

KSKA NEWS



Academy

Kase-Ha Shotokan Karate Academy

Newsletter

January 2022

Welcome ... to the January 2022 edition of the KSKA Newsletter being the first of the New Year together with an apology from the editor for the slight delay as it should have been made ready in December. Still, we are at the beginning of what we hope to be a better period as the KSKA press ahead with plans to return to the dojo.

Message from Shihan Dirk Heene 9th Dan

Dear members,

This should be the January Newsletter ... but what kind of news can I bring you?

Still more or less, we are in the same pandemic situation as two years ago. We train on the level of zoom connection and we are longing for more normal training with contact. Again and again, we fall back into stronger rules and restrictions. We have to cancel courses and normal karate activities. Even gradings make no real sense. We tried in 2021 to organise the October Gasshuku, but with the restrictions and the control of the government it was difficult.

In Müllheim the Fuju Keiko we had to cancel the last session because of a positive corona infection. Who will take the responsibility?

The only aspect of karate practice is individual training or group practice with distance (or mask).

We have to be patient and wait until this storm is over. Continue to progress and train with the experience we have as there are few alternatives.

That is also why we (the Shihankai) decided not to organise high level gradings above 5th Dan during the May 2022 Gasshuku in Müllheim, but to wait until October at the Espinho course in Portugal. This might be difficult for some of you; but also waiting is a kind of discipline until better times.

The most important thing now is to keep the proper standard the best we can and to wait until better and safer times arise.

Through this way I wish you all strong courage and health for 2022.

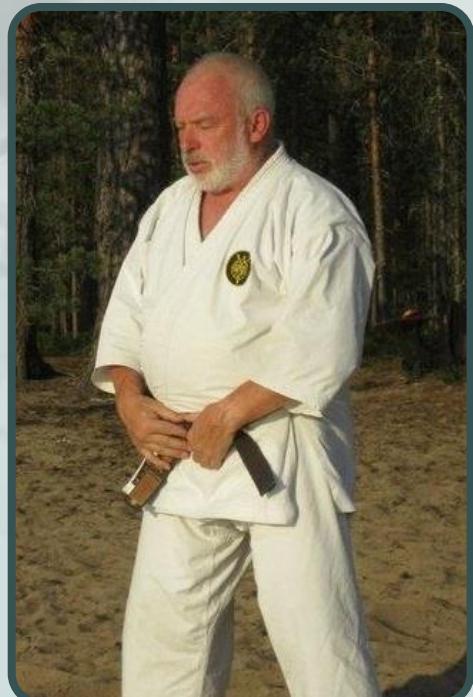
Let us leave this the 21st year of the 21st century and look forward to the next year with a strong mind.

Dirk

President KSKA

Member of Shihankai

Oss



Shihan Dirk Heene 9th Dan KSKA

In this issue

- Presidents message
- Shihan Dirk Heene
- Natsu Gasshuku 2022
- 10th Fuju-Keiko
- Technical article
- Membership renewals

Thank you to the contributors of this Newsletter:-

Shihan Dirk Heene
Organisers of the
Natsu & Aki Gasshuku 2022
Sensei Pascal Petrella
Karate-Dojo Müllheim



Message from Mike Cowburn KSKA Secretary

Thank you to the contributors of the January 2022 News Letter and particularly Sensei's Dirk Heene and Pascal Petrella also the members of Karate Dojo Mullheim.

From what I have read also discussed with various people, the 10th Fuju-Keiko was a fantastic course also providing the opportunity to meet with friends and colleagues having at last returned to the dojo.... so sorry that I was unable to attend as the November course in Mullheim has always been a highlight in my karate calendar.

Speaking personally where I am sure that my feelings are shared by many of you, for me the spirit of the dojo, the comradery and opportunity to learn also to train and sweat together is a key driving force that has retained my commitment for the better part of 50-years.

However, maintaining the motivation through the corona period has and continues to be tough and once you get out of the habit of regular training then your lifestyle can if not put in check, quickly adapt to take on-board alternative time fillers.

