

KSKA NEWS

Kase Ha Shotokan



Academy

Kase-Ha Shotokan Karate Academy Newsletter

September 2023

Welcome ... to the September 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 Dippoldiswalde (Germany) and the Natsu-Gasshuku Liverpool 2024, administrative information and 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 new karate season is starting, and for some of us there has been no real pause. The Gasshuku in May in Hasselt was well attended and included also a high level grading. We are welcoming and congratulating a new group of dan grades :

Israel:	8 th Dan Arie Farkash
	7 th Dan Arie Glicksman
Finland:	6 th Dan Raimo Lappalainen
Ireland:	7 th Dan Tim Harte
	6 th Dan Tadgh O'Mahony
	5 th Dan Raymond Merritt
	4 th Dan Joe O'Mahony
Scotland:	4 th Dan Stephen Verbeek
Belgium:	6 th Dan Felix Croonenborghs
	4 th Dan Tim Haesaert
	3 rd Dan Tom van Nederkassel

All of these seniors are still very active in their countries and an outstanding example of Kase Ha Shotokan Ryu. The week after the Gasshuku there was an examination of 12 shodan and nidan from Belgium in the Honbu Dojo in Hasselt.



During the months of June, July and August courses were organized in Espinho (Portugal - Filipe Sancho), Jerez (Spain - Sergio Salazar), Aberdeen (Scotland - Brian Bothwell), Cadiz (Spain - Juan Pablo Delgado), Sonkajärvi (Finland - Raimo Lappalainen and SKF). In August there was the summercourse in Hasselt with the attendance of 6 Polish karateka's (headed by Greg Konieczka) and there was a course scheduled in Cork, Ireland (Tim Harte). Please announce your courses in the newsletter through our secretary Tom Van Achte. Also make a short report about the course to keep everybody informed.

The standard of the participating karateka's is on a serious level. This way everybody can improve and train with qualified partners.

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

We should not forget to keep the standard from our typical Kase Ha methodics and kata's. Ten no kata, Heian ura and go, Heian oyo and Tekki oyo. The training from O, Chu and Ko waza connected with hente skills, the open-hand basics and gyaku uraken drills.

To upgrade the information and the level we have the Gasshuku in Dippoldiswalde in October 2023 and in Liverpool in May 2024. Try at least to join one of them. Also, you are always welcome in the Honbu Dojo in Hasselt during the periods without courses.

Keep up the spirit and the strong training.

All the best!

Dirk Heene
Member of Shihankai

President of KSKA

Kase Ha Shotokan



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Message from Tom Van Achte, Secretary of the KSKA

Dear Members,

This newsletter was planned for August, but it was slightly delayed to September, there were various reasons for that. You can again find in this issue course reports, pictures, announcements and flyers of upcoming courses. I want to thank everyone who contributed to this. You will probably notice that all but 1 report were written by me. That also means, if I would not have written the reports, there would have been 1 course report only... So once again : **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, Dippoldiswalde (close to Dresden) October 6th – 8th and info about the first Gasshuku of 2024, Liverpool. 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



Natsu-Gasshuku Hasselt, May 12th - 14th 2023 (Belgium)

After a warm welcome to the many participants, both members and non-members, the first session (friday evening) for all attending was led by Shihan Dirk Heene. After a good warm-up the first theme can be described as 'basic KaseHa karate'. Does that mean it is easy? No, not at all. Is it basic? Well, the principles explained by Shihan Dirk were basic, the application of basic principles however ... can quickly evolve into something rather difficult. Very interesting topics for all karateka to study and to work on in the (near) future.



Both the saturday sessions were split up (members and non-members), members had their first session of the day with Sensei Jim Martin, non-members enjoyed 2 training sessions with Sensei Juan Pablo Delgado and Sensei Nico Ibscher.

Sensei Jim's focus was on the 4th Dan program, after warming up the training was divided into 2 main parts, 1 part focussing on the gyaku uraken program (with all the different movements in many directions), the second part focussed on 3 combinations at 4th Dan level, including some interesting kumite training and applications.



