

KSKA NEWS

Kase Ha Shotokan



Academy

Kase-Ha Shotokan Karate Academy Newsletter

December 2023

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

This newsletter brings you reports of some of the recent KSKA activities, a special report of Sensei Fedyk's visit to Japan, an updated calendar for upcoming activities as well as important information about the next Natsu-Gasshuku in Liverpool (United Kingdom), 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,

Travelling again and visiting the dojos of our Kase Ha Academy, it is motivating to see how many are still working together to keep the Kase legacy alive. Though we must keep eyes wide open and always connect reality to the instruction and the training.

Besides the basic instruction we need always to repeat the specific drills of the Kase Ha methodics, such as :

- Kamae before blocking or using any technique.
- Principles of maximum power and speed based on ground connection (rooting), contraction and extension, and breathing (IBUKI).
- Hente, seite applications.
- Yokeru koto (side moving) with the use of gyaku uraken, and okuri ashi geri waza.
- Open hand techniques in blocking and attacking.
- The ura and go forms of the kata's, but also the "ura-go" version which brings a complete different skill in the motor behaviour of thinking and attitude.
- The application of kata in bunkai / analysis into realistic situations.

Depending on the schedule from the dojo program it is good to create a kata connection for a period, for instance: December 2023: Heian Godan (ura, go) – Empi – Gankaku. In this way one learns to feel the link between the kata's and to understand the applications.

The efforts done by the Shihankai during the instruction on the Gasshuku in Dippoldiswalde last October were well appreciated by the participants. Still the Gasshuku's are courses to join if you want to improve and progress, but also to remember and to update the knowledge.

Our next Gasshuku in 2024 (May) in Liverpool is again another challenge to travel and see each other, but especially to train together.



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

“Regularity, repeating and exchanging”, the guaranteed way to progress.

All the best for Christmas with your family and friends and a healthy 2024.

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,

Thank you for reading the third (and final) newsletter of 2023! In this issue you will find a number of course reports, pictures, announcements and flyers of upcoming courses. Make sure to also check out the special report about Sensei Michaylo Fedyk's trip to Japan! Of course I want to thank everyone who contributed to this newsletter. **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 first Gasshuku of 2024, Liverpool May 10th - 12th 2024. 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.

Secondly, I want to correct a mistake in the previous newsletter (sorry for that), but as we all know (as karateka during practicing) : we are human, so we make mistakes.

Here is the correct listing and names of all people who graded during the Gasshuku in Hasselt May 2023 :

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

Message from Tom Van Achte, Secretary of the KSKA

Scotland: 5th Dan Raymond Merritt
 5th Dan Joe O'Mahony
 4th Dan Mick M'Carthy
 4th Dan Stephen Van Beek
 Belgium: 6th Dan Felix Croonenborghs
 4th Dan Tim Haesaert
 3rd Dan Tom Van Nederkassel

Last but not least, I want to inform you (all the KSKA members) about some legal work that is happening in the background. The executive committee is currently checking (and where necessary adapting) the KSKA Articles of Association and the KSKA Internal Regulations because of a change in the Belgian laws that affects all non-profit organisations under Belgian law (and the KSKA is one of them). All non-profit organisations need to comply to a new set of rules that will go into effect on January 1st 2024.

As determined in our current Articles of Association, a General Assembly will have to be held to vote about the new Articles of Association and Internal Regulations. At this moment it is unclear at which date this should happen, but you will be informed about this via email as soon as more information is available.

Wishing you and your loved ones all the best for 2024!

Tom Van Achte
 Secretary of KSKA.

Overview of recent KSKA activities

KSKA Aki-Gasshuku, Dippoldiswalde, October 6th - 8th 2023 (Germany)

After a warm (German) welcome to the many participants the Friday Session, open to all participants, was led by Sensei Nico Ibscher. The topic of this session was kata Heian Oyo.

After a typical Nico

warming-up (that can be found on the DVD) all parts and different aspects of the kata were trained, both slowly and fast. Of course Heian Oyo is a long kata, so time went quickly. All participants were eager to absorb all the knowledge and technical details. After training there was the possibility to join an evening meal in the sportshall, as there was a restaurant on the first floor. A lot of karatekas enjoyed some salads, pasta, pizza and some drinks.



