

KSKA NEWS

Kase Ha Shotokan



Academy

Kase-Ha Shotokan Karate Academy Newsletter

April 2023

Welcome ... to the April 2023 issue of KSKA News!

This newsletter brings you reports of some of the recent KSKA activities, an updated calendar for upcoming activities as well as important information about the upcoming Gasshuku in Hasselt, a technical article, administrative information and finally course flyers. All this to stimulate you to continue training hard in the tradition of and with respect to Sensei Kase.

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

Dear Members,

The first part of 2023 was again a period of growing activity in our organisation.

There was the yearly Berlin course in January during five days with a growing interest. The local club from Neuenhagen is attracting the remaining karatekas from the Kase Ha clubs around. Although the loss of Jirka Achilles is still hard, the core group of Heike Achilles, Martin Titz and Philipp Spinn are keeping the Kase Ha spirit running. Philipp Spinn got his 2nd Dan and Jan Holleitner his 1st Dan. In total 64 participants attended the course.

The exchange course between Italy (Cesare – Shirai) and Belgium (Dirk – Kase) was also very successful the first time again after Corona. In January there was a Kan Geiko in Hasselt (Belgium) and in March we went back to Italy (Pisa) with 13 enthusiastic Belgian participants.

The winter course in Espoo, Finland was taken over by Jarmo Niiranen, Toni Gallen en Raimo

Lapalainen, who did a great job, while I was in the hospital for 5 days with a leg infection (again).



I was happy to visit the Kan Geiko in Müllheim where Pascal, Nico and Juan Pablo gave the best of themselves with the analysis of kihon and kumite in the fundamentals of Kase Ha. Good to see Leonardo (from Israel) again and some new young participants from Belgium and Germany. Over 30 participants ... the limit of numbers of possible participants. Great organisation and great atmosphere of enthusiastic activity and friendship. Future guaranteed!

The Easter course, organised by Aveiro (Portugal) brought our Portuguese Kase Ha group together. The local trainers: Miguel, Armando, Henrique, Felipe and Narciso brought their best members together. Jose Martins and Paulo Alexandre graded shodan.

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

28 – 30 April the course in Aberdeen will take place and brings KSKA activity in Scotland together.

But last but not least 12-13-14 May we have our Gasshuku in Hasselt Belgium. Lots of subjects of our training method have to be upgraded. Positions, moving, stability in hente, seite combinations; applications of kata and of course the senior grading. A delegation of Australia is expected and great karatekas to train with. But the most important of all: stay safe and healthy, keep training together and searching for contact with each other in friendship and enjoy a special method of Shotokan karate: "Kase Ha, Oss!!"

All the best!

Dirk Heene
Member of Shihankai

President of KSKA

Kase Ha Shotokan



Academy

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Message from Tom Van Achte, Secretary of the KSKA

Dear Members,

This newsletter has quite a lot of pages (25) with course reports, pictures, announcements and flyers of upcoming courses, etc... I want to thank everyone who contributed to this. Great to see so many people wanting to help providing information and pictures. Please keep doing so :)

If you recently organized a course and there is no report in this newsletter, I want to encourage you to appoint someone to make some pictures and send me a (small) report, so next time your course can also appear in the newsletter.

You will also find all available information for the second Gasshuku of 2023, the Aki-Gasshuku will be held in Germany, Dippoldiswalde (close to Dresden) october 6th - 8th. If you are a member and you are NOT receiving mails or the newsletter, please let me know asap, then we can check / add your e-mail.

Tom Van Achte, Secretary of KSKA.

Overview of recent KSKA activities



Honbu Dojo Kan Geiko, Hasselt (Belgium) & Training Weekend Buti, Tuscany (Italy)

January 7th – 8th & March 18th – 19th. Sensei Dirk Heene, Cesare del Pellegrino



Exchange Belgium – Italy

On Friday, March 13, 2020, a group of karatekas would leave Belgium for Italy for a three-day exchange. Unfortunately, Covid-19 threw a spanner in the works. Just that same day, Belgium went into complete lockdown. The exchange between Belgium and Italy was put on hold for a while.

Three years later, January 7-8 2023, the Kan Geiko in Hasselt could happen again. Judging by the turnout of the participants, everyone was waiting for this winter event. Sensei Dirk Heene and Sensei Cesare Del Pellegrino welcomed more than 50 karatekas from far and wide: Belgium, the Netherlands, Luxembourg, France, Germany, Scotland, even Israel and of course Italy. This course is not just an exchange between different karatekas. Of course everyone knows sensei Dirk Heene. As a Senior of the Shihankai, he passes on the best of sensei Kase to his students. Sensei Cesare Del Pellegrino is a student of Sensei Shirai. Yet there are many similarities between Sensei Dirk and Sensei Cesare.

Sensei Cesare del Pellegrino grew up in Genk (Belgium), also the place where Dirk Heene grew up and started his first dojo. Sensei Dirk was Cesare's first karate teacher in 1978. In 1983 Cesare decided to move back to Italy permanently. In Florence he met Sensei Shirai for the first time and from then on he knew that this would become his master in Karate.