The second saturday session for members was led by Sensei Michaylo Fedyk, the theme of this training was learning / training a combination of kata Nijushiho and Nijushiho ura (combined), quite a challenge for body and mind as all the movements of the kata need to be executed both left and right (but not necessarily starting left).

The day continued with the Dan grading of many candidates (also mentioned on page 01 of this newsletter), a Shihankai meeting and finally the course dinner in the all you can eat (world cuisine) Wok Dynasty (yes, there was a lot of eastern food). The course dinner was very well attended (with over 80 people) and at the end of the dinner Shihan Dirk Heene congratulated all the members who graded (and all of them passed). There was a good atmosphere of international friendship and many happy faces were seen that night. The only strange thing that night was a dish robot who got stuck most the time... technology, always big fun you know.

Sunday morning was 1 combined session (for all attending) led by Sensei Pascal Petrella, who gave a very high level (brain)training of kata Sochin.



Overview of recent KSKA activities



Well, it meant: kata Sochin omote 2x, ura 2x, go 2x, ura-go 2 times, then the oyo-version and finally bunkai with multiple partners. Of course not only slow. Everyone seemed fully aware of his/her own limitations somewhere during this training.

If you want to study the themes of this Gasshuku, please order your copy of the DVD box n°6 – DVD 2301 , more info on page 15 of this newsletter.

We want to thank and congratulate the course organisers Honbu Dojo (in particular Yvette Martens and all others involved) for putting in so much effort, picking up people from airports, arranging hotel stays and so much, much more, all of that with a smile and human warmth.

Report by Tom Van Achte, your Secretary.

Training Weekend, Jerez de la Frontera (Spain)

June 2nd – 4th, Sensei Dirk Heene



The main theme of this course was the kata Heian Oyo (both form and applications).



Overview of recent KSKA activities



Training Weekend (Trainingslager) Dippoldiswalde (Germany)

June 10th – 11th, Sensei Juan-Pablo Delgado



The small, beautiful and (usually) quiet village of Reichstadt (near Dippoldiswalde) might have felt some little earthquakes during the sunny weekend in June because of the joined kiai's and kime of all participants to the trainingslager (training weekend) under the guidance of Sensei Juan Pablo Delgado. Also a few other members of his club attended the sessions and actively supported their Sensei, who can really use his demonstrations of techniques and his voice to motivate you to go just that little further, harder, faster, ...

The weekend actually started on Friday evening with an outdoor training in the private outdoor Dojo of Sensei Nico Ibscher on invitation. A very nice experience it was for us (the Belgians who also joined this training weekend) to train outdoors, barefoot and in sports outfit (no karate-gi).

The theme of that training was kata Heian Oyo and of course many applications with (constantly rotating) partners.

A lot of training sessions happened on Saturday with Sensei Juan Pablo, teaching the lower grades and higher grades. The main course theme was kata Jitte, as some of Nico's members were preparing for grading Nidan in October at the upcoming Gasshuku in Dippoldiswalde. However, on Saturday the higher grades trained a lot of open hand combinations and kumite combinations but never did the actual kata. A very interesting point was the studying of an alternative to gyaku uraken: gyaku shuto (starting high up – jodan and gradually going down to gedan, very much like a cut with a katana).

On Sunday the higher grades then concluded the weekend with the kata Jitte + bunkai.

A special thanks to Sensei Nico Ibscher and everyone who helped, we experienced a great sense of hospitality and international friendship. Who else puts a big tent next to the open barbecue place in the garden to enjoy eating and drinking together all weekend long?

Report by Tom Van Achte, your Secretary.

International Course, Espinho (Portugal)

June 23rd – 25th, Sensei Dirk Heene

Last June in the city of Espinho, between Porto and Aveiro area, Portugal, the annual Kase Ha Shotokan Ryu Karate Do International Course organized by the ESKHA – Escolas Shotokan Kase Ha, a member of the Associação de Karaté do Porto (Porto Karaté Association), from the KSKA members Sensei Armando Reis, Sensei Filipe Sancho and Sensei Orlando Gonçalves took place, once again with the usual teaching of Sensei Dirk Heene.