Motivation is then the key and as my years advance then I am less inclined to listen to words being more swayed by deeds.

By way of example, take a look at the British Prime Minister who appears to be on the rack for telling his people not to meet with family or friends then he and his cronies party like there is no tomorrow. Oh and BYOB... Bless!

"Stay motivated"; are for me simply words but with little meaning. However, we don't have to look too far within the KSKA to witness real leadership that is achieved through deed and not simply the case of 'do as I say and not as I do'.

Sensei Kase elected the Shihankai based on the 'person' and not just their karate ability although the foundation is undoubtedly their skills and knowledge. But also including other attributes such as; commitment, ability to not only deliver but also to motivate and to encourage others to aspire to greater things. During these difficult times it is abilities such as these that I now turn.

Take for example Sensei Dirk, we all aware of his recent health problems and how easy would it have been for him to say, 'I am hanging up my Gi'. But no! Sensei Dirk has pressed forward no matter what the personal cost and continues to strive in keeping us together as a strong and determined body.

Sensei Jim Martin, is and I hope he won't mind me saying, but he is the strong silent force within the KSKA. The little that he says is more than made up for by what he does, where his knowledge and experience is a key driver within the Academy.

Sensei Michaylo Fedyk is a prime example of putting others first and despite the financial hardship that he experienced in those early years, his commitment to attend nearly every course with Sensei Kase was a true measure of deed and not word.

Cont.....

Message from Mike Cowburn KSKA Secretary

Cont....

Sensei Pascal Petrella is for me the epitome of a great leader. Never once in all these years have I ever known Sensei to 'self-promote' where in my experience he is exactly the opposite.

Sensei Pascal's passion for karate is unquestionable, but so are his ambitions to promote and aid others along their journey. The amount of time and energy that Sensei expels in organising events and arranging not just the basics but the finer detail and those which make all the difference.

Organising and instructing on the Kangeiko is entirely for the benefit and future of the Academy and look where this has taken us as we now have such fantastic Sensei's in Nico Ibscher and Juan Pablo Delgado that will continue long into the future the legacy that Sensei Kase left us.

Prior to corona and when training on the Gasshuku plus other courses, the future of the Academy in the young and inspired students was evident to see where in-turn their advancing level is 'raising the bar' for us all.

Some might say the KSKA is only for the older karateka, the ones who once competed but have since been put out to grass (an expression used for retired race horses), but NO. The KSKA is a dynamic organisation, it is encompassing and encouraging in driving the standard and level forward for everyone no matter their age, abilities or preferences.

So in summary, 'patience is a virtue' as they say and this is so true especially during these trying times. Whilst corona might be around for a little time to come, we must not let this mere irritation affect our lives or indeed our karate.

Take heart in the deeds of our seniors for soon we will be back together in the dojo to train with even more determination and drive.

Keep strong my friends and we look forward to seeing you soon.

Mike C

KSKA Secretary

P.S. for those who aren't sure as to the meaning of BYOB; this according the British Government means 'Bring your own booze', which is optional for post karate training.

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

KSKA NATSU-GASSHUKU

Müllheim, Germany



Friday 13th to Sunday 15th May 2022

Under instruction of the KSKA Shihankai

Organisation: Kase Ha Germany & Karate Dojo Müllheim

Email: p.petrella@ksk-academy.org

Phone: +49 172 759 30 46

Dojo: Heinz-Renkert-Sporthalle (Sporthalle 1)

Moltkestraße, 79379 Müllheim, Germany

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

KSKA Dan Grading: Saturday 14th May 2022 @ 13.30hr

Course Dinner: Saturday 14th May 2022 @ 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 30€ per person payable at the course registration desk.

Accommodation: There are a variety of hotels within Müllheim 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 a charge of 25€ per person will apply..