The Saturday sessions were split up (members and non-members), the members had their first session of the day with Shihan Dirk Heene, non-members enjoyed 2 training sessions one with Sensei Juan Pablo Delgado and one with Sensei Michaylo Fedyk. Shihan Dirk Heene focussed on defensive kicking. This session started with a good warming-up by Sensei Livia Castro, focussing on flexibility and strength in the legs. Shihan Dirk Heene then continued with partner exercises to trigger a reaction, focussing on reacting to an attack with a kick, slowly introducing all kinds of

Overview of recent KSKA activities



movements that can be added (like changing the legs, sidestepping, etc...) to different kicks and leading up to a fullblown kumite exercise using different defensive kicks and movements at the end of the training.



The second saturday session for the Members was by Sensei Pascal Petrella, topic of this session was kumite in 4 directions. After a build-up with 1 opponent and single attack / defense combinations this training evolved into (finally) a full-speed, full-power exercise where 1 karateka in the middle was attacked by 4 others from all 4 directions. Talk about real pressure... Go stand in the middle and enjoy.

The Saturday continued with the Dan grading, all 9 candidates passed (congratulations to all). Here are the results of this grading : Sensei Michaylo Fedyk (U.K.) 8th Dan, Jos Mattheus (Belgium) 6th Dan, James (Jorg) Liebelt (Germany) and Filipe Sancho (Portugal) 5th Dan, Katharina Schreiner, Michael Heise and Stefan Martin (Germany), Rafael Barros Santos (Portugal) 3rd Dan, Bernward Heide (Germany) 2nd Dan.

After the grading the yearly General Assembly of the KSKA members took place in a meeting room of the sports hall. The report of this meeting can be consulted on the KSKA website.

On Saturday evening the course dinner happened in a hotel close to the sports hall, the food was delicious, good international company and an atmosphere of friendship and German hospitality. A perfect end to a long, intensive day for some.

Sunday morning there was again one session for all attending, led by Sensei Jim Martin. The training was very challenging, as Sensei Jim summarised all the topics of the weekend into some very interesting and surely challenging exercises. Many times most people on the floor were very happy that they could follow either Sensei Jim or one of his students standing in the front rows (thank you Jerry and Stephen). A truly brilliant way to conclude a very interesting Gasshuku. Report by Tom Van Achte, your Secretary.



40th Autumn Training Weekend, Ham, October 13th - 15th 2023 (Belgium)

The club Shoto Karate Ham in Belgium has a real tradition of Autumn Training Weekends, hence the 40th edition with Shihan Dirk Heene and Sensei Nico Ibscher. In the past this course featured many Sensei, including Sensei Kase, Sensei Shirai, Steve Cattle, Dirk Heene and many, many others. Topic of this weekend was practical applications of the kata Tekki Shodan. In others words : how

Overview of recent KSKA activities



many mawashi empi to the head can fit into the application of this kata? Many ... many ... and more. It was a very interesting and well attended weekend course again with people from Portugal, Greece, Luxembourg, Germany, The Netherlands and Belgium. Enjoy the group picture below. Report by Tom Van Achte, your Secretary.



Training Weekend, Fatima, October 27th - 29th 2023 (Portugal)

Last October 28th and 29th in the city of Ourém, Fátima, Portugal, one of the three annual Portuguese Kase Ha Shotokan Ryu Karate Do International Courses with the teaching of Sensei Dirk Heene took place, this time organized by the Club/Dojo ESKHA Fátima, the club led by KSKA member Sensei Armando Reis.

Participating on this course were ESKHA Fátima students, but also all other KSKA Portuguese instructors, Miguel Rocha, Henrique Carriço, Filipe Sancho, Vítor Ramalho, Lionel Tavares, João Santos, Narciso Borrhalho and Orlando Gonçalves as well as their students. Also, coming from Spain, a fantastic group from Sérgio Perez as well as other Spanish participants joined the course.