Participating on the course was a great group of ESKHA – AKP students, among them were also the students of Sensei Luís Figueira, also a member of ESKHA – AKP which follows Kase Ha way, but that couldn't join the course.

Also participating were the Portuguese KSKA instructors, Sensei Miguel Rocha, Sensei Henrique Carriço and Sensei Lionel Tavares, from the CKA – Centro de Karaté-Do de Aveiro, from this group Sensei João Santos couldn't join this time, as normally he does, but did a great effort sending his

Overview of recent KSKA activities



students. A great group of instructors and students under the supervision of these KSKA instructors joined the course.

Also, we must refer to Sensei Vítor Ramalho, a former member of KSKA, that for a long time followed our way and joined the course with his students. Another former member of KSKA joined the course, Sensei Joaquim Pacheco, it's always very good when we feel that the connection is still there.

Finally (and very important) a strong group from Belgium joined as well, Alex and Marina Smolders and Ward Vanswijgenhoven, they did a great effort coming and supported the course with their fantastic attitude and spirit.

To all these people mentioned the organization wants to show an enormous gratitude, but also to the ones that couldn't join, but whose great spirit was with the course, and to ESKHA – AKP students that gave a great support on the logistics side.



During Friday evening training Sensei Dirk introduced the theme for the weekend, some basic movements were trained and tested with partner aiming to the purpose of the rest of the weekend, which was introducing the Heian Oyo concept to the lower grades and Bassai Dai Go to the higher grades.

The Saturday morning sessions were divided into two groups, up to 4th Kyu, but open to higher grades and from 3rd Kyu and above.

In the first session, with the lower grades, Sensei Dirk introduced the first blocks of Heian Oyo, starting with an additional block to the right side using the second block of Heian Shodan, meaning Gedan Barai, Tetsui and Oi Tsuki. Sensei Dirk explained the group that this first block is not a part of Heian Oyo, but that he finds it interesting to start with, specially when introducing the concept of Heian Oyo to lower grades.

After the technical introduction of the initial blocks of Heian Oyo the group was organized in partners and the application of these blocks was tested in a fighting situation.

A lot of very young students wanted to join the course and meet Sensei Dirk, for these young students the interpretation became a little bit difficult, and Sensei Dirk had to simplify the training for them, but these young students were very happy for the chance to meet and train with him, for them it was a unique experience that they will never forget and it was great to see Sensei Dirk giving them great attention.

Several instructors and higher grades joined this session, which was good for everyone, and it was great to see the instructors training and supporting the lower grades, especially the young kids.

The second Saturday morning session was for the higher grades, as per the introduction done on Friday, the theme was Bassai Dai Go. The Kata was divided into two parts, in this session Sensei

Overview of recent KSKA activities



Dirk taught the first part, then the applications, first with one partner, but then in groups of 3, first each block isolated, but finally all blocks together.

On Saturday afternoon there was no training and everyone could enjoy the city of Espinho and the beach, this same day was São João (Saint John) day and the atmosphere in the area was festive. In the evening a course dinner was organized and a great group joined, these moments are always important as well, bringing the Kase Ha family and friends together in a different environment than training, allowing everyone to share other things of their own lives and another unique moment to hear Sensei Dirk sharing moments that he lived with Sensei Kase.

Sunday morning sessions were also divided into two groups, same as on Saturday. In the first session with the lower grades Sensei Dirk continued with Heian Oyo and more applications. It was not possible to finalise the whole Kata, mainly because the idea kept by Sensei Dirk for the participants was that it would be better to learn less, but understand it better, than to try to learn the whole Kata, but not understanding it at all. This idea was great and everyone realised this approach helped in understanding the theme.

The second session, with the higher grades, Sensei Dirk continued with the second part of Bassai Dai Go and respective applications. Then again, all parts were tested with one partner and in groups of 3. Sensei Dirk enhanced the importance of learning the form and improve the technique, but then test everything in Kumite situations, otherwise a very important part of understanding a Kata would be lost. The session ended with everyone doing the whole Bassai Dai Go.

On Sunday morning the group received the visit of Sensei António Gomes, from Shito Ryu, the general technical director of the Associação de Karaté do Porto, who dedicated a few words of gratitude to Sensei Dirk and everyone joining the course.