10th Fuju-Keiko & 50th Anniversary of Karate-Dojo Müllheim

Friday 5th to Sunday 7th November 2021



Presented by Karate-Dojo Müllheim & Kase Ha Germany

The 9th Fuju-Keiko 2020 and the 10th Fuju-Keiko 2021 were held under special Corona conditions. Where in 2020 dojo based training was replaced by Online Zoom, but in 2021 and with rules permitting, we were able to make a welcomed return to the dojo and assemble once again to train in person. It was also very pleasant to see and to talk to each other face to face and rekindle long-standing friendships.

As is usual for the Fuju-Keiko Sensei's Dirk Heene, Pascal Petrella, Arie Farkash and Nico Ibscher were there to instruct but unfortunately and due to coronavirus travel restrictions Sensei Juan-Pablo was unable attend and teach alongside the impressive line-up.

Course participants were welcomed from far and wide including; Israel with Sensei's Arie Farkash, Arie Gliksman, Leonardo Schwarz and Roni Getbark. From France Sensei's Christian LeRomancer, Morgane Tousch and Christopher Parlati. From Switzerland Sensei's Roland Reiszek and Davide Aratori together with their students from Rolands Dojo in Zürich and from Belgium Sensei's Dirk Heene and Yvette Martens together with students from the Honbu Dojo in Hasselt. Also in attendance was Gregory Gillet from Arlon and Karin Basenbach from Luxenburg. In all some 60 karateka were able to attend and participate in the excellent training.

For the organising committee from Müllheim it was a new situation with everybody having to present their Covid pass at the registration desk also when attending the Anniversary Dinner. And for the first time in 45 years of practicing in the sports hall, the floor was damn cold as due to Covid restrictions the ventilation had to be fully turned up with all of the heat being blown through the roof.... It was too much for me as I hate having cold feet ...

Thanks again to Klaus Göppert and Markus Dreyer for their support over the years in organising this event.



The class of 2021

10th Fuju-Keiko & 50th Anniversary of Karate-Dojo Müllheim



Cont...

Sensei Arie Farkash included within the delivery of his Saturday morning training the support of his student Roni Gethbarg, who and only two weeks later, took part at the WKF World Championships in Dubai. It was impressive to see how fast the guy's are nowadays and how smooth their movement is.

Sensei Arie spends a lot of time in preparation training for competition, in addition to the traditional principles of Kase Ha karate. Competition based training is aimed largely at the younger participants who really enjoy the dynamics whilst providing a vitally important foundation for their long-term karate practice.

Concurrently Sensei Nico Ibscher presented the kata Kankudai together with Bunkai to those who chose to follow the more traditional path. For me this was a good concept, as to have the younger and the older students combined may not fulfil everyone's expectations or intended outcome from the course. I believe we have to support all age groups and abilities in Kase Ha training. Where we not all once younger and enthusiastic for competition karate.

It was very nice to see Sensei Dirk in a much, much better shape than in the beginning of the year. Sensei Dirk delivered a great training of Ji-Oyo, a combination of Jion, Jitte and Jiin. He managed to combine all three katas in a very clever way.



10th Fuju-Keiko & 50th Anniversary of Karate-Dojo Müllheim



Cont...

With some of the participants having had limited opportunity over the past 2 years to participate in physical training, especially kumite then I decided to work on the principles of blocking. To practice the very basics of blocking, which we learned from Sensei Kase. And step by step I built up the sequence with following inclusions;-

The Eight T's of blocking (normal standard blocking)

1. Technique, if the technique or body position is wrong then a good block against a strong opponent is difficult, if not impossible to achieve;

- * Position of the feed on the ground
- * Connecting the rooting with the pelvis, shoulders into the contact with the opponent
- * Position of torso before blocking (hanmi)
- * Position of body during blocking
- * Position of elbow during blocking
- Etc

2. Timing, is the key to a successful block. Basic timing means to block before the attacker applies full power in the attack;

- * Block before the attacker really starts their approach
- * Block during attack (normal block)
- * Block very late
- Etc

3. Target, similar to the attack, there are clear targets where to attack, respectively where to block;

- * Area of blocking
- * Arm: just below the wrist
- * Leg: just above ankle
- Etc

