

KSKA NEWS

Kase Ha Shotokan



Academy

Kase-Ha Shotokan Karate Academy Newsletter

December 2022

Welcome ... to the December 2022 issue of KSKA News! As another year will come to an end soon and having witnessed a number of excellent karate stages again, including 2 successful Gasshuku (Mullheim, Germany last May and Espinho, Portugal last October), 2023 promises to be a busy year again with lots of opportunities for training together and (re)connecting after the Pandemic. Happy New Year to you and your loved ones!

Message from Shihan Dirk Heene 9th Dan, President of the KSKA

Dear Members,

After a difficult period of almost three years our training activities are getting back to normal. In the KSKA group the courses have restarted. Though, the numbers of participants are reducing and the economic situation is unstable. And the technical level must improve again.

The use of kamae, distance (o, chu and ko waza), Hente, Seite, use of open hands in different situations, the proper use of ghyaku uraken and okuri ashi geri waza in counters, ... But also the personal ability such as concentration, contraction-extension, awareness and the use of hara, breathing support and rooting ... body dynamics in combination with moving, blocking, attacking ... All reasons to join a KSKA course with decent instructors to level up the personal karate skill.

In the newsletter the coming courses will be announced as well as the information about contacting info concerning the information.

I must inform you that Mike Cowburn stopped his activity as our general secretary. He did a great job during many years and helped our KSKA members through the administration of all kinds. Training is important, but often for karateka's (me included) the paperwork is forgotten or neglected. This makes it often difficult for the secretary and the money keeper to follow the activities.

We wish our new secretary, Tom Van Achte, all the best in his function. He is a very active practitioner of Kase Ha and for sure you will meet him on the courses.

Also do not forget to renew your membership for 2023, so you automatically get the information you need for our activities and the invitations for the gasshukus.



In June we lost one of our very active trainers in Berlin. Sensei Jirka Achilles, chief instructor, and soul of Yoshitaka Berlin, passed away. He formed a lot of good black belts with an outstanding standard. We wish all the strength for his group and especially his mother Ilse Achilles.

Two times a year the Berlin club organises a 5-days Berlin course once in September and another in January. Worth to join and to visit Berlin, but most of all to support Yoshitaka Berlin and train with the local karateka's.



Message from Shihan Dirk Heene 9th Dan, President of the KSKA

Kase Ha Shotokan



In September we also celebrated the 10 years of the Hombu Dojo in Aitokoski, Finland. It was great to meet the instructors again who were training and teaching there, like Pascal Petrella, Filipe Sancho and Maria Pavlovic.

Time is going so fast. Already it is 18 years ago since our Sensei Kase left us. Still, we feel a warm connection with his teaching and methods, but most the memory of a great human and charismatic personality.

Let us carry on and progress in the best way we can. Let us not criticize the others and discuss other schools but be critical to ourselves and make it better.

All the best.

Dirk Heene
Member of Shihankai
President of KSKA

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Message from Tom Van Achte, Secretary of the KSKA**Dear members,**

Let me start by saying a big thank you / arigato gozaimasu !

First and foremost I want to thank the Shihankai and Executive for putting trust in me and supporting me as a candidate to follow up Mike Cowburn as your new Secretary.

Secondly I would like to explicitly thank the former Secretary, Mike Cowburn for the immaculate job, good communication skills and being available when needed, I always found that very impressive.

Last but not least I want to thank you all for giving your trust to me, and for understanding that things might need a little bit more time at first, but I am sure soon everything will be up and running smoothly. A first example is this (slightly restyled) newsletter that you are now reading. Hope you like it. If not, please let me know!

I also want to take this opportunity to share with you my personal motivation : as Shihan (and our president) Dirk Heene is also my trainer, we usually see each other a few times a week to train in Honbu Dojo (Hasselt, Belgium) and in the club where I teach, Shoto Karate Ham.

When the question was raised if I would be up to eventually follow in Mike Cowburn's footsteps my initial reaction was the following : thank you very much for the honor, as I did never expect this question to be asked. It never was in my mind nor my ambition, I needed time to reflect on this and to consult a few people (including Mike Cowburn) to check if this was something I could do. I was given the time and soon I came to understand that there was one big reason to go for it: I wanted to be a (small) part in the chain that can guarantee continuity in the KSKA, actively supporting and (hopefully also) expanding the legacy of Kase Sensei into the future.