During the kan geiko, Sensei Cesare del Pellegrino also conveyed to us some principles of the school of Sensei Shirai. Sensei Kase and Sensei Shirai have worked closely together in the past, because Sensei Shirai was a student of Sensei Kasei. That is why it was not so difficult for the karatekas who follow the way of sensei Kase to follow and apply the principles of sensei Cesare. During the two-days course, the group was divided into two. The kyu degrees and the shodan karatekas trained together in group one, group two were all other dan degrees. During the weekend in the first group, Sensei Dirk taught the kata chinte and some bunkai's of this kata. He also familiarizes the group with the hente – seite principles. The dan degrees got more depth in the kata jion.

Sensei Cesare focuses on the kata tekki shodan with applications. During the next training he taught us a kata developed by Sensei Shirai: Fudo no Kata. A kata in four directions in which hente techniques are alternated with open hand techniques. There was a nice atmosphere and positive vibes in the dojo.

Training in Buti, Italy. Plans were immediately made to go to Italy with a group. The group kept getting bigger and other



Overview of recent KSKA activities



karatekas from outside the honbu dojo also decided to join to go on an exchange. On March 16, a group of 13 people left for Tuscany to train in the dojo of Sensei Cesare Del Pellegrino. Training sessions were interspersed with cultural excursions. We worked hard during the training. Sensei Cesare showed us some applications of Kanku Dai. Sensei Dirk, on the other hand did put more emphasis on the use and execution of gjaku uraken.

A thought that always stays with me from such an international karate meeting. "Don't stay stuck in your own dojo all the time, but open yourself up to other experiences". Train with other people. The language should certainly not be an obstacle. Every good karateka, who is open minded, understands the "karate language".

Yvette Martens, Honbu Dojo Hasselt (Belgium)



Finland winter training

February 2023

Kase Ha Finland has a tradition of organizing **three seasonal seminars** every year: Winter, Summer and Autumn. The location for each seminar varies based on a rotation plan. This year, the Winter Seminar was in the south, taking place in snowy Espoo, a satellite city to Helsinki. The venue was Otahalli, originally built for the 1952 Olympics.

Just days before the seminar Dirk sensei informed us he could not fly to Finland because of doctor's orders — but he was with us through an online video link. He handed out the instructing task for the weekend to members of the technical committee of Kase Ha Finland: Toni, Jape and Rami. They gave good insight to Tekki as **the theme of the seminar was Tekki Oyo**, a genuine Kase Ha kata. From Friday to Sunday, the kata was built stepwise and in parts on top of a firm foundation in four quality sessions, with emphasis on functional bunkai. There was a lot of pair work. From white belt to 6th dan, minds were open and the atmosphere supportive. Besides familiar faces from all over Finland, the attendance was international, with karateka also from Mexico and Sweden — and the resident Scot.

In 2024, the **Finnish Winter Seminar** will be way up in the north — and it will be a special seminar as Kase Ha Finland wants to offer a true Finnish winter experience for our international guests. Location is Levi, the number one winter resort in Finland, playground for a vast variety of snowy activities. We will be training indoors at a local school, though. On the occasion of Dirk sensei's 75th birthday, there will be a celebration dinner with Arctic specialities. Besides training and celebrating, we will offer some typical Lapland outdoor activities. Levi is conveniently located close to Kittilä airport (KTT), so traveling is easy via Helsinki. If you prefer a train, there's a daily overnight service from Helsinki with cabins to sleep in. We believe it will be an unforgettable seminar, so



saving the dates 24–28 January 2024 at this point is a good idea.

Marko Häkkinen



13th KSKA Kangeiko, Mullheim (Germany)

February 24th – 26th, Sensei Dirk Heene, Pascal Petrella, Nico Ibscher, Juan Pablo Delgado

Hi everybody, on Pascal Petrella Sensei's request I am writing this article for you all with my impressions from our last gathering, but first I want to tell you something about me.

I come from Serbia and practice Karate for 37 years now. I am a chief instructor in a 52 years old local club "Takovo" from Gornji Milanovac, named after the historically well-known place in Serbia in which I started my practice and since then I never stopped.

In my past I did only Shotokan karate, mostly JKA, but for the last 20 years I am a follower of Sensei Kase's style.

After contacting Shihan Dirk and Sensei Pascal I came to KSKA the first time in November 2022 and this Kangeiko is my second visit. Now, here are my impressions. Hope you will appreciate it.

There can be only Team! It gives me great pleasure to see so many passionate karatekas in one place gathered around one idea, which is to continue Kase's line of karate and to improve the Kase Ha Shotokan Karate Academy by raising the quality of young instructors this time, because as Sensei Pascal says: "If we want good students, we must have good teachers".

Regarding that, we had more than 30 participants, present and future Kase Ha Instructors from countries all over: Portugal, Spain, France, Belgium, Switzerland, Germany, Israel, Italy and Serbia.

Training together, eating together, sleeping in the same place.... We had four training sessions during the weekend course. Sensei Pascal Petrella opened the course (Friday evening training) with basic Kihon techniques from the Shodan Syllabus plus open hand blocks and applications.

Saturday morning's session was led by Sensei Nico Ibscher, who had a "Gyaku Uraken Uchi" topic. But before that, he had us practice the ground fighting technique just to remind us that reality is not happening as we are used to, in the high stance and in a longer distance. Gyaku Uraken Uchi was being tested on boxing focusers (pads).