Training sessions were divided in two groups, the first group with the participation of all grades, with the teaching of basic concepts of Kase Ha, and the second group with the participation of brown and black belts, including a higher level of training difficulty and Kase Ha principals.

Sensei Dirk's course teaching themes were mainly focussed on a sequence of Kihon and a part of Heyan Oyo and the Kumite application of both, thinking inside and outside.

Whenever the training sessions included the lower grades, Sensei Dirk started with some Kihon basic principles, either for attacks, either for defences and counter-attacks, then stepping and its applications in a Kumite situation with Uke staying at the inside or outside of Tori, so having to be conscious of the leg that should be in the front when facing the opponent.

The sessions evolved to the introduction of the main themes of the course for a Kyu level, but also for a Dan level.

The sequence of Kihon was introduced part by part, so that the lower grades could follow. Sensei Dirk taught us a sequence that he had been doing for some time, that included a lot of Kase Ha principals. This sequence included (in the following order) an initial part of Zuki Waza on the spot, then a part of Uke Waza and counter attacks also on the spot, then a part of Geri Waza stepping forward, then a part of Zuki Waza combined with Geri Waza stepping backwards, then a part with



Overview of recent KSKA activities



Shiho Zuki (4 directions), similar to the Shodan examination program, then a part of Shiho Geri, also 4 directions but with stepping, and finally, a part of deep breathing and concentration in Shiko Dachi with Morote Gedan Barai.

Kata Heian Oyo was introduced to everyone part by part, so that the lower grades could follow, as well as the applications of those same parts.

Saturday evening ESKHA Fátima organised a course dinner, during which friendship and life experiences between Karatekas and their families were shared, of course with a lot of special moments with Sensei Dirk. Everyone enjoyed fantastic Portuguese food and drinks. This was a special moment of the weekend with a very nice atmosphere and lots of dancing and even with some of the guys singing to the group.

On Sunday, in the session for brown and black belts Sensei Dirk introduced the applications of some parts of Heian Oyo but also challenging the instructors to show their applications to the participants, inside and outside of the opponent, for each part. This became very challenging and interesting, because one could test several different applications of the same parts. Finally, the ultimate challenge was to do all parts together in sequence.

During the break of the Sunday morning training sessions Sensei Dirk formally nominated, in the presence of all participants, the Portuguese KSKA Shidoinkai, referring to Sensei Miguel Rocha, Sensei Armando Reis, Sensei Henrique Carriço and Sensei Filipe Sancho. This group of 4 instructors are united for a long time and together they breathe and live the Kase Ha way very deeply, this is a great challenge for them.

The organisation wishes to thank Shihan Dirk Heene for his always very interesting and rich teaching and great support to the group, and everyone who joined the course training hard, with a great Kase Ha attitude. Best wishes and great Kase Ha training and spirit, KSKA Shidoinkai Portugal.

Report by Filipe Sancho, Shidoinkai Portugal.

Fuyu-keiko, Müllheim, November 3rd - 5th 2023 (Germany)

For many years now, there is an intensive training weekend the first weekend of November, hosted by Karate club Müllheim, Sensei Pascal Petrella's home club in Germany. This year the Fuyu-keiko (autumn training session) happened in the weekend of November 3rd – 5th.

It is intensive because there are many training sessions to attend (if you wish and can), 2 on Friday, 6 on Saturday and again 2 on Sunday, sometimes the sessions were even split up (with minimum grades for attending a session or by theme). On Saturday morning for example one could choose a kata training with Sensei Christian Le Romancier (France) or a competition kumite training with Sensei Arie Farkash (Israel).

All of this happened in a very open, friendly, international atmosphere, most certainly when you stayed in the sports hall, it was really fun to connect all the languages of the different groups attending (German, French, Portuguese, Flemish, ...). Of course there was also the course dinner on Saturday evening and a special thanks to the organising club for also making breakfast!

A very special thank you to Shihan Dirk Heene, Sensei Pascal Petrella, Sensei Nico Ibscher, Sensei Arie Farkash and Sensei Christian Le Romancier for all those interesting training sessions.