I gratefully remember some of Kase Sensei's courses in Utrecht I could attend (as a brown belt in the early 90's) thanks to my Sensei at that time (Franky De Reu) who still is an active KSKA member today!

So I agreed to be a candidate and was elected at the General Assembly during the Aki-Gasshuku Espinho. Thank you for putting your trust in me!

Feel free to contact me at any time (preferably in writing, secretary@ksk-academy.org), I hope to meet you all in person sooner or later during courses. At the Gasshuku you can also easily find me, as I am walking around with a GoPro camera to shoot and (later) produce the course DVD's.

Thank you very much,

OSS
Tom Van Achte



Picture on the right : Filipe Sancho (L) and Tom Van Achte (R) enjoying good company, food & drinks and some Portuguese sun at the beach in Espinho in preparation of the October 2022 Gasshuku.

Overview of recent KSKA activities**Trainingslager, Kyokyu Dojo Rudolstadt (Germany)**

September 3rd – 4th, Sensei Dirk Heene.

Glasgow (Scotland)

September 10th -11th, Sensei Dirk Heene.

Ruska Seminar, 10th year Hombu Celebration Sonkajarvi (Finland)

September 23rd – 25th, Sensei Dirk Heene, Pascal Petrella, Anette Nilson-Pavlovic, Filipe Sancho Sa Silva.

Memorial, Berlin (Germany)

September 28th – October 2nd, Sensei Dirk Heene.

Glasgow (Scotland)

September 9th – 11th, Sensei Dirk Heene.

Aki-Gasshuku, Espinho (Portugal)

October 7th – 9th, Sensei Dirk Heene, Pascal Petrella, Michaylo Fedyk, Nico Ibscher, Juan Pablo Delgado.

A detailed report can be found [HERE](#).

39th Autumn Training Weekend, Ham (Belgium)

October 14th – 16th, Sensei Dirk Heene and Nico Ibscher.

Weekend course, Fatima (Portugal)

October 28th – 30th, Sensei Dirk Heene.

Fuyu-keiko, Mullheim (Germany)

November 4th – 6th, Sensei Dirk Heene, Pascal Petrella, Arie Farkash, Nico Ibscher, Juan Pablo Delgado.

Shinto Ceremony - Dan Grading, Hasselt (Belgium)

November 8th



Overview of recent KSKA activities

Oberstufen Lehrgang, Kyokyu Dojo Rudolstadt (Germany)

November 12th – 13th, Sensei Nico Ibscher, Gerhard Scheuriker.

GNKA, Aberdeen (Scotland)

November 18th – 20th, Sensei Dirk Heene.

Trainingslager, Kyokyu Dojo Rudolstadt (Germany)

December 3rd – 4th, Sensei Dirk Heene.

Hanuka, Nahariya (Israel)

December 8th – 11th, Sensei Dirk Heene.

A course report can be found on the next page.



If we missed some of the courses (with at least 1 member of the KSKA Shihankai attending) in this overview, please let us know!

We need YOUR help with date, place, a short description of the course theme and possibly a flyer and some pictures. Please mail this info to secretary@ksk-academy.org
We also intend to use this information to publish activities on the KSKA website.

KSK Israel winter seminar

KSK Israel, winter seminar with Dirk Heene Sensei and Arie Farcas Sensei.

The opening was Thursday night. Everybody was excited to see Sensei Dirk after 4 years. All students contributed their best to follow the basic drills that were in preparation over the following days.

Friday was very challenging. Sensei Arie Farcas started with the beginner's class and welcomed all the young karatekas that joined KSK Israel recently. The audience were all pleasantly surprised to see their youngsters working intensively, and willing to prove that they deserve to be accepted as part of the KSK Israel family.

Following the junior's session, Sensei Dirk ran an open class with the KSK Israel seniors and guests from fellow organizations. The energy was great! Sensei Dirk continued with challenging advance KASE HA principals. Our guys worked hard and enjoyed every move and combination. Dirk Sensei was very satisfied with the standard of the participants.