Saturday evening we had again Pascal Petrella Sensei whose topic was "Mae geri-front kick". This training portrays the sentence from the invitation letter: "Hardest training at the coldest time of the year". We were really pushed to our limitations working on Mae geri from basics to advanced level. Sunday morning Sensei Juan-Pablo Delgado introduced us to Kata Jion. We worked on technique slowly step by step, with analyzing the Bunkai of beginning elements up to doing the whole kata with underlining the speed as crucial quality. At the end of training when sensei Juan-Pablo asked us to

Overview of recent KSKA activities



do one more and the last time, Jion Kata, only for Sensei Kase, the whole hall vibrated with the explosion of energy. Let me mention that the participants were at the border of their capabilities in just three days 8 intense hours of practice were tied.

Shihan Dirk Heene made a special impression and contribution to this seminar because even though he was prevented from practicing and actively participating in training, his presence ennobled the spirit of the karatekas, who practiced with maximum dedication and did their best.

“Today is today tomorrow is tomorrow”... As Shihan Dirk says, reminding us of the anecdote when Sensei Kase stayed with his students until late at night while he was saying: “today is today, tomorrow is tomorrow”. And after that late night and in the hard morning for everybody Sensei Dirk said to Sensei Kase: “Sensei, today is tomorrow”!

So, the time has come for us to take the responsibility. This Kangeiko has in fact committed all the practitioners to the next specialization and transfer of the knowledge to the highest level.

Between trainings, oh what an atmosphere... Everyone slept, ate and had fun at the same place. My roommate Roland from Switzerland, whom I greet on this occasion, was also an excellent sparring partner. I had the opportunity to spar with almost all the participants of the seminar, and if I skipped someone, this way, I apologize and promise that we will meet on some other occasion, maybe even in Hasselt during the next Gasshuku.

I would like to take this opportunity to thank all our instructors who wholeheartedly help us to progress, but I would like to give a special thanks to Sensei Pascal Petrella who made my stay even more pleasant.

I learned some new things about karate, I moved myself from the comfort zone, which started to put me to sleep and make me think that I am better than I am, but I also learned a lot about my colleagues from other countries and gained new friendships, which I consider the greatest benefit.

There can be only Team! If you remember the movie “Highlander” from the 80s, when the idea of “There can be only one!” lead viewers through the entire movie, I have to say that idea of “There can be only team” led us through the entire Kangeiko. I like this big idea of KSKA, and for me it says “There can be only team”!

With the desire to be part of that team, I greet everyone and hope to see you again soon.

Nenad Vucicevic, Serbia

Overview of recent KSKA activities



25th International Course
Centro de Karate-Do de Aveiro, Aveiro (Portugal)
 April 1st - 2nd, Sensei Dirk Heene



Last April 1st and 2nd in the city of Oliveira do Bairro, in the Aveiro area, Portugal, the **25th Kase Ha Shotokan Ryu Karate Do International Course** organized by the Centro de Karate-Do de Aveiro, led by KSKA members Sensei Miguel Rocha, Sensei Henrique Carriço, Sensei Lionel Tavares and Sensei João Santos was organised, once again under the instruction of Shihan Dirk Heene. Participating on this course were CKA instructors and students, but also other Portuguese KSKA instructors and their students. In Portugal this is the course that has been held for the longest time (25 times now) and originally was led by Sensei Kase himself.

Saturday morning first session was aimed at the lower Kyu grades, but the session was open to all grades, Sensei Dirk explained some of the basics of Kase Ha counter attacks. The session started with Kihon exercises using Gyaku-Zuki, Gyaku-Haito, Gyaku-Ganmen and Gyaku Uraken, also part of the bases of the Shodan examination program. The participants also had to test these techniques with a partner in different situations of attacks from the Tori, starting with simple sequences and then evolving into more complex ones. To the attacks of the Tori, the Uke responded with the defence and the use of the trained counter attacks and immediate movement to a safe distance. The applications ended in a situation in which the Uke had to use the 4 counter attacks.

Overview of recent KSKA activities



The second session, still on Saturday morning was aimed at 3rd Kyu and above including Dan grades, the topic of this session by Sensei Dirk was moving, Kae-Achi, Tsugi-Achi and Yori-Achi, direct movements (attacking) using Kae-Achi, defending on the spot and back to safe distance using Yori-Achi first and then Kae-Achi, followed by counter attacking with front and side displacements using Tsugi-Achi, not changing and changing legs and side, and moving, focused on the idea of confusing the opponent in a Kumite situation. The training started with some Kihon exercises and then application with partner. This type of training was introduced by Sensei Kase in the early nineties and Sensei Dirk explained that he did this work with him at that time.

Saturday afternoon training session was again aimed to 3rd Kyu and above including Dan grades, the theme of the session was Niju-Shiho and its applications. In this session Sensei Dirk taught the Kata until the first Kiai. After some body activation Sensei Dirk explained the general concept of the Kata and then started with the execution, explaining in detail each technical part, after the technical execution of each part the participants then had to train them in a Kumite situation with partner.

