



KSKA NEWS

Kase-Ha Shotokan Karate Academy

Newsletter

May 2022

Welcome ... to the May 2022 edition of the KSKA Newsletter and the return to near normal training after what has proven to be a challenging period. Due to the pandemic, many clubs and associations have experienced a decline in the number of participating karateka and as such, this is the time for consolidation, whilst the KSKA remains a constant and nucleolus as part of the rebuilding programme.

Message from Shihan Dirk Heene 9th Dan

Dear members,

Slowly the dojo practice is coming back to its original form after this long pandemic and international courses are starting again.

On the recent course in Aveiro in Portugal there were 120 participants with 6 being graded to shodan and nidan. The instructors Miguel Rocha, Armando Reis, Enrique Carriço and Filipe Sancho did great work during the last years through the delivery of zoom-sessions also outdoor training.

The group in Berlin under Jirka Achilles organised a course in January with a good attendance. Ines Baganz graded shodan and Uwe Knoth from Rudolstadt graded to 3 Dan.

Over the weekend, 23-24 April, there were about 70 participants on the Jerez course in Spain where 4 karateka's graded to 2 dan and 6 for shodan. Also groups from Cadiz, Puerto de Sante Maria and even from Portugal and Belgium came over.

Hopefully the courses in May: Gasshuku in Mullheim, Touku Leiri in Finland and the 18th Kase Memorial in Hasselt will be well attended. Nothing is more important than training together, progress and exchange knowledge. Of course, travelling has become more expensive and we have to make a selection from what is possible to do.

Online training is still possible. Every Friday at 8 o'clock (CET) there is an advanced training session with Greg Konieczka and myself on zoom.

But nothing is more important than the regular dojo sessions with your own sensei.

Keep on the practice and work together!

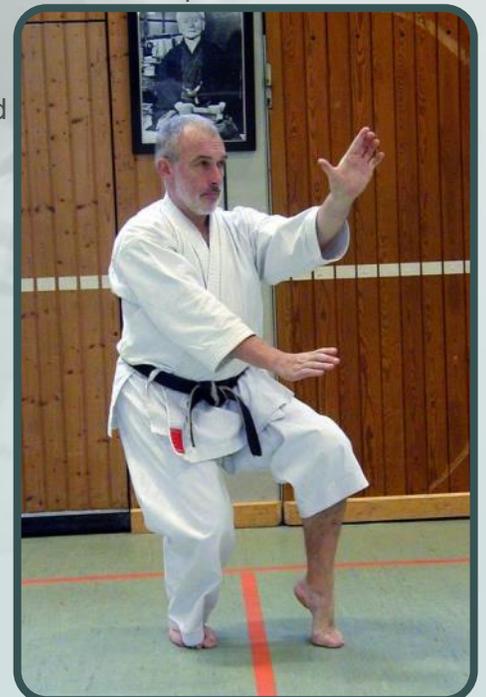
Hope to see you soon in the spirit of Kase Ha.

Dirk Heene

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

**Sensei's Pascal Petrella and
Livia Castro
Organisers of the
Natsu & Aki Gasshuku 2022
KSKA Germany
KSKA Portugal**

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 2022 and thank you for continuing to support the KSKA through the difficult period.

For those who have not already done so, could I ask that you transact your payment by banktransfer just as soon as possible.

Fortunately we can now see each other and train together within the dojo where it remains possible to pay your membership in cash. This can take place at a Gasshuku or on other courses for those who are not familiar with paying by banktransfer.

Payment information can be found within this Newsletter.

I hope to see and train with you soon and especially on the Natsu Gasshuku in Mullheim.

Let 's stay in touch.

Livia Castro

Treasurer KSKA



Message from the Secretary

I hope this News Letter finds you well as the veil is drawn following the difficult Corona period and the world, at least the Western World is starting to regain a sense of normality although it may take a little while longer for such as international travel to return to the level of convenience that it once was and what we had become so accustomed.

Mainstream business is returning to near normal although some have become too comfortable with WFH and this in-turn is having an impact on team-building, development, education and experience, in this I draw a parallel to karate practice.

In my own business we are now playing catch-up with pressures applied to travel and deliver more even though we are seeing massive inflation that is affecting efficiencies also profitability.