In the evening we celebrated the occasion and had great talks during the dinner at the home of Arie Farcas.



The Saturday morning session started with a grading for the juniors. They all tried their best and most of them met the required standard, and others got the right encouragement to continue training hard.

Sensei Dirk ran the closing session with his unique combination and gave us ideas and principals to think about.

Saturday night we had a special session we called "Meeting the Sensei".

Sensei Dirk shared some of his best memories with Master Kase and we practiced some of the most typical aspect of KASE HA, making it a great masterclass.

As a tradition for over 45 years, KSK Israel organizes 3 events per year, Winter, Spring and Summer camps. Sensei Dirk regularly visits us and leads us with his experience in the KASE Ha endless journey. We also have the privilege of other Shihankai member's support. Pasquale Petrella Sensei visited us several times as well as other KSK seniors and members.

KSK Israel has an open door and we welcome you all to visit Israel and enjoy one of our future events.

Oss



Aki-Gasshuku Espinho 2022

Aki-Gasshuku Espinho 2022, october 7th - 9th 2022.

Friday evening, the first session (for all attending) was led by Sensei Pascal Petrella, after a welcome and warm-up the focus of this session was on Ten no Kata with open hands, a variation on the 'regular' Ten no Kata. The build-up was gradual in difficulty and intensity, leading to being able to perform the entire Ten no Kata with open hands, supported by a stable position and a focus on correct breathing during the execution. The sports complex where we trained had a long natural decay (about 6 seconds), so kiai did sound impressive when performed by Sensei Pascal Petrella ... and by all.



Both the Saturday sessions were split up (members and non-members), members had their first session of the day with Sensei Juan Palbo Delgado, non-members enjoyed a training session with Sensei Nico Ibscher. Juan Pablo Sensei's focus was mainly on the correct use and application of Neko ashi dachi, more specifically to use it correctly in kata Goju Shiho Dai. It for sure was a challenging training session for the legs (and core body).

The second Saturday session for members was led by Sensei Michaylo Fedyk, the non-members enjoyed a session with Sensei Pascal Petrella. Sensei Michaylo Fedyk split the training up into 2 main sections, firstly focussing on open hand techniques and different application methods, combined with different movement patterns. The second part of this training consisted out of building up and training a combination of Goju shiho Dai and Goju shiho Dai ura (combined), quite a challenge for body and mind.

The day continued with the Dan grading, Shihankai meeting, general assembly of the KSKA (in the Praia Golfe Hotel Espinho), drinks at the bar and finally the course dinner in the Dolphin restaurant at the beach, where we enjoyed lots of good food, drinks and later on some great live performed 'fado' by local artists.

Sunday morning was 1 combined session (for all attending), led by Shihan Dirk Heene, focussing on different double blocking combinations and counter-attacks at the level of yondan (4th Dan). As usual, also this session had a natural build-up in technical difficulty and intensity, combined with some nice references to our legacy and more specific stories of Shihan Kase.

If you want to study the themes of this Gasshuku, please order your copy of the **DVD box n°5 – DVD 2202**, more info on page 12 of this newsletter.

We want to thank and congratulate the course organisers (Sensei Filipe Sancho and all involved) for putting in so much effort picking up people from airports, transport from and to the training venue from hotel and so much, much more, all of that with a smile and human warmth.



Overview of future KSKA activities

Honbu Dojo Kan Geiko, Hasselt (Belgium)

January 7th – 8th, Sensei Dirk Heene, Cesare del Pellegrino
Contact: info@honbudojo.be

Training Weekend, Berlin (Germany)

January 20th – 21st, Sensei Dirk Heene
Contact: kanibecker@gmx.de

13th KSKA Kangeiko, Mullheim (Germany)

February 24th – 26th, Sensei Pascal Petrella, Nico Ibscher and Juan Pablo Delgado
!!! ONLY on personal invitation by the Shihankai !!!
Contact: p.petrella@sk-academy.org

Training Weekend Buti, Tuscany (Italy)

March 18th – 19th, Sensei Dirk Heene, Cesare del Pellegrino
Contact: info@honbudojo.be