The day ended with the **course dinner**, always a very special moment as well, in which the guys shared several aspects of their own Do, but also of their personal life, trusting friendship, of course the typical Portuguese food and drink was an important part of the course dinner as well ☺

Sunday morning first session was again aimed to 3rd Kyu and above including Dan grades, again the theme was Niju-Shiho and its applications, but now from the 1st Kiai on. After some body activation exercises the technical part started, but before starting the technical part Sensei Dirk underlined the importance of these courses and in particular the chance of training with different partners, especially coming from different Dojos. So the idea for the training was also to keep changing partners during the Kumite situations, and test different routines with different practitioners, a very important aspect in the development of our Kumite capacities. The training session ended with everyone doing the complete Kata.



Sunday morning second session was aimed to the lower Kyu grades, but again open to all grades. This session focussed on a Kihon situation, starting with smaller split parts and building it up to a more complex Kihon, also focused on higher Dan grades. The complete Kihon was divided into 3 different parts. Part one, the use of open hands Uke Waza and open hands counter attacks using Hen-te-Waza and Sei-te-Waza principals. Two, the use of Kosa-Dachi Gyaku-Uraken. Three, the use of Okuri-Ashi Mae-Geri and Gyaku-Zuki. All the parts were trained with partners, first isolated and then combined.

Overview of recent KSKA activities



In the end of the session Sensei Dirk explained that the Kihon he taught on the session had been sent to him by a KSKA member and the training had been a test of effectiveness as a Kase Ha Kihon and as a Kase Ha Kumite situation. Sensei Dirk also enhanced the capacity of the lower grades and younger practitioners to follow this type of training and Kihon.

The organization thanks Shihan Dirk Heene for his teaching and great support to the group and, of course, to everyone who joined the course training hard with a great Kase Ha attitude.

Report by Filipe Sancho Se Silva

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.

Overview of future KSKA activities

**GNKA, Aberdeen (Scotland)**

April 28th - 30th, Sensei Dirk Heene
Contact (Facebook): gnka.karate

KSKA Natsu-Gasshuku, Hasselt (Belgium)

May 12th – 14th, Shihankai
Contact: info@honbudojo.be
DAN grading ONLY for Sandan and up

Touku Leiri, Sonkajärvi (Finland)

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

DAN Grading candidates for Shodan & Nidan (Only Belgium - BKSA)

May 27th, Honbu Dojo Hasselt

Training Weekend, Jerez de la Frontera (Spain) ! ATTENTION ! Dates have changed !

June 2nd – 4th, Sensei Dirk Heene
Contact: club.dakentai@gmail.com

Stage Annuel de karaté, Berné (France)

June 2nd – 4th, Sensei Pascal Petrella, Verbeeck Alain, Le Romancer Christian
Contact: espacesatori@gmail.com

Training Weekend (Trainingslager) Dippoldiswalde (Germany)

June 10th – 11th, Sensei Juan-Pablo Delgado, Sensei Nico Ibscher
Contact: ibscher@gmx.de

Training Weekend, Espinho (Portugal) ! ATTENTION ! Dates have changed !

June 23rd – 25th, Sensei Dirk Heene
Contact: filipe.sancho@ipatj.com

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

July 6th – 9th, Sensei Dirk Heene, Pascal Petrella, Nico Ibscher, Juan Pablo Delgado
Contact: kskcadiz@gmail.com

Kesa Leiri, place to be announced (Finland)

July 28th - 30th, Sensei Dirk Heene, Raimo Lappalainen, Jarmo Niiranen, Toni Gallen
Contact: to be confirmed

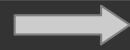
Summer Training Weekend, Hasselt (Belgium) ATTENTION ! Dates have changed !

Karate + Chi Gong
August 18th - 20th, Sensei Dirk Heene, Martina Vantournhout
Contact: info@honbudojo.be

Training Weekend, Cork (Ireland) ATTENTION ! Dates have changed !

August 26th - 27th, Sensei Dirk Heene
Contact: olympickarate@eircom.net

Overview of future KSKA activities

**Trainingslager, Kyokyu Dojo Rudolstadt (Germany)**

September 1st – 3rd, Sensei Dirk Heene

Contact: kontakt@kyokyu.de

Training Weekend, Glasgow (Scotland)

15th - 17th September, Dirk Heene

Contact: marti21@talktalk.net

Ruska Leiri, Sonkajärvi (Finland)

September 22nd - 24th, Sensei Dirk Heene, Raimo Lappalainen, Jarmo Niiranen, Toni Gallen

Contact: info@hombu.fi

Memorial Course Brezinski – Achilles, Berlin (Germany)

September 27th – 30th, Sensei Dirk Heene

Contact: kanibecker@gmx.de

KSKA Aki-Gasshuku, Dippoldiswalde (Germany)

October 6th – 8th, Shihankai

Contact: ibscher@gmx.de

40th Autumn Training Weekend, Ham (Belgium)

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

DAN grading october 21st

Contact: secretary@sk-academy.org

Training Weekend, Fatima (Portugal)

October 27th – 29th, Sensei Dirk Heene

Contact: arandoreis@sapo.pt

Fuyu-keiko, Mullheim (Germany)

November 3rd - 5th, Sensei Dirk Heene, Pascal Petrella

Contact: p.petrella@sk-academy.org

GNKA, Aberdeen (Scotland)

November 17th - 19th, Sensei Dirk Heene

Contact (Facebook): [gnka.karate](https://www.facebook.com/gnka.karate)

Winter Trainingslager, Kyokyu Dojo Rudolstadt (Germany)

December 1st - 3rd, Sensei Dirk Heene

Contact: kontakt@kyokyu.de

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).