The organization wishes to thank Shihan Dirk Heene for his great teaching and support, his attitude and experience brings unity to the group and motivates to keep evolving.

Next year (2024) the course is already scheduled from the 21st to the 23rd of June.

See you all soon.

Oss!

Report by Filipe Sancho Sa Silva.

XXII International Karate-do Summer Course Kase Ha Shotokan Ryu, Cadiz (Spain)

July 6th - 9th, Sensei Dirk Heene, Pascal Petrella, Nico Ibscher, Juan Pablo Delgado, Peter Taylor (yoga)

If you want to experience the warmth of the Spanish summer, Spanish hospitality, the sea breeze, an old city with lots of cultural heritage and combine that with traditional good food and an intensive karate course with many topics and instructors, then you probably should have been in Cadiz July 6th – 9th. The mixed feeling of holiday atmosphere with intensive training is unique. If you have never experienced it, try to attend this course next year.



Overview of recent KSKA activities



The different instructors during the course brought a lot of topics to work on, so the training sessions had a lot of variation.

The Friday morning training at the beach was a very special moment, where we trained as the sun was setting and you could feel the connection with nature, you could smell the salty sea water, there was some fog coming from the sea and finally the sun started getting more powerful and all clouds dissappeared to end the training in bright sunlight.



On Saturday evening there was the course dinner, this time it happened on the beach, where we could watch the sun go down, eat local food and drink (whatever you wanted) until 23h00. This all happened in a very friendly international atmosphere amongst karate friends and family. International it was for sure with people attending from Spain, Israel, Germany, Belgium, Luxembourg, Portugal and other countries.

After 2 or 3 days of training of course the body starts to wear out and the warmth is an extra factor to take into account. Luckily the organizing club members were very much aware of that and they provided ice cooled water for free to the people training, very nice gesture, even though the sports hall was equiped with a working airco system.

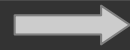
The last day, Sunday was concluded with a yoga (for karate) session by Sensei Peter Taylor, very useful after 4 days of training. However, some of the members of the organising club could not attend this session, as they had to present for grading (and they were not aware of that beforehand). Report by Tom Van Achte, your Secretary.



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

**Training Weekend, Glasgow (Scotland)**

September 15th - 17th, 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: ulrich@miyako-karate.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@ksk-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, Nico Ibscher, Juan Pablo Delgado, Arie Farkash

Contact: p.petrella@ksk-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

Honbu Dojo Kan Geiko, Hasselt (Belgium)

January 6th – 7th, Sensei Dirk Heene, Cesare del Pellegrino

Contact: info@honbudojo.be

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@ksk-academy.org
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Overview of future KSKA activities

**Polar Night Kase Ha Seminar / Trevetuloa 2024, Levi (Finland)**January 24th - 28th

Contact: khfwinter2024@outlook.com

14th KSKA Kangeiko, Mullheim (Germany)February 23rd – 25th, Sensei Pascal Petrella, Nico Ibscher and Juan Pablo Delgado

!!! ONLY on personal invitation by the Shihankai !!!

Contact: p.petrella@ksk-academy.org

Training Weekend, Aveiro (Portugal)April 13th – 14th, Sensei Dirk Heene

Contact: lkarate.dojos@gmail.com

KSKA Natsu-Gasshuku, Liverpool (United Kingdom)May 10th – 12th, Shihankai

Contact: michaylocossack@blueyonder.co.uk

Memorial Kase, Hasselt (Belgium)May 24th – 26th, Sensei Dirk Heene (more names will be announced later)

Contact: info@honbudojo.be

Szkolenie Karate Shotokan, Czuchow (Poland)June 14th – 16th, Sensei Dirk Heene, Grzegorz Konieczka

Contact: karate.czuchow@gmail.com (Sensei Pawel Zielinski)

Training Weekend, Espinho (Portugal)June 21st – 23rd, Sensei Dirk Heene

Contact: filipe.sancho@ipatj.com

Summer Course Honbu Dojo, Hasselt (Belgium)August 23rd – 25th, Sensei Dirk Heene

Contact: info@honbudojo.be

KSKA Aki-Gasshuku, place to be announced later.October 11th – 13th

Please save the date, more info will follow soon.