Training Weekend, Aveiro (Portugal)

April 1st – 2nd, Sensei Dirk Heene
Contact: lkarate.dojos@gmail.com

Training Weekend, Jerez de la Frontera (Spain)

April 15th – 16th, Sensei Dirk Heene

GNKA, Aberdeen (Scotland)

April 29th - 30th, Sensei Dirk Heene
Contact (Facebook): [gnka.karate](https://www.facebook.com/gnka.karate)

KSKA Natsu-Gasshuku, Hasselt (Belgium)

May 12th – 14th, Shihankai
Contact: info@honbudojo.be

Touku Leiri, Sonkajärvi (Finland)

May 20th – 21st, Sensei Dirk Heene, Raimo Lappalainen, Jarmo Niiranen, Toni Gallen
Contact: info@hombu.fi

Training Weekend, Espinho (Portugal)

June 10th – 11th, Sensei Dirk Heene
Contact: filipe.sancho@ipatj.com

XXII International Karate-Do Summer Course, Cadiz (Spain)

July 6th – 9th, Sensei Dirk Heene, Juan Pablo Delgado (more to be announced)
Contact: kskcadiz@gmail.com

If we missed some of the courses (with at least 1 member of the KSKA Shihankai attending) in this overview, please let us know! Click the contact emails to send a direct email from this PDF (the link will open your standard mail program).

We need YOUR help with date, place, a short description of the course theme and possibly a flyer and some pictures. Please mail this info to secretary@sk-academy.org
We also intend to use this information to publish activities on the KSKA website.

Overview of future KSKA activities

Kesa Leiri, place to be announced (Finland)

July 29th - 30th, Sensei Dirk Heene, Raimo Lappalainen, Jarmo Niiranen, Toni Gallen

Contact: to be confirmed

Training Weekend, Cork (Ireland)

August 19th - 20th, Sensei Dirk Heene

Contact: olympickarate@eircom.net

Summer Training Weekend, Hasselt (Belgium)

Karate + Chi Gong

August 26th - 27th, Sensei Dirk Heene, Martina Vantournhout

Contact: info@honbudojo.be

Trainingslager, Kyokyu Dojo Rudolstadt (Germany)

September 1st – 3rd, Sensei Dirk Heene

Contact: kontakt@kyokyu.de

KSKA Aki-Gasshuku, place to be announced / save the date

October 6th – 8th, Shihankai

Contact: to be announced

40th Autumn Training Weekend, Ham (Belgium)

October 13th – 15th, Sensei Dirk Heene, Nico Ibscher

Contact: secretary@ksk-academy.org

Polar Night Kase Ha Seminar / Trevetuloa 2024, Levi (Finland)

January 24th - 28th 2024

Contact: pasi.nettamo@gmail.com

If we missed some of the courses (with at least 1 member of the KSKA Shihankai attending) in this overview, please let us know! Click the contact emails to send a direct email from this PDF (the link will open your standard mail program).

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Natsu-Gasshuku Hasselt 2023

KSKA Natsu-Gasshuku Hasselt 2023Friday 12th May – Sunday 14th May 2023

Under instruction of the KSKA Shihankai



The first Gasshuku of the year 2023 / Natsu-gasshuku will be held in Hasselt, Belgium where the KSKA welcome your attendance in support of the Academy.

Organisation: Honbu Dojo Limburg
Herkenrodebosstraat 40

Email: yvette.martens@honbudojo.be

Phone: +32 479 318440

Dojo: Sporthal KTA2
Vildersstraat 28, Hasselt, Belgium

Training:

Friday	19:30 - 21:30
Saturday	10:00 - 11:30 and 11:45 - 13:15
Sunday	09:00 - 11:00

Grading: **Saturday from 13:30**

Course Dinner: Saturday 13th May 2023 @ 19:00
Adress to be confirmed
Academy members wishing to attend the course dinner should notify the course organiser on time. The cost for the dinner will be announced later.

Accommodation: There are a variety of hotels within Hasselt to suit most budgets.
Should you require further assistance please contact Yvette Martens or visit www.hasselt.be
Youth Hostel : www.jeugdherbergen.be/hasselt
Stay in Honbu Dojo is also possible in accordance with the course organisation (limited number of spaces available).

