan Dirk Heene	
	19.00 – 20.00hr	Sensei Pascal Petrella	
Saturday 15th May	11.00 – 12.00hr	Sensei Nico Ibscher	
	12.30 – 13.30hr	Sensei Jim Martin	
Sunday 16th May	11.00 – 12.00hr	Sensei Juan Pablo Delgado	

The times are shown as Central European Time (CET) and as such maybe different in other parts of the world

Meeting access code and password are as follows:-

**Access code: 757 232 3439**

**Password: Kaseha**

Individual karateka are responsible for making a suitable assessment of their own dojo / practice area when taking part in the on-line karate training. To reduce the associated risks so far as possible and to adapt their movements according to the space availability and floor type / condition. Individual karateka should be appropriately licensed to an affiliated karate governing body and their licence must be in-date in order to take part in the on-line karate training.

On-line karate training may not be suitable for children or those below the grade of 3rd Kyu. Karateka should wear a clean white Gi or other suitable sports clothing and adopt the usual dojo etiquette.

The individual training providers take no responsibility for any accidental or otherwise damage to the user's computer, associated equipment or software. The individual training providers accept no liability for the actions or inactions of the individual karateka leading to injury, damage or loss.



# KASE HA SHOTOKAN KARATE-DO INTERNATIONAL COURSE Online

Friday, April 23, 2021 to

Sunday, April 25, 2021

Schedule (Belgium Time):

Friday

19:00 - 19:55 - All grades

**Sensei Armando Reis**

20:00 - 20:55 - Brown and Black belts

**Sensei Dirk**

Saturday

10:30 - 12:00 - All grades

**Sensei Dirk and Sensei Filipe Sancho**

Sunday

10:30 - 11:25 - All grades

**Sensei Sergio Pérez**

11:30 - 12:25 - Brown and Black belts

**Sensei Dirk**

**Sensei Dirk Heene - 9° Dan**



**Kase Ha Shotokan  
Ryu Karate Do**



**Academy**

If you wish to support the organization of the course, you can voluntarily transfer your amount with the message «HUG HONBU DOJO APRIL 2021», donation to Honbu Dojo in Belgium, to one of the accounts:

**BKSA Honbu Dojo**

IBAN: BE11 979166048948 (Belgium)

**Club Deportivo Dakentai**

IBAN: ES14 0073 0100 5105 0593 4603 (Spain)

**Filipe Sancho de Sá e Silva**

IBAN: PT50 0193 0000 10504102277 79 (Portugal)

Armando Reis | Phone: +351912533501

armandoreis@sapo.pt

Sergio Pérez | Phone: +34636414365

gimnasio\_dakentai@hotmail.com

Filipe Sancho | Phone: +351912114091

filipe.sancho@gmail.com

Zoom link:  
Meeting ID: 889 5529 8055  
Password: 564320



# SPRING SEMINAR

April 31<sup>st</sup>, May 1<sup>st</sup>

## WITH DIRK SENSEI

We are honored to invite you to our online seminar with Sensei Dirk Heene.

**Friday 31/04 -> 14:30 – 16:00 (GMT + 3)**

**Saturday 01/05 -> 10:00 - 11:15, 11:30 - 13:00**

Sensei Dirk, our mentor,  
is the guest Instructor  
for this event.

At this challenging time,  
let us all make the effort to  
keep the tradition and get  
together in Kase Ha Karate.



Zoom Meeting : 863 9181 6733

<https://us02web.zoom.us/j/86391816733>

**SHOTOKAN RYU KASE HA IS OUR WAY !**

# KSKA AKI-GASSHUKU



## Espinho, Portugal

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

Under the instruction of KSKA Shihankai

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**

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 3<sup>th</sup> October 2020 and inform the main dish you wish to eat. The cost for the dinner is to be confirmed.

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

**Please note, the course arrangements may have to be modified due to further evolution of the Covid-19 pandemic, but we will try to keep you updated with sufficient time to adjust your schedule.**

Please note those wishing to present a senior Dan grade at the Aki Gasshuku in Espinho in October 2021, you are requested to submit your application to the KSKA Secretary by mid-May.