41st Autumn Training Weekend, Ham (Belgium)October 18th – 20th, Sensei Dirk Heene, Nico IbscherDAN grading october 19th

Contact: secretary@ksk-academy.org

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@ksk-academy.org
We also intend to use this information to publish activities on the KSKA website.

Aki-Gasshuku Dippoldiswalde 2023

KSKA Aki-Gasshuku Dippoldiswalde 2023Friday 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

Non-members: Welcome from 3rd kyu and higher grades, course fee = 60,00 EUR

Course Dinner: Saturday 7th October 2023 @ 19:00
Adress: Hotel Am Heidepark, Am Heidepark 11 Dippoldiswalde (close to the Dojo) <https://www.hotelamheidepark.de>
Academy members wishing to attend the course dinner should notify the course organizer **before October 1st**. The menu and cost for the dinner is not known yet, will be communicated when known.

KSKA Yearly General Meeting: all KSKA members are invited to attend the Yearly General Meeting which will be held on Saturday 7th October 2023 @ 16:00 in Hotel Am Heidepark, Am Heidepark 11 Dippoldiswalde. The agenda will be sent beforhand by e-mail.

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. Useful links : <https://www.landhaus-heidehof.de>
<https://www.wg-dipps.de/gaestehaus/ferienwohnungen>

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.

Natsu-Gasshuku Liverpool 2024

KSKA Natsu-Gasshuku Liverpool 2024 – Steve Cattle Memorial Course

Friday 10th May – Sunday 12th May 2024

Under instruction of the KSKA Shihankai



The first Gasshuku of the year 2024 / Natsu-gasshuku will be held in Liverpool, United Kingdom where the KSKA welcome your attendance in support of the Academy.

Organization: Sensei Michaylo Fedyk

Email: michaylocossack@blueyonder.co.uk

Phone: +44 (0)7776261067

Dojo: LC Sports Facilities, Liverpool College
N Mossley Hill Rd, Liverpool L18 8BG, United Kingdom
<https://lcsports.org.uk/facilities/>

Training:

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

Grading: For sandan and higher grades **ONLY**
Saturday from 14:00

Course Dinner: Saturday 11th May 2024 @ 19:00
Place, menu and price to be confirmed
Academy members wishing to attend the course dinner should notify the course organizer **before May 1st 2024**.

Accommodation: There are a variety of hotels close by to the recommended hotel The Holiday Inn Express Albert Dock, Britannia Pavillion, Liverpool L3 4AD. If you choose to stay at a different hotel please ensure it is close by to the Albert Dock as the Holiday Inn Express Hotel will be the pick up point for transport to dojo and return. Thirty five double / twin rooms have been reserved , reservations must be completed a minimum of one month prior to your stay using the following link: <https://tinyurl.com/hiexpliverpool>
IMPORTANT note about the link above : the booking request via this link is specific for the karate group and any bookings made when opening the app will be automatically directed to the karate group reservations (KAR).
Jenny is the reservations manager and any contact with her please mention you are with the Karate group room reservations made by Michaylo

Natsu-Gasshuku Liverpool 2024

KSKA Natsu-Gasshuku Liverpool 2024 – Steve Cattle Memorial Course

Friday 10th May – Sunday 12th May 2024

Under instruction of the KSKA Shihankai



Accommodation: The room rate is very reasonable and includes breakfast. Please confirm with Michaylo you have reserved your room via Michaylocossack@blueyonder.co.uk this will ensure all necessary organisation can be completed. Please contact Tom or Michaylo as soon as possible to let them know you will be attending the event. Pickup point will be Holiday Inn Express Albert Dock also if you decide to book another hotel in the neighbourhood.

Travel: Liverpool John Lennon - Airport 8.2 miles from Albert Dock. There are buses from the airport to Albert Dock (Line 500) approx. 35 minutes at a cost of £3 or a taxi. Manchester International Airport. Trains connect the airport to Liverpool (Lime Street station). From Lime Street station Albert Dock is a 25 minute walk, or taxi.