Hope to see you all there next year :)

Report by Tom Van Achte, your Secretary.

Special report: Sensei Fedyk's trip to Japan



Sensei Fedyk's trip to Japan

Sensei Michaylo Fedyk and students Lesley Fedyk, Ian Gillis set off on 31st August 2023 to arrive in **Tokyo** early afternoon Friday 1st September for a 17- day visit to the Land of the Rising Sun. The tour schedule included visits to Tokyo and surrounding locations, moving on to Osaka, Hiroshima, Kyoto and return to Tokyo with plans to visit special places and people and hopefully find places to participate in local karate / martial dojos.

Saturday 2nd September

A tour of the local area of Shinjuku took us to a lovely place called Kita Shiahama Park, which after some wonderful sights enabled us to make a short taxi ride to our 1st very special place of interest: the **Hoji-ji Temple**, which has a shrine dedicated to past deceased JKA instructors who travelled to promote karate practice World-Wide. Sensei Kase, Sensei Eneoda, Sensei Miyazaki, Sensei Nishiyama to name but a few of the very famous instructors that are remembered on the memorial headstone.



The temple was looked after by the late Sensei Iida, a very famous JKA karateka renowned for his fighting skills. Michaylo met him on a previous visit to Japan and he, Lesley and Ian were honoured to meet his son Sensei Iida who now looks after the Temple / Shrine.

Sunday 3rd September

A train journey of 1hour took us to **Yokohama** as part of our planned visit to local JKA Dojo headed by Instructor Yoshitaka Tanaka whom he and all students made us feel very welcome.

We commenced training at 2pm in very hot and humid conditions, 45 minutes of intense kihon practice before a short break before commencement of the next 45-minute session, at the end of this session gi's dripping and in desperate need of water, once rested and refreshed continuation through to 6pm. The discipline and respect of all students was inspiring.

Exchange of gifts were respectfully received by all students. Sensei Tanaka and his senior instructors were keen to know more about the teachings of Sensei Kase and fully respected our explanation of Kase Ha karate, the whole interview was recorded for input onto Tanaka Sensei's YouTube site.



Special report: Sensei Fedyk's trip to Japan

**Monday 4th September**

A very **Special Day** – A short trip to Chiba to meet **Sensei Kase's** surviving daughter **Yumiko**. This was a pre-arranged visit where Yumiko took us to the family grave of the **Kase** family, a beautifully looked after site where we had the honour to say a silent prayer to our late Sensei and share some lovely memories with Yumiko. Yumiko then hosted us to a fantastic lunch at a favourite place of her father Sensei Kase, more fantastic stories were shared before we were to end our day with Yumiko. This was certainly a major highlight of the trip to be forever remembered...



Special report: Sensei Fedyk's trip to Japan

**Tuesday 5th September**

A four-hour outward journey took us to **Nagano Monkey Park** famous for monkeys bathing in hot springs and snow-covered environment, a nice place but it took its toll on Lesley with a lot of walking, she did very well consider (true fighting spirit) she had suffered a minor heart attack and had a stent fitted five weeks prior to our trip to Japan. We did see lots of monkeys, especially one very big one by the name of **Ian** who lightened the day by imitating a monkey on camera in a very humorous way.

Wednesday 6th September

We travelled to **Osaka** for a stay of three days.

There are many nice sites in Osaka with a visit to Osaka Castle and surrounding area being one highlight. Osaka castle has a huge purpose-built dojo for Aikido and Judo with wooden floor and matted areas. Ian and I were able to enter the dojo albeit closed and spent some time taking photos and of course some karate practice, however I have never been evicted from a dojo, this was to quickly take place as out of nowhere an angry Japanese lady screamed at us get out, get out of which we quickly apologised and left in fear of our lives. We did have a lucky escape, but I guess we got what we deserved "**Respect to the Lady**".

We didn't find any contacts for further training at local Osaka dojo's.

Saturday 9th September

Onward journey for a stay of three days in **Hiroshima**.