## KASE HA FINLAND WINTER SEMINAR, ON-LINE COURSE REPORT

From Friday 12th to Sunday 14th February 2021 Kase Ha Finland organised an online zoom winter seminar presenting three instructors from Finland and one Sensei and one Shihan from Belgium with each presenting different topics.

Every session included an average of 40 to 45 enthusiastic participants that were all welcome.

On Friday evening sensei Toni Gallen from Finland taught Kihon waza and sensei Jarmo Niiranen also from Finland followed with Hente waza.

Early Saturday morning Sensei Livia Castro from Belgium presented an enlightening insight into karate related stretching and strengthening exercises as intended for geri waza in kihon, kumite and kata and after a break of 15 minutes Sensei Raimo Lappalainen from Finland followed with the presentation of Heian Shodan Henka Tekki, using the techniques of Heian Shodan in kiba dachi with the displacements of Tekki Shodan.

On Saturday afternoon Shihan Dirk Heene lead the group through Shiho Uke with closed hands then on Sunday morning he continued the same principles only this time with open hands.

Below you can find the reports of the individual sessions and some links to video's on facebook for you to watch.

### Session One : Sensei Toni Gallén 5 Dan KSKA

Friday evening's training started with Sensei Toni Gallén where the main aim was to introduce the course participants to the theme of the seminar being **shiho-uke** with closed and open hands.

But first a brief warming up before continuing to study the feeling of rooting with moving that we did with the basic stepping principles comprising of; yori-ashi, tsugi-ashi and kai-ashi. With yori-ashi and tsugi-ashi pressure derived from the back leg being emphasised and with kai-ashi the pressure first from the front leg which indeed quickly becomes the back leg.

We then proceeded to introduce the basic hand techniques with two main points to consider.

First the rooting and second, correct body mechanics especially with gyaku-waza where you should turn your body fully and not let a too rigid fudo dachi stance limit the reach of the technique, whilst still maintaining the pressure on the back leg.

This was practiced firstly with closed fist uke-waza (age uke, otoshi uke, uchi uke and gedan kake uke) later accompanied with seite counter attacks. Then came open hand uke-waza with seite attacks. These are very familiar in Kase Ha style combinations:

Left jodan shuto barai (*Right high jodan shuto kamae*) – R jodan shuto uchi (*L chudan kamae*) – L shuto uchi – R gyaku zuki chudan

L jodan teisho uke (*R haito kamae*) – R jodan haito uchi (*L haito kamae*) – L haito uchi – R chudan tate zuki

I believe we can all still picture Kase Sensei performing these combinations with so much speed, power and accuracy. I know I can and I always try to head in that direction. It's an endless road but that's the fun of it.

Sensei Toni Gallén 5 Dan



## Session Two : Sensei Jarmo Niiranen 5 Dan KSKA

Training theme:

Hente Waza (Intentionally not to add kicks - but focus to hente).

Keeping the hara (power house) area controlled during the whole session.

Warming up:

Hachi Uke with closed hands. Shizentai position - supported with rooting and ibuki breathing.

Emphasis and focus in training:

1. legs/middle section/position stability -> rooting power
2. relaxed hands with ko waza hente kime+ibuki breathing; breathing in during shizentai starting position - breathing out during technique execution.
3. imagination; since hente goal is to be as strong as seite it requires full mind power with imagination and concentration

Training techniques:

Starting always in shizentai forward position - always with proper uke kamae:

1. Sliding back to fudodachi - gedanbarai/uraken - gyaku tatetsuki chudan/jodantsuki
2. Sliding back to fudodachi 45 degrees inside - gyaku tateuke/urazuki - jodantsuki/tatetsuki chudan
3. Sliding with taisabaki inside 90 degrees to fudodachi - otoshiuke/shutobarai - gyaku uratsuki chudan/jodantsuki
4. Sliding with taisabaki inside 135 degrees to fudodachi - uchiuke/kizamitsuki - gyaku haitouchi/shutouchi
5. Sliding with taisabaki inside 180 degrees to kokutsudachi - shutouke/fudodachi/hiranukite - gyaku nukite/uchishutouchi

TRAINING HIDARI AND MIGI ALTERNATING AFTER 5 DIRECTION HENTES.