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
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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.

Organization: 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: For sandan and higher grades **ONLY**
Saturday from 13:30

Course Dinner: Saturday 13th May 2023 @ 19:00
Wok Dynasty, Kempische Steenweg 136a, 3500 Hasselt
Academy members wishing to attend the course dinner should notify the course organizer Yvette Martens **before May 1st**. The cost for the dinner is estimated at 34,00 EUR per person (all you can eat), drinks NOT included.

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
ATTENTION ! Holiday Inn Express room reservations needs to be confirmed to Yvette Martens before April 15th
Youth Hostel : www.jeugdherbergen.be/hasselt
Stay in Honbu Dojo is also possible in accordance with the course organization (limited number of spaces available).

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

Natsu-Gasshuku Hasselt 2023

KSKA Aki-Gasshuku Dippoldiswalde 2023

Friday 6th October – Sunday 8th October 2023

Under instruction of the KSKA Shihankai



The second Gasshuku of the year 2023 / Aki-gasshuku will be held in Dippoldiswalde (close to Dresden), Germany where the KSKA welcome your attendance in support of the Academy.

Organization: Karateverein Bushido Dippoldiswalde
Sensei Nico Ibscher, 01744 Dippoldiswalde

Email: ibscher@gmx.de

Phone: +49 178 4763967

Dojo: Sportpark Dippoldiswalde
Nikolai-Ostrowski-Str. 2, Dippoldiswalde, Germany

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

Grading: For sandan and higher grades **ONLY**
Saturday from 13:30

Course Dinner: Saturday 7th October 2023 @ 19:00
Adress and price will be announced later.
Academy members wishing to attend the course dinner should notify the course organizer **before October 1st**. The cost for the dinner is not known yet, will be communicated when known.

Accommodation: There are a variety of accommodations and hotels in Dippoldiswalde to suit most budgets. Should you require further assistance please contact the course organization.

Pick-up: The closest airports are Prague (CZE), circa 125 km from Dippoldiswalde and Berlin / Brandenburg (GER), circa 200 km from Dippoldiswalde. Car rental is possible at both airports. Pick-up at airports is not foreseen at this moment.

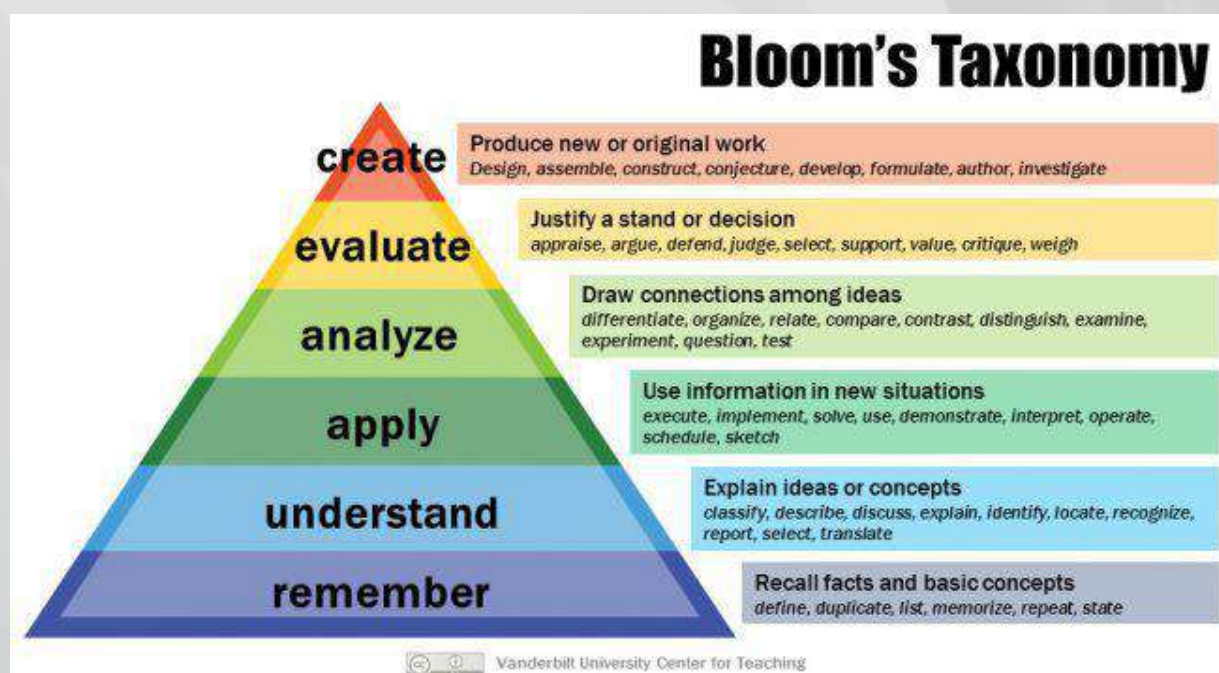
Technical Article – Bloom's taxonomy by Tom De Gersem

Bloom's taxonomy

'In karate we learned the alphabet and we learned how to make words. Some of us have even learned to make sentences. It's time we create poetry.'