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.

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.

Last year the KSKA had to pay banktransfer-costs for several memberships from the UK and Switzerland, so be sure when you pay your membership from a non-Euro country that you pay in Euro and click the bottom 'All costs for the person who does the transfer'. Thank you.

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 6 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 |

*** NEW * DVD box n°6 – DVD 2301**

contains 2 DVD's filmed during the Gasshuku in Hasselt May 2023

- | | | |
|---------|---|---|
| Disc 1: | Basic KaseHa karate
Fourth Dan program | Sensei Dirk Heene
Sensei Jim Martin |
| Disc 2: | Nijushiho omote and ura (combination)
Sochin (omote, ura, go, Ura-go, oyo, bunkai) | Sensei Michaylo Fedyk
Sensei Pascal Petrella |



Course DVD's

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

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
- Filipe Sancho Sa Silva
- Felix Croonenborghs
- Yvette Martens

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

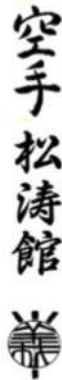
Alle trainingen open voor alle graden
All trainings are open to all levels

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 accomodation 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)

DIRKU-SAN 75 CELEBRATION

POLAR NIGHT KASE HA SEMINAR

LEVI, FINLAND 24–28 JANUARY 2024

SHIHAN DIRK HEENE 9TH DAN

TRAINING SESSIONS SIRKKA SCHOOL GYM

WED	17.00–18.30
THU	17.00–18.30
FRI	19.30–21.00
SAT	10.00–11.30, 12.00–13.30
	GRADING 14.00–16.00
SUN	10.00–11.30

SEMINAR FEE 90 EUR

EVENT CENTER ~~WELLEVI~~

~~LIMITED NUMBER OF ROOMS AVAILABLE AT WELLEVI (ROOMS FOR 4 NIGHTS)~~

~~APARTMENT FOR 6 PERSONS 1200 EUR
WITH 1 TWIN BEDROOM, LOFT FOR 4
PERSONS, KITCHEN, SAUNA, FIREPLACE
TWIN ROOM 320 EUR~~

COTTAGES, APARTMENTS, HOTELS www.levi.fi/en/stay

EXTRA ACTIVITIES BIRTHDAY PARTY DINNER (SATURDAY)

• REINDEER SAFARI • SNOWMOBILE SAFARI WITH ICE FISHING • ARCTIC AURORA WALK

REGISTRATION & INFO khfwinter2024@outlook.com

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[kasehafinland](https://www.kaseha.fi)

KITTILÄ (KTT)

PHOTO PASI JUNTUNEN



Karate
CZŁUCHÓW
空手道

SZKOLENIE KARATE SHOTOKAN

14-16.06.2024

SENSEI DIRK HEENE
GRZEGORZ KONIECZKA

MIEJSCE:
CZŁUCHÓW

Hala Widowiskowo-Sportowa
ul. Koszalińska 2, 77-300 Człuchów

CENA: 200 zł - 4-1 Kyu + Dan 150 zł - 9-5 Kyu

HARMONOGRAM:

Piątek 14.06.2024

18⁰⁰-20⁰⁰: 4-1 Kyu + Dan /D.Heene/

Sobota 15.06.2024

10⁰⁰-11⁰⁰: 9-1 Kyu + Dan /G.Konieczka/

11¹⁵-12⁴⁵: 4-1 Kyu + Dan /D.Heene/

16⁰⁰-17⁰⁰ : 9-1 Kyu + Dan /G.Konieczka/

17¹⁵-18⁴⁵: 4-1 Kyu + Dan /D.Heene/

Niedziela 16.06.2024

9⁰⁰-11⁰⁰: 9-1 Kyu + Dan /G.Konieczka/

11¹⁵-12⁴⁵: 4-1 Kyu + Dan /D.Heene/

ORGANIZATOR:

Międzyszkolny Uczniowski Klub Karate Shotokan Człuchów, Sensei Paweł Zieliński

KONTAKT: karate.czluchow@gmail.com lub telefon +48 608 820 086

oraz Grzegorz Konieczka: +96 566 473 117 