World events as disturbing as they are, are also having a negative influence on our mind-set and impacting on our lives that in order to address will require a stabilising influence and positive outlet on which to focus.

It is to this effect the timing of a return to the dojo has within my living memory, never been so important.

Keep strong

Mike C

KSKA NATSU-GASSHUKU

Müllheim, Germany



13 - 15 May 2022

under the instruction of KSKA Shihan-Kai members

Dirk Heene, 9th Dan **Belgium**

Jim Martin, 8th Dan **Scotland**

Michaylo Fedyk, 7th Dan **England**

Pascal Petrella, 7th Dan **Germany**

Nico Ibscher, 5th Dan **Germany**

Hosted by: Kase Ha Shotokan Ryu Karate-Do Academy

Point of contact: Kase Ha Germany & Karate Dojo Müllheim

Contact: Sensei Pascal Petrella

Tel.: +49 172 759 30 46

Email: p.petrella@ksk-academy.org

Venue: Heinz-Renkert-Sporthalle (Sporthalle 1)

Moltkestraße, 79379 Muellheim / Germany

KSKA AKI-GASSHUKU



Espinho, Portugal

Friday 7th to Sunday 9th October 2022

Under the instruction of KSKA Shihankai

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
	19:30 – 21:00hr	10:00 – 11:30hr	09:00 – 11:00hr
		11:45 – 13:15hr	

The course dinner will be held at: **Restaurante O Golfinho** from 20.00hr

Academy members wishing to attend should notify Sensei Filipe Sancho before 30th September 2022 and inform the main dish you wish to eat. The cost for the dinner is €30pp.

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

Hopefully not, but the course arrangements may have to be modified due to further evolution of the Covid-19 pandemic.

Please note those wishing to present a senior Dan grade at the Aki Gasshuku in Espinho in October 2022, you are requested to submit your application to the KSKA Secretary by mid-May.



Some thoughts of Rooting, Body Alignment, Stability

by Pascal Petrella

7th Dan Kase Ha Karate-Do

Dear all,

In the following article I would like to express some of my thoughts regarding rooting, body alignment, emotional stability and respiration for Karate use.

Rooting and breathing in the martial arts is a topic a lot of people talk about, but in my perspective only a few people, can really show and teach this topic in a way that students can understand then respectively sense what has been told..

To develop rooting along with the development of **Hara**, is in the oriental countries more important than to reach a higher level of technique or winning competitions. Only rooting with the development of Hara and a controlled, but natural and relaxed breathing is the key to true power, this is called **Ki** in Japanese, **Chi** in Chinese and **prana** in Hindi.

Rooting, more than pushing the weight to the ground?

„ Stay rooted in each movement“. The extent, to which we have incorporated and integrated this principle into our karate movements, and also life, determines one part of our level of our mastery in Karate-Do. To develop **Hara, which goes also along with mental and physical stability**, is especially in the eastern philosophy the highest goal one can reach.

Rooting means, being firmly connected to the ground. All forms of energy work require that one remain solidly rooted to the ground. Unfortunately, rooting is often poorly understood, respectively performed with an unbalanced alignment of the upper body structure. Therefore here an attempt to analyse and describe how to maximize energy flow and power transport, with the aid of rooting and abdominal breathe.

In Karate-Do, rooting means more than just standing on the ground, pushing oneself down. **Rooting begins with the mental, emotional, and spiritual aspects of personality.**

Physical and energetic rooting is developed through kihon and kata training in karate-do, as a support to mental and emotional changes in life. And one reflects the other.

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Grounding cultivated through karate practice manifests as stability in movements.

Emotionally it manifests as a stable personality with clarity of purpose and full command of willpower. The spiritual aspect is cultivated in karate-do training (**Shugyo**) itself. The development of Fudo-shin (immovable mind), Bushi-No-Kokoro (warriors mind), Mizu-No-Kokoro (Mind like clear water) a natural process, if the training is performed in the traditional Japanese way of getting enlightenment (Dürkheim K.(1957)) through a lot of austere **practice**.

If one is not rooted to the ground and if one does not have a correct structural alignment of the body to the ground, they lack of true power development.