I was already a blackbelt and rather shocked when my teacher made this statement, but it fueled my search for what I later found in KSKA.

Bloom's Taxonomy is a **hierarchical classification of the different levels of thinking** well known by school teachers all over the world.



Since our Academy strives for further development beyond the basics of oi zuki and mae geri, I'd like to draw the parallel in karate instruction and look for new challenges.

Remember, understand

The basic level of remembering a kihon combination and understanding what arms and legs should be doing in each step, we know. ㊤

Apply, analyze

Applying the same kihon in kumite, expects us to make little changes in execution for the used techniques would be effective. i.e. A bigger or smaller fudo dachi, a zuki with or without yori ashi,... So we constantly analyze the effectiveness of what we are doing. A lot of times that's the point where I'm struggling...

Technical Article – Bloom's taxonomy by Tom De Gersem

Evaluate, create

As an instructor, I always take pride in creating kihon combinations, with KSKA principles embedded, that falls like a puzzle once the kumite starts. The only flaw in my teaching is that I'm the only one doing the creating.

So I took baby steps in giving students the opportunity to create themselves. Going from choosing their own warm-up in pairs, over freedom in counter attacks to choosing the last kihon exercise in a 5-step variation. This way, they have to evaluate all the time what suits best in each new situation.

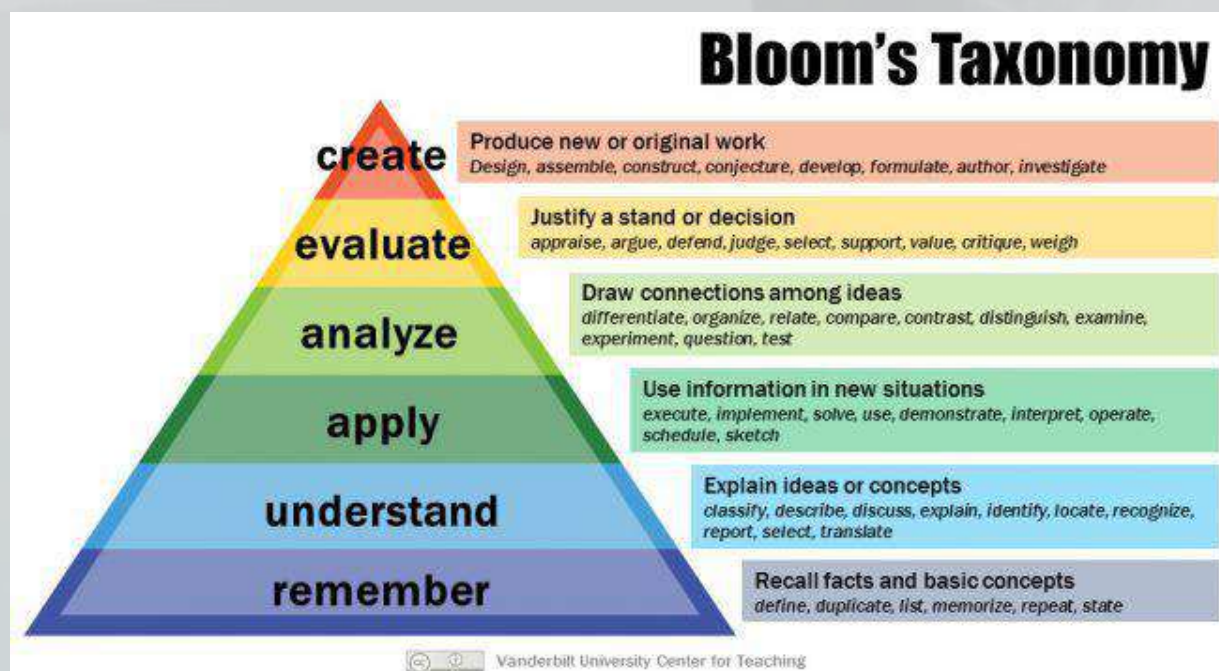
Bloom in KSKA

In my own experience, KSKA grading invites me to fully master each level of Bloom's taxonomy:

- Mastering my karate abc's without sloppiness, in particular what typifies KSKA (fudo dachi, open hands, gyaku uraken,...)
- Remembering and understanding kihon combinations representing each grading level.
- Applying techniques and principles in juyi-ippou kumite and analyzing what I should alter to make it work better.
- Creating my own combinations (like in shi-ho-uke / sandan program) to show my strengths or work on my weaknesses.