Training in 3 different paces following each other:

1. Always start with slow to get the know the techniques towards natural.
2. Fast and relaxed flow execution of hente.
3. Full/over speed and kime with all your body and ibuki/mind power.

Cool down:

Roll your arm in front of you in fallen 8 route including all the hachi uke techniques.

After this training the inside feeling is powerful in legs and hara - and fast and sharp/explosive in arms.

Mokuso - Yame! Arigato - Thank You! Best regards to fight and win corona!

**Sensei Jarmo Niiranen 5 Dan KSKA**



# KASE HA FINLAND WINTER SEMINAR

Session Three : Sensei Livia Castro 6 Dan KSKA

## Stretching and strenght exercises for geri waza in kihon, kumite and kata

The video of the Mae Geri part can be found on facebook:

<https://www.facebook.com/kasehafinland/videos/257739695793583>

### 1/ Warming up:

Breathing exercises and stretching in zenkutsu dachi, kokutsu dachi and kiba dachi.

### 2/ Topic:

Mae geri, Yoko geri keage, Yoko geri kekomi, Mawashi geri and Ushiro geri:

Floor-work – stretching and strenght exercise holding the bar (chair, wall) – kihon & kumite

#### **Mae geri:**

**Floor-work:** Sit on the floor with your legs stretched:

- pull up your toes and stretch (10 times)
- bend one leg, grab your thigh, stretch your back and relax (5 times)  
stretch that leg and bend (mae geri) (10 times)  
stretch that leg and grasp your leg, lay down on your back and make both legs  
as long as possible, hold for 10 counts.
- repeat with the other leg
- bend both legs, grasp your thighs, stretch your back and relax (5 times)  
mae geri with both legs (10 times)  
grasp your both legs, roll over (feet behind your head) and back, grasp your toes  
and hold for 10 counts.

**Bar-work** (chair, table, wall) cfr. Newsletter April 2020

Stand in zenkutsu dachi or fudo dachi left foot front and your left side to the bar (chair, table, wall) , left hand on the bar (chair, table, wall) !!! **Rest your hand only slightly on the bar**

**(chair, table, wall) not your elbow , so don't lean on the bar (chair, table, wall)!!!!**

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

- slowly stretch 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. Breath slowly out while streching your right leg and fix your leg, your abdominals and your breath at the end of the movement; slowly come back, bent your knee, but keep your knee

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## KASE HA FINLAND WINTER SEMINAR

high and breath in, bring your energy back in your abdomen(dantien, tanden, hara)  
Do this 6 times (alternate chudan and jodan) 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)

**Kihon:** Mae geri, Kesami Tsuki, Gyaku Tsuki:

- slowly 3 counts: (1) mae geri and kiashi: bring your energy back in your abdomen  
(2) Kesami Tsuki (FD)  
(3) Gyaku Tsuki (FD)

left and right

- fast 3 counts

**Kumite:** (1) Kesami Tsuki becomes a block: Teisho Uke jodan executed during kiashi or just after

Tori: left FD kamae/ Mae geri, Teisho Uke, Gyaku Tsuki

Uke: left FD kamae/ Gedan Barai, Uraken Uchi

(2) Mae geri as counter-attack:

Tori: left FD kamae/ OiTsuki Jodan

Uke: left FD kamae/ bring left foot just behind right foot (neko ashi dachi), Kesami Mae geri, jodan enpi

**(b) Yoko geri keage:**

**Floor-work:** Sit on the floor both legs bent, one forearm between your knees: push and relax with both knees (10 counts) ; keep pushing with your knees without relaxing (10 counts); put your feet together and relax your inner thighs, knees to the floor as much as possible.