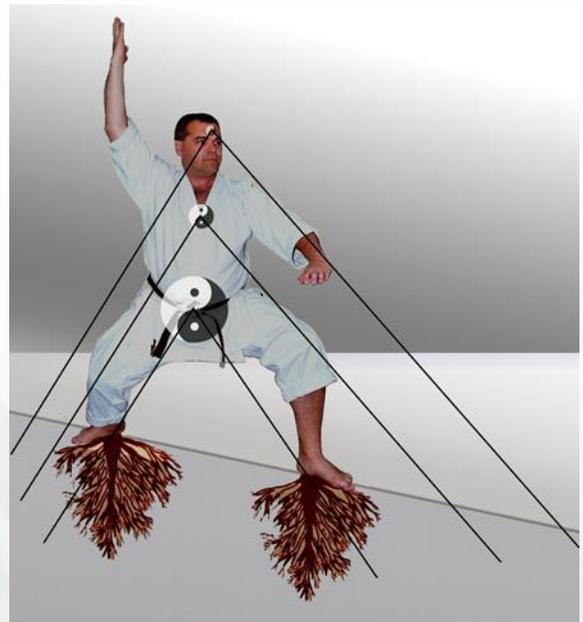
As Shihan Kase said, "Ten-Chi-Jin, the energy from the universe, from the ground and from the body must be in harmony to develop real power.

Using the energy from the ground, one has to keep the centre of gravity low. This theory applies especially to beginners. If one has developed rooting to the floor well, see Shihan Kase, he can also develop e.g. in a higher hanmi-dachi position true power, this is the same as sete and hente principle.

The centre of gravity, called Tanden in Japanese, is floating between the chest and the lower abdomen. As one experiences negative emotions, the centre of gravity is traveling further upward into the torso, which can cause enough energetic pressure to produce a heart attack. In extreme fright the centre of gravity may rise up to the throat, making a person unable to say sound.

If one is able to experience emotions and then let go and relax, the centre gravity returns back to the lower abdomen.

Sensei Kase said once: "**Do**" means to move, "**Sei**" means to be calm. In Japanese we have a saying :



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Ordinarily we keep the centre of gravity floating between the chest and the abdo-

“Do jo sei ari no sei jo do ari”



Excessive anger can bring the center of gravity high up in the chest or the throat.

The meaning is:

If you are externally active, than you have to be internally calm.

And if you are externally calm, you have to be internally active.

You have to keep your energy flow going, this is something like yin and yang. It is important to have a good balance between internal and external energy.

In Karate and all other martial arts one learns to keep the center of gravity low, by learning to move in alignment of Ten (heaven) and Chi (earth) forces, generating the movements from the hips, and remaining mentally and physically connected to the ground.

Centeredness and grounding can't be only learned and understood with the knowledge of the physical structure the body with the knowledge of the important of interrelation of the emotional and the mental state. And the key to all of this is **training, training, training ...**

Physical requirements

In Karate practice it is very important to keep the body structure vertically aligned with gravity. If someone is leaning forward, the centre of gravity is moving upwards to the chest and hence the body is not in balance anymore.

The Ki flow, the harmony of Ten-Chi-Jin is disturbed and hence the development of true power can't be developed.

It is therefore very important that the upper body, the torso, should always stay in a natural position, like one is walking in daily life. The shoulders should be aligned with the hip bones.

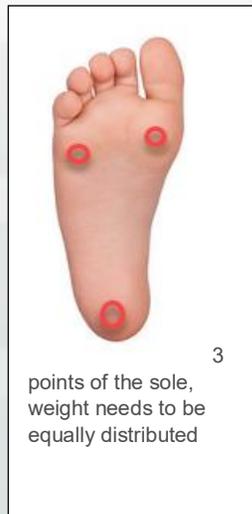
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Ankle, Joints, Knees

The joints, respectively the position of the joints play a big role in transferring the body force and Ki to and from the ground to the legs, torso and to the arms. One should press the soles of the feet to the ground (standing on 3 points) and **gently twist the joints outwards**. This supports the energy flow, the rooting to the ground and hence helps to transfer the weight into the ground.



Wrong: Ankles, knees and hip are rotated inwards. With this position one will have a bad energy flow to the ground.



Correct: Ankles, knees and hip are rotated outwards. With this position one will have an optimal energy flow from and to the ground for rooting-

The spiralling action begins with the ankle joints, connects to the knee joints, the next vital element of transferring the power from the earth force from and to the hip.