Pick-up: Not forseen from airports, there is an easy train connection from Brussels Airport (Zaventem) which is the preferred airport directly to Hasselt. Please contact the course organisation if you wish to use another airport.

KSKA Membership Renewals 2023

KSKA Membership Renewals 2023

Membership renewals for 2023 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. Anyone wishing to make a payment in person during the Natsu Gasshuku in May 2023 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 € 70,00**

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

A special message to those from non EU countries or for those paying in currencies other than the Euro:

Please note that **bank charges** may apply and as such account should be taken when calculating the total amount payable as all bank charges must be met by the member so as to ensure **the total sum that is received by the KSKA is 70,00 Euro.**

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

Course DVD's

Release of DVD boxes

As a means of communicating recent changes to the KSKA Grading Syllabus, the Shihankai demonstrate the core principles on the 5 following DVD boxes that are currently available (the plan is that more will follow in the future, we will of course keep you informed about this).

Important notice : please make sure NOT to distribute any of the content on the DVD's in any digital form, the watermarked discs are intended for your personal use ONLY.

Thank you for respecting this !

DVD box n°1 – DVD 1901

contains 2 DVD 's filmed during the summer course in Cadiz 2019

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



Course DVD's

DVD box n°2 – DVD 1902

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

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

After the release of the first and second DVD box the Shihankai decided to film every Gasshuku, so members who attended can review the topics and details, members who were not able to attend can study the topics through the DVD's.

**DVD box n°3 – DVD 2101**

contains 2 DVD's filmed during the Gasshuku in Ham October 2021

Disc 1:	Hente techniques (3 combinations) Kata Jitte (+bunkai)	Sensei Dirk Heene Sensei Pascal Petrella
Disc 2:	Kata Ji'in (+bunkai) Closed hand techniques (seite – hente) in kihon and kumite	Sensei Dirk Heene Sensei Pascal Petrella

**DVD box n°4 – DVD 2201**

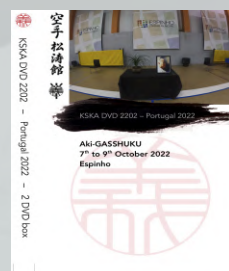
contains 2 DVD's filmed during the Gasshuku in Müllheim May 2022

Disc 1:	Kumite Shodan level Sochin with open hands	Sensei Pascal Petrella Sensei Jim Martin
Disc 2:	Open hand combinations Sochin Oyo Bunkai	Sensei Michaylo Fedyk Sensei Dirk Heene

**DVD box n°5 – DVD 2202**

contains 2 DVD's filmed during the Gasshuku in Espinho October 2022

Disc 1:	Ten no Kata with open hands Neko Ashi Dachi in kata Goju Shiho Dai	Sensei Pascal Petrella Sensei Juan Pablo Delgado
Disc 2:	Goju Shiho Dai omote and ura (combination) Double block combinations Yondan level	Sensei Michaylo Fedyk Sensei Dirk Heene



Price per DVD box:

members: €15,00
Non-members: €20,00

The DVD boxes will be available during the Gasshuku's and other courses

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

Course DVD's

There is also the possibility to send copy by post:

for Belgium the cost is € 7,50 extra (maximum 2 DVD boxes per postage)

for other countries in Europe the cost is €13,00 extra (maximum 2 DVD boxes per postage)

for countries outside Europe the cost is €15,00 extra (maximum 2 DVD boxes per postage)

Take care!: for some countries outside Europe (like the UK) you will have to pay customs duties

This postage is without tracing number.

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

IBAN BE80 0017 9066 6577

BIC code GEBABEBB

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

Address: Herckenrodebosstraat 40, 3511 Kuringen

Bank: BNP PARIBAS FORTIS

Instructor Certificates

Instructor Certificates are of course still available at 25,00 EUR. To apply, please comply to the rules you can find on the KSKA website and send the necessary documents digitally to the Secretary for evaluation and processing.

Contributors to this newsletter :

- Shihan Dirk Heene, President
- Livia Castro, Treasurer
- Tom Van Achte, Secretary
- Arie Farcas
- Yvette Martens