- lay on your side, grasp the foot of your upper leg, knee out and pull the sole of your foot to your body. Stretch your upper leg upward (yoko geri keage), bent and grasp your foot, pull the sole of your foot to your body, pushing your knee out (10 times)
- idem other leg

**Bar-work:**

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

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## KASE HA FINLAND WINTER SEMINAR

### Kihon:

- Kiba Dachii/ 3 counts: (1) step over with your left foot, both hands hikite to your left hip and lift your right knee , knee out, sole of your foot pointing to your left leg
- (2) yoko geri keage // uraken uchi, + kiashi
- (3) right foot down in kiba dachi, arms in kamae to the right
- slow, fast, always 3 counts
  - left and right

### Kumite:

Tori: left FD kamae/ Oi Tsuki jodan

Uke: left FD kamae/ Left foot yori ashi to the left , block with right gyaku uraken, right yoko geri keage to KD yoko enpi

### (c ) Yoko Geri kekomi:

- Floor-work:** (1) Sit on the floor, right leg bent in front of you, left leg stretcht to the left, your arms in kamae to the left/ bent your body a little to the left and back (10 times)
- lift the stretched left leg a little and move it a little up and down without touching the floor (10 times)
  - bent your left leg, your knee up and facing the front, kick out to the left yoko geri kekomi (10 times)
  - do the same the other side
- (2) on your knees, spread your knees, your pelvis in the line of your knees and lean a little forward and backward (10 times); spread your legs, put your feet on the ground, feet pointing forward, hands on the floor, pelvis in the line of your feet, lean a little forward and backward, come on your heels and sit down:
- one arm in front of you, the other arm beside your ear, lean side-ways, your shoulder to your leg, stretch for 10 counts
  - turn a little and bring your chest to your thigh and stay there for 10 counts
  - same other side
  - bent forward and stay there for 10 counts.

### Bar-work:

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

## KASE HA FINLAND WINTER SEMINAR

**Kihon:** Yoko geri, Uraken Uchi, Gyaku Tsuki:

- slowly 3 counts: (1) yoko geri and kiashi: bring your energy back in your abdomen
- (2) Uraken Uchi (FD)
- (3) Gyaku Tsuki (FD)

left and right

- fast 3 counts

**Kumite:** (1) Uraken Uchi becomes a block: Tate Uke jodan executed during kiashi or just after

Tori: left FD kamae/ Yoko geri, Tate Uke, Gyaku Tsuki

Uke: left FD kamae/ Otoshi Uke or Soto Uke, Gyaku Tsuki jodan

(2) Yoko geri as counter-attack:

Tori: left FD kamae/ OiTsuki Jodan

Uke: left FD kamae/ Tate Uke and step your right foot diagonal right and lift your left knee, kick left yoko geri kekomi// Uraken Uchi, Gyaku Tsuki

**(d) Mawashi Geri:**

**Floor-work:** (1) Sit on the floor, right leg bent in front of you, left leg bent side-ways

- push your left hip forward and backward (10 times)
- lift your left leg and kick mawashi geri side-ways
- same other side

(2) On your fists (or hands) and your knees/

- lift your left knee and bring it a little backward; bring your left foot in a round movement forward, your toes touching the floor in front of your left fist (hand)

Do it 10 times, same other side

**Bar-work:** Same way as the other kicks :Lift your bent leg side-ways, kick in front of you and bring your leg back side-ways

**Kihon:** Mawashi geri, Gyaku Tsuki, Uraken Uchi:

- slowly 3 counts: (1) mawashi geri and kiashi: bring your energy back into your abdomen
- (2) Gyaku Tsuki (FD)
- (3) Uraken Uchi (FD)

left and right

- fast 3 counts

Cont...

## KASE HA FINLAND WINTER SEMINAR

**Kumite:** : (1) Gyaku Tsuki becomes a block: Gyaku osae Uke chudan executed during kiashi or just after

Tori: left FD kamae/ Mawashi geri, Gyaku osae Uke, Uraken Uchi

Uke: left FD kamae/ Uchi Uke, Gyaku Tsuki

(2) Mawashi geri as counter-attack:

Tori: left FD kamae/ OiTsuki Jodan

Uke: left FD kamae/ left Teisho Uke jodan and left foot yori ashi to the left, right  
Mawashi Geri chudan, Gyaku Tsuki chudan

### **(e) Ushiro Geri:**

**Floor-work:** On your fists (hands) and knees/ put your left foot on the ground, just between your fists and your right knee, look to the back from your left shoulder.

Kick Ushiro geri with your left leg and put your left foot back on the floor.

(10 times)

stretch your left leg backwards, sit on your left knee and foot, push your left heel backwards and straighten your back as much as possible, stay there for 10 counts. Do the same at the other side

**Bar-work:** Same way as the other kicks but:

Stand with your **left leg** 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 strenghten in the right position and direction.