4. Tactics, tactics means variations of the basics, means to adapt to certain circumstances like size and height of the opponent, see Miyamoto Musashi;

- * Fudoshin, don't move
- * Yori-ashi back than forward during blocking
- * Pressure block
- * Shock block
- * Double block
- * Supporting block
- * And many, many more

5. Trajectory, depending on the situation and partner, destroy the block and break the attack, deflect the attack use the power of the attacker etc;

- * Go against the attack (kime against kime)
- * Divert the attack away from the target
- * Change direction of the block completely and try to unbalance the opponent
- Etc

10th Fuju-Keiko & 50th Anniversary of Karate-Dojo Müllheim



Cont...

6. Thought or no thought (Mushin), a very important point, especially for black belts. One must be sure and confident of his /her blocking skills, only than you can be completely relaxed and sense the opponent and the environment, the mind is free;

- * Be completely relaxed, don't think about just sense your opponent
- * Be one with the environment

7. Tactile intelligence, one of the highest physical blocking levels

- * During blocking feel the attack and divert or not divert accordingly
(Sensei Kase's last training 2003 in Andorra)
- * Feel pressure or no pressure feel blocking or diverting in a fraction of a second

8. To-ate, Sensei Kase spoke for some time about it however, I don't have this level yet...

- * Blocking without touching
- * For us to learn there is still a long way to go

As you can see the big variety of performing a block like Age Uke. This is the beauty about Kase Ha karate do, we have many, many ways of how to do it, it is just amazing what Sensei Kase was teaching us.

After the second Black belt training on Friday, Karate Dojo Müllheim then celebrated its 50th anniversary. Around 80 people came to the 50th Anniversary. In covid times this is quite a large number. Again we had a great buffet with plenty of food, even for second or third helpings that was enough even for the most hungry guys.



10th Fuju-Keiko & 50th Anniversary of Karate-Dojo Müllheim



Cont...

Once again I managed to bring 3x5L bottles of great Spanish wine, sponsored by Karate Dojo Müllheim for everyone to enjoy together with great food with great wine what an atmosphere. Some people also enjoyed the free Schnaps. During the dinner we had a piano player entertaining us. But the biggest entertainer that evening was Sensei Dirk, as he was in a great spirit and shape and made us dance with each other or do some singing. Thanks again for all who supported this event.



10th Fuyu-Keiko & 50th Anniversary of Karate-Dojo Müllheim



Cont...

Around 11pm, some people were tired and went back to the Hotel. At 11.15pm I received a call from a course member to say that his PCR-test was **POSITIVE!** Oh No....! What to do???????

After consultation it was decided to cancel the Sunday morning training as the risk of further spread was too high and as such, with a hint of regret we informed everyone of the situation explaining the reason.

It is not so easy to cancel the seminar, but peoples safety must come first that is our responsibility.

To somewhat of a relief a second test returned a **NEGATIVE** result ! Oh thank goodness, now everybody was more relaxed... I was not aware that a PCR-test can be wrong. It is just as well to check!

Well it was a great and exciting weekend for me... and I hope everybody enjoyed the training together with the friendship and you are welcome to return to the next seminar that is to be held in Müllheim, Germany that will be the

KSKA Gasshuku from Friday 13th to Sunday 15th May 2021

Oss Pascal Petrella



10th Fuju-Keiko & 50th Anniversary of Karate-Dojo Müllheim

Cont...



KSKA Membership Renewals 2022

Membership renewals for 2022 fall due from the 1st January and in order to maintain the consistency of the Academy, payments should be made via the KSKA Treasurer Livia Castro with details as included below.

Academy numbers have continued relatively unchanged since the onset of the Coronavirus pandemic where this is a tribute to you, the Academy's loyal members.

Anyone wishing to make a payment in person during the Natsu Gasshuku in May 2022 will be able to do so at the course registration desk otherwise payments should be made as soon as possible.

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

The following account should be used for all payments made in Euros 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

Best regards

Livia Castro

KSKA Treasurer



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 completed 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, photographs, 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.