... And in (very) rare occasions, after long practice and lots of suffering, it can feel like poetry. 3

Tom De Gersem



KSKA Membership Renewals 2023

KSKA Membership Renewals 2023

Membership renewals for 2023 fell 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 boxn°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**

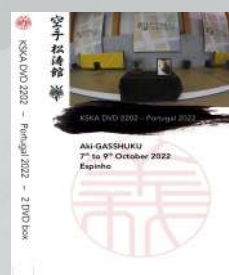
contains 2 DVD's filmed during the Gasshuku in Müllheim May 2022

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 tracking 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
- Sensei Nico Ibscher
- Yvette Martens
- Filipe Sancho Sa Silva
- Tom De Gersem
- Marko Häkkinen
- Nenad Vucicevic

TOUKO SEMINAR

19. - 21.5.2023

KARATE-DO

SHOTOKAN RYU KASE HA

THEME: Contraction and extension in kumite contacts

Friday

19:30-20:30 all, Dirk

20:30-21:00 adults, Dirk

Saturday

10:30-11:30 all, Dirk

11:30-12:00 adults, Dirk

15:00-16:00 Kyu all, Raimo

16:00-16:30 Kyu adults, Raimo

16:30-18:00 Dan, Dirk

19:30-> Sauna & hot bath

Sunday

10:30-11:30 all, Dirk

11:30-12:00 adults, Dirk

Prices

50€/Seminar children

65€/Seminar adults

75€/Seminar adults, dan grades

40€/One day

20€/One session

Price includes Sauna & hot bath

Booking

Email: info@hombu.fi

Tel: + 358 40 5077 535



Raimo Lappalainen, 5th dan

- Chief instructor of IKS
- KHF technical committee
- Karate since 1985

Accommodation/night

15€/person, (20€/twin room)

25€/person, single room

30€/person, cottage



Dirk Heene, 9th dan

- President of KSKA
- Karate since 1966
- One of the closest student of Sensei Taiji Kase
- Has been teaching Kase Ha Karate in Finland more than 30 years



LEARN & ENJOY GREAT KASE HA KARATE

Hombu, Aittokoskentie 553, Sonkajärvi

HOMBU

Stage annuel de Karaté – Do à l'Espace Satori

Entraînements / Trainings

Groupe enfants et ados à partir de 8 ans
Children's and teenagers's group from age 8

Vendredi 2 Juin 2023 / Friday 2nd June 2023
19h - 21h / 7:00 pm - 9:00 pm

Samedi 3 Juin 2023 / Saturday 3rd June 2023
10h - 11h30 / 10:00 am - 11:30 am
11h30 - 13h / 11:30 am - 1:00 pm

Dimanche 4 Juin 2023 / Sunday 4th June 2023
9h - 11h / 9:00 am - 11:00 pm

Intervenants / Instructors

Sensei VERBEECK Alain - 8^{ème} Dan ISKS
Sensei PETRELLA Pasquale - 7^{ème} Dan KSKA
Sensei LE ROMANCER Christian - 6^{ème} Dan KSKA

Stage ouvert à tous / Seminar open to all

Adresse / Address : Village Bonot, 56240 Berné (FRANCE)

Contact : LE ROMANCER Christian +33 6 70 22 42 60
TOUSCH Morgane +33 6 89 82 21 87

E-mail: espacesatori@gmail.com

Participation stage / Seminar's prices

50€ stage complet / 15€ le cours
50€ all the seminar / 15€ one training
20€ le stage complet pour les mineurs / 10€ le cours
20€ all the seminar for the children / 10€ one training

COUPON REPONSE / REPLY COUPON

Stage du 2 au 4 Juin 2023 / Seminar from 2nd to 4th June 2023

Date limite d'inscription : 22 Mai 2023 / Registration deadline : 22nd May 2023

NOM / NAME :

PRENOM / FIRST NAME :

CLUB – REGION - PAYS / CLUB - COUNTRY:

GRADE / DEGREE : Groupe enfant / Children's group

Entraînements / Trainings :

- Vendredi : 19h - 21h / Friday : 7:00 pm - 9:00 pm
 Samedi : 10h - 11h30 / Saturday : 10:00 am - 11:30 am
 Samedi : 11h30 - 13h / Saturday : 11:30 am - 1:00 pm
 Dimanche : 9h - 11h / Sunday : 9:00 am - 11:00 am

Repas (boissons non comprises) / Food (without drink) :

- Dîner du vendredi soir / Friday's dinner 15 €
 Petit déjeuner du samedi matin / Saturday's breakfast 5 €
 Déjeuner du samedi midi / Saturday's lunch 15 €
 Dîner du samedi soir / Saturday's dinner 20 €
 Petit déjeuner du dimanche matin / Sunday's breakfast 5 €
 Déjeuner du dimanche midi / Sunday's lunch 15 €

Ne pas oublier ! / Don't forget !

Prévoir baskets et tenue de sport :
entraînements dans le dojo et en plein air.

Bring sneakers and sports gear: trainings in
dojo and outside.

Hébergement / Accomodation

Possibilité de dormir dans le dojo ou de
camper (prévoir le couchage)

Possibility of sleeping in dojo or camping
(bring your sleeping bag)



Karateclub Bushido e.V. Dippoldiswalde

Karateclub TSV Dresden e.V.

Training Weekend Sensei Juan Pablo Delgado Herrera 6.DAN KSKA

June 10th - 11th 2023

Course organisers: Karateclub BUSHIDO Dippoldiswalde e.V.
Karateclub TSV Dresden e.V.

Place: Gym of the Turnhalle der Grundschule in Reichstädt
(Ruppendorfer Straße, 01744 Dippoldiswalde)
Germany

Training:

Saturday

Children:	10 ⁰⁰ hr - 11 ³⁰ hr	14 ⁰⁰ hr - 15 ³⁰ hr
Adults:	11 ³⁰ hr - 13 ⁰⁰ hr	15 ³⁰ hr - 17 ⁰⁰ hr

Sunday

Children:	10 ⁰⁰ hr - 11 ³⁰ hr
Adults:	11 ³⁰ hr - 13 ⁰⁰ hr

followed by Grading according to the KSKD rules

Course costs: **Total course 25,-€**
Saturday 20,-€
Sunday 10,-€

Responsibility: The course organisation does not take any responsibility towards possible damage to people or goods.