**Kihon:** Ushiro geri/ Uraken Uchi, Gyaku Tsuki:

- slowly 3 counts: (1) Ushiro geri and kiashi: bring your energy back in your abdomen

(2) Uraken Uchi (FD)

(3) Gyaku Tsuki (FD)

- left and right

- fast 3 counts

**Kumite:** : (1) Uraken Uchi becomes a block: Tate Uke executed during kiashi or just after

Tori: left FD kamae/ Ushiro geri, Tate Uke, Gyaku Tsuki

Uke: left FD kamae/Soto Uke or Kake Uke, Gyaku Tsuki jodan

Cont...

## KASE HA FINLAND WINTER SEMINAR

(2) Ushiro geri as counter-attack:

Tori: left FD kamae/ OiTsuki Jodan

Uke: left FD kamae/ left Tate Uke jodan put your left foot diagonal right forward with turn to the right and lift your right knee, kick Ushiro Geri// Uraken Uchi, Gyaku Tsuki chudan

**KATA**: only slowly: Heian shodan using only kicks:

- (1) to the left: lift your left knee and block to the left, put down in zenkutsu dachi; forward right mae geri
- (2) right ushiro geri // kesami uchi mawashi geri; forward mawashi geri
- (3) lift your left knee and block to the left; forward 3 times yoko geri keage (right, left, right) in kiba dachi
- (4) lift your left knee, turn left and block to the left; forward right mae geri
- (5) right ushiro geri; forward mawashi geri
- (6) lift your left knee and block to the left
- (7) forward mae geri, mawashi geri, ushiro geri
- (8) lift your left knee, turn to the left and block with left uchi mawashi geri; diagonal forward right uchi mawashi geri
- (9) lift your right knee, turn to the right and block with right uchi mawashi geri, forward left uchi mawashi geri

**Sensei Livia Castro 6 Dan KSKA**

Session Four : **Sensei Raimo Lappalainen 5 Dan KSKA**

**Heian Shodan Henka Tekki**

The video can be found on facebook: <https://www.facebook.com/kasehainland/videos/425009085436285>

**Warming-up:**

1/ Heian Shodan omote with kiri-kaeshi: point a spot on the floor and make sure you stay the whole kata above that spot

2/ Tekki shodan omote

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## KASE HA FINLAND WINTER SEMINAR

### Topic:

1/ Kiba Dachi/ all arm techniques of Heian Shodan on the spot and straight forward

2/ Kiba Dachi/ on the spot arm techniques of Heian Shodan:

- Gedan Barai side-ways, (1) Gyaku Tsuki side-ways instead of Oi Tsuki

(2) Kage Tsuki side-ways

- Tetsui side-ways

- Age Uke en Oi Tsuki forward

- Shuto Uke side-ways

3/ Kiba Dachi with moving side-ways: we studied and trained the kata in small pieces, than the whole kata

(1) 'yoi' : feet together from 'yoi' of Tekki 1: bring your left hand to your right shoulder as preparing for gedan barai

(2) look to the left, right foot steps over, lift left knee and put down in kiba dachi, left gedan barai, right kage tsuki

look to the right, right gedan barai, right tetsui, left kage tsuki

(3) left foot steps over , lift right knee, put right foot down in kiba dachi, left gedan barai forward, left shuto age uke, right nagashi uke with left gedan barai, right ura tsuki

(4) look to the left, right foot steps over, lift left knee and put down in kiba dachi left gedan barai side-ways, right kage tsuki

look to the right, on the spot right gedan barai, left kage tsuki

(5) left foot steps over, lift right knee, put down in kiba dachi left gedan barai forward, right tsuki chudan, left nagashi uke with right gedan barai, left ura tsuki

(6) look to the left, right foot steps over, lift left knee, put down in kiba dachi left Shuto Uke side-ways with right hand under the left elbow (cfr Gojushihosho)

on the spot: look to the right, right nami ashi and right Shuto Uke with left hand under the right elbow

(7) left foot steps over , lift right knee, put right foot down in kiba dachi, right shuto uke side-ways with left hand under the right elbow

on the spot: look to the left, left nami ashi, left shuto uke to the side with right hand under the left elbow.