This is done by placing the feet firmly to the ground and gently twisting the femur bone with a slight twist at the knees, but keeping the weight equally distributed on the 3 points of the sole of the foot.

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When the ankle, the knee and the femur bone is twisted outwards, all the tendons and muscles are wrapping around the bones, directing the energy flow upwards and downwards, creating an extremely strong force.

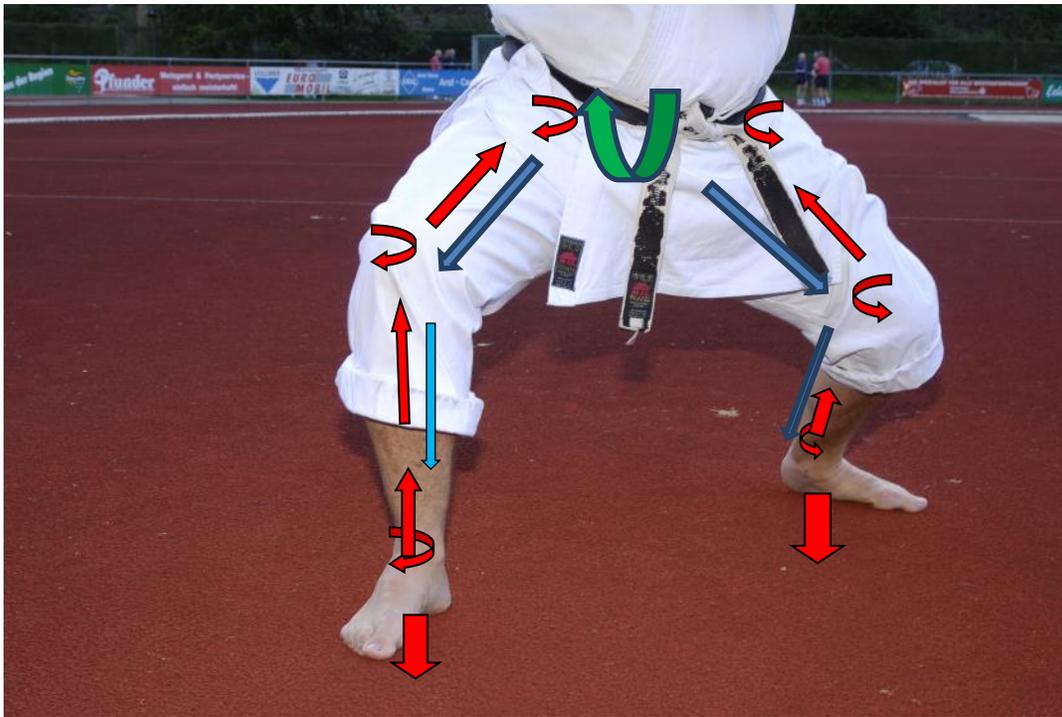
When this gentle ankle and knee twisting is performed properly, all the tendons and muscles are rotationally wrapped around the bones, creating a strong spring force. In this position, the earth, knee and hip are in one line of an energy chain.

Where the weight of the body is not resting on the knees, instead the weight and the power is transferred from the hips to the knees, to the ankles, to the heels and through the soles to the ground. In the same way the rebounding force from the earth passes through the ankles, the knees, the hip, and the torso to the arms and finally into the focus point of the technique.

But, the knee is a delicate joint, which should not be over twist.

Listen to your body, feel the pain and stop!

Cont....



Kase Ha Shotokan Ryu Karate-Do most used position Fudo-Dachi is the most powerful position in Karate. All joints are rotated outwards, tendons and muscles wrapped around the bones to strengthen the bone structure and enable a free flow of Ki from and to the ground.

The earth force is traveling upwards by using the following points:

- Stand equally on 3 points of the foot (front and back foot)
- Relax the feet to connect with the ground
- Spiral the foot and leg outward to create a screwing motion upward
- When pushing down in the same moment, the earth force will travel upwards.

Once the earth force is spiraling upwards to the hip, we allow it to continue up the spine by turning the pelvis upwards (by tensing lightly our buttocks, using also the psoas muscle to connect with the spine).