Information: **Nico Ibscher**
ibscher@gmx.de
0178-4763967

Dataprotection: We bring to your attention that during the course video recordings can be made that could be used promotionally in the future.

All info is subject to possible changes



ESKHA
Escolas Shotokan
Kase Ha



SHOTOKAN KARATE-DO INTERNATIONAL COURSE

Espinho - Portugal

Napoleão Guerra Sports Hall - Anta / Espinho

GPS: 41°00'16.1"N, 8°36'14.5"W | 41.004483, -8.604034

Friday, 23th June 2023 to

Sunday, 25th June 2023



**Shotokan Ryu
Kase Ha**

Sensei Dirk Heene 9° Dan



<u>Friday</u>	Time schedule: <u>Saturday</u>	<u>Sunday</u>
6th Kyu above 18:30 - 20:00	All Grades Baía beach - 9:00 - 10:00 Sports Hall - 10:30 - 11:30 3th Kyu above and Dans 11:30 - 13:30 Dan Examinations - 13:45	All Grades 10:00 - 11:30 <i>Assistance allowed!</i> 3th Kyu above and Dans 11:30 - 13:30

Contacts:

Filipe Sancho
+351 912 114 091
filipe.sancho@gmail.com

Apoios:



HAJIME
KARATE



ESKHA

Escolas Shotokan Kase Ha



SHOTOKAN KARATE-DO INTERNATIONAL COURSE

Espinho - Portugal

Friday, 23th June 2023 to
Sunday, 25th June 2023

Course Fee:
To be announced.

Course dinner:
It will take place in a restaurant
in Espinho nearby the sea.

Pick up service may be arranged.

Hotels:
Hotel Praiagolfe, Espinho
Hotel Solverde, Espinho
Hotel Apartamento Solverde, Espinho
Espinho Guesthouse, Espinho
Hotel Mar Azul, Espinho

There are also possibilities of local
accommodation.

About Espinho:
Espinho is a traditional fishing town
with a very beautiful beach, it's a very
quiet and peaceful town where you
can enjoy a very pleasant walk along
the beach and visit traditional shops.



Travelling:

By car:

To the training place:

Anta / Espinho City Sportshall

Rua da Mina

Anta - Espinho - Portugal

GPS: 41°00'16.1"N, 8°36'14.5"W

41.004483, -8.604034

To Espinho (proposed staying town):

Rua 6

Espinho - Portugal

GPS: 41.009544, -8.645179

+41° 0' 34.36", -8° 38' 42.64"

By plain:

Oporto Airport (Francisco Sá Carneiro Airport)

Additional information for participants travelling by plain
and staying in Espinho:

- To arrive Espinho:
 - o Metro from the Airport station in the Violet (E) line to Campanha station.
 - o Train from Campanha station to Espinho station.
- Transport to the training place may be arranged from Espinho.



Contacts:

Filipe Sancho
+351 912 114 091
filipe.sancho@gmail.com

Support:



HAJIME
KARATE

Trainingstijden / Training Hours

Vrijdag / Friday	13/10/2023 19h30 - 21h00
Zaterdag / Saturday	14/10/2023 11h00 - 12h30 13h30 - 15h00
DAN grading (no training)	15h30
Zondag / Sunday	15/10/2023 10h30 - 12h00

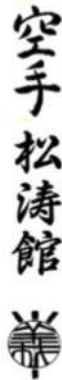
Alle trainingen open voor alle graden
All trainings are open to all levels

Deelnameprijs / Pricing

Volledig weekend / Entire weekend	60,00 EUR
Zaterdag & Zondag / Saturday & Sunday	45,00 EUR
1 Training (prijs per training) / 1 Course (price per course)	20,00 EUR
Betaling bij aankomst / Payment upon arrival	

Goedkoop verblijf mogelijk /
Cheap accommodation is possible

Contacteer aub clubsecretaris Eddy Weyens
voor meer info
eddyweyens53@gmail.com
Please contact secretary Eddy Weyens for
more info



Shoto Karate Ham
Nodigt uit op het /
invites you to the



40th Autumn Training Weekend



Shihan Dirk Heene (9th Dan KSKA, Belgium, Shihankai)

Sensei Nico Ibscher (6th Dan KSKA, Germany, Shihankai)

Ham - Belgium
Sporthal 't Vlietje - Sportlaan 10A

Vrijdag / Friday	13/10/2023
Zaterdag / Saturday	14/10/2023
Zondag / Sunday	15/10/2023



Sensei Dirk Heene (9th Dan KSKA, Belgium, Shihankai)

Sensei Nico Ibscher (6th Dan KSKA, Germany, Shihankai)

POLAR NIGHT KASE HA SEMINAR LEVI, FINLAND **24-28 JANUARY 2024**

PHOTO PASI JUNTUNEN

KITILÄ (KTT)

HOKKŌ KONSHINKAI DIRKU-SAN **75** TANJŌBIKAI