**Sensei Raimo Lappalainen 5 Dan KSKA**

**Session five : Shihan Dirk Heene 9 Dan KSKA**

Subject : shiho uke with closed hands :

To the left ¼ turn : uchi uke chudan, Kisame Tsuki,gyaku tsuki; tsugi ashi kisame Maw geri, gyaku tsuki, uraken uchi.

To the right ½ turn :soto uke, yoko empi, uraken, gyakutsuki; tsugi ashi yoko geri kekomi, uraken, gyaku tsuki.

To the front 1/4 turn : tate uke jodan, ura tsuki, gyaku tsuki; on the spot : mae geri with the back leg, kisame tsuki, gyaku tsuki, kai ashi gyaku uraken followed by tai sabaki.

Cont...

# KASE HA FINLAND WINTER SEMINAR

## Session Six : Shihan Dirk Heene 9 Dan KSKA

### Shiho Uke open hand

- 1/ Hanmi Dachii/ on the spot the 9 open hand blocks
- 2/ Hanmi Dachii/ on the spot: 5 open hand blocks with breathing
  - chudan tekube uke
  - chudan teisho uke
  - jodan shuto barai
  - gedan shuto barai
  - chudan tate shuto uke

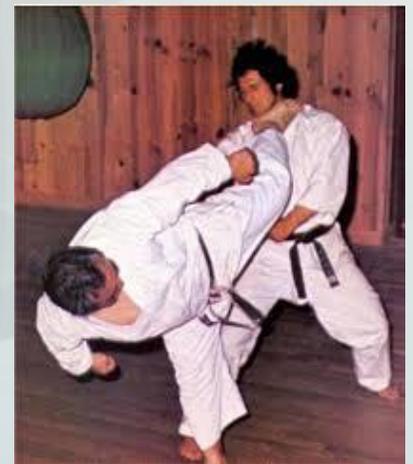
### 3/ 4 combinations:

- (1) Fudo Dachii/ left jodan shuto barai// jodan shuto ganmen uchi, gyaku shuto ganmen uchi;  
stretch out your left arm and step forward right jodan shuto ganmen uchi
  - idem right side
- (2) Fudo Dachii/ left gedan shuto barai// ura haito uchi jodan, gyaku haito uchi jodan;  
stretch out your left arm and step forward right haito uchi jodan
  - idem right side
- (3) Fudo Dachii/ left teisho uke chudan//shuto uchi jodan, gyaku haito uchi;  
step forward gyaku haito uchi
  - idem right side
- (4) Fudo Dachii/ left tekube uke// teisho uchi jodan, gyaku haito uchi in left hand  
tsugi ashi morote seiryuto uchi

- 4/ Shiho Uke: combination (1) to the North West  
combination (2) to the South East  
combination (3) to the North East  
combination (4) to the South West

### Shihan Dirk Heene 9 Dan KSKA

# Library photographs of the course instructors Including an historic photo of Sensei Kase teaching in Finland



## **KSKA Membership Renewals 2021 .....**

Membership renewals for 2021 become due from the 1st January and in order to maintain the continuity of the Academy your continued support would be appreciated.

The KSKA annual membership fee remains at **€70**

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

**IBAN BE80 0017 9066 6577**

**BIC code GEBABEBB**

**Account Name: KASE HA SHOTOKAN RYU KARATE-DO ACADEMY VZW**

**Address: Herckenrodebosstraat 40, 3511 Kuringen**

**Bank: BNP PARIBAS FORTIS**

Best regards

Livia Castro

KSKA Treasurer

### **KSKA International Instructors Certificate**

Don't forget the availability of the KSKA Instructors Certificate. The application form together with guidance on the qualifying criteria is available from the Academy's website.

In selective cases an Instructors Certificate can be attained from the level of Sandan where normally it is Yondan. If you regularly support a senior instructor or run your own club then enquire with the Secretary.

Completed applications should be emailed to the KSKA Secretary and are valid for a period of three years.

Many of the original applications will be approaching expiry. So should you need a replacement, the renewal process is the same as for the initial application and please use the same form and return email address.

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

## **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)**

# Trip Down Memory Lane