We then allow the earth force to continue traveling out of the discharging arm, where the shoulder is gently pulled down towards the tanden. The torso is then also, in the moment of impact stable and the earth force can flow without an energy lack into the focus point.

But this is not purely a mechanical skill. As in all aspects of karate, the mind plays an important role. Without the ability to focus the Ki in one single point, the force one is trying to discharge becomes dissipated in various degrees. Body, mind and spirit must be focused in to one point.

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Hips, Sacrum and Coccyx

The position of the hip joint and the sacrum is crucial to connect the legs with the torso. The significance of the groin in producing power cannot be overemphasized in developing Ki in all techniques. When the two knees are gently twisted outwards, as described above, the hip joints are opened outward, the tendons in the groin area become firm, which allows the transfer of force from the legs into the trunk.

The sacral alignment describes whether your body structure is weak or strong.



Spinal misalignment: When standing with a hyper lordosis, the Ki flow is interrupted; there is no tension at the back muscles around the lumbar spine



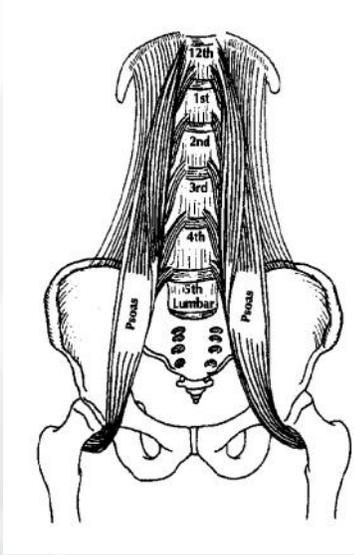
When the pelvis is tilted upwards, the muscles around the lumbar spine are tensed, the buttocks are tensed, power transport is possible.

When relaxing the lower back and slightly rotating the pelvis and sacrum forward and upward, as if you were tucking the tail-bone between the legs, you structurally align the sacrum to the spine. When doing rooting one should align the sacrum to the legs and feel the line of power from the foot to the groin, to the sacrum and up to the spine. The sacrum is also one of the major pumps for the cerebrospinal fluid, which cushions the many nerves housed in the spine. The sacrum also helps also pump the Ki up the spine.

The psoas muscles, the connection between the hips joints and the lower vertebrae are also a major key link from the power of the legs to the spinal column. The psoas muscles are also closely connected to the latissimus dorsi muscles, which extent from the upper spine to the humerus and sholder bones. Hence the psoas muscles are an important bridge between the lower and upper body.

Cont...

If the psoas muscles are relaxed and supple, the power of the legs can flow unimpeded, like a wave from the legs to the spine and the through the arms. If the psoas muscles are supple, one can breathe more deeply and easily and can fully use the power of the diaphragm and breath to support one's movements and help to link the lower and upper body together through the Ki-belt.



Tanden area, our Ki-belt

The tanden, also known as the ocean of Ki, acts also as a major bridge linking the lower part of the trunk with the upper part. This area can also be called **Ki-belt**.

If the Ki-belt is only poorly developed the feet, legs and hips have no connection to the upper body. Controlled and activated is the Ki-belt with abdominal breathing and the controlled development of tension in the tanden area.

The abdominal breathing takes a lot of practice, years and years of Kihon training. In Shotokan Karate one learns to use the diaphragm to increase the lower abdominal pressure, all the way around the waist. The pressure helps to fill in any weak spaces in one's structure and ties the lower body with the upper body together. But the force is not at all static and unconscious, it is dynamic, lively and aware, able to move with the changing movements of Karate.

Open the chest, sink the shoulders

The shoulders should always be relaxed (not pulled upwards) and the chest open. The shoulders should be gently pulled down towards the tanden area and the head pushed towards heaven. If the head is deliberately pushed upwards it is harder to lift the shoulder and losing all the energy from the ground.

This was a lot of theory, I hope I didn't bore you too much, but I believe as a teacher you should know some theoretical background in order to know what and how to teach to your students. Theoretical knowledge is good and important, but I believe with a good sensei who shows and guides you technically and spiritually there is a good chance to be able to learn.

Best regards,

Oss Pascal Petrella 7th Dan KSKA

Reminder of Kase-Ha DVD availability

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

KSKA Membership Renewals 2022

Membership renewals for 2022 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