Sunday 10th September

An amazing place considering the horrific atomic wipe out during World War II, to see how the city has been rebuilt is impressive, on the other hand a visit to the Hiroshima Peace Park Memorial Museum was quite sad, with many pictures and exhibitions of the destruction and loss of lives, lost in a horrific blast and after blast conditions. Not totally understandable why the bomb was perhaps "Politically" used and then a further bomb dropped on Nagasaki a short while after. This in my mind goes against everything we strive to perfect in our Budo practice.



Special report: Sensei Fedyk's trip to Japan

**Monday 11th September**

A nicer day making a day trip to Miyajima Island and the famous **Itsukushima Shrine**, a much more relaxed pace of life in a beautiful place. Albeit some karate poses were photographed the need to train was not necessary as the state of mind was of calm nature especially after the visit to the Peace Museum.

**Tuesday 12th September**

Onward to **Kyoto** for four days.

We met friend and fellow Martial student Oli who travelled to meet us nine days after we arrived in Japan, Oli is a 3rd Dan in Ninjitsu.

A visit to some famous tourist sites including Kinkakui (Golden) Castle a most beautiful building in equally beautiful surrounding grounds. History indicated Kyoto was not targeted for Atomic bombing because a USA President had visited this site and deemed it too beautiful to destroy.



Special report: Sensei Fedyk's trip to Japan



A visit to another very special site Himeji Castle also known as White Heron Castle a six-storey building constructed with prevention of invaders in mind, very steep stairs which proved very difficult for Lesley and one could imagine how difficult it would have been for invaders dressed in body armour etc. A beautifully built building in lovely surrounding grounds.



We also visited some places of Ninjitsu origins which gave an interesting insight into the differences and similarities of Martial practice in all Closed / Open Hand and weapons used in the many different forms of practice. This was reinforcement to my belief and that of my late Sensei **Steve Cattle** that we can share knowledge to help us understand more about our continuing journey to get better in the lifelong practice of our specific art.

Special report: Sensei Fedyk's trip to Japan

**Saturday 16th September**

Return to **Tokyo** for last day and a half, prior to returning home late evening 17th September. The plan was to make a visit to the famous JKA dojo, however for various reasons this was not possible for Michaylo, however Ian who stayed for one more week was able to visit the JKA dojo and make a further visit to our new karate friends in Yokahoma.

The visit to Japan was a great experience with many good / special memories, it is a place where respect, politeness and kindness of the people is something to behold and somewhere that I will look forward to visiting again.

Sensei Michaylo Fedyk 8th Dan KSKA Shihankai

Overview of future KSKA activities

**Memorial Kase, Hasselt (Belgium)**

May 24th – 26th, Sensei Dirk Heene, Sensei Jim Martin, Sensei Toni Gallen
Contact: info@honbudojo.be

Training Weekend, Glasgow (Scotland)

June 7th - 9th, Dirk Heene
Contact: marti21@talktalk.net

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@gmail.com

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

July 11th - 14th, Sensei to be confirmed – save the date
Contact: kskcadiz@gmail.com

Kesa Leiri, Jyvaskyla (Finland)

July 19th - 21st, Sensei Dirk Heene
Contact: to be confirmed

Summer Course Honbu Dojo, Hasselt (Belgium)

August 23rd – 25th, Sensei Dirk Heene
Contact: info@honbudojo.be

Trainingslager, Kyokyu Dojo Rudolstadt (Germany)

August 30th - September 1st, Sensei Dirk Heene
Contact: kontakt@kyokyu.de

KSKA Aki-Gasshuku, place to be announced later.

October 11th – 13th
Please save the date, more info will follow soon.

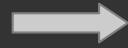
41st Autumn Training Weekend, Ham (Belgium)

October 18th – 20th, Sensei Dirk Heene, Nico Ibscher
DAN grading october 19th
Contact: secretary@sk-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@sk-academy.org
We also intend to use this information to publish activities on the KSKA website.

Overview of future KSKA activities

**Honbu Dojo Kan Geiko, Hasselt (Belgium)**

January 6th – 7th, Sensei Dirk Heene, Cesare del Pellegrino
Contact: info@honbudojo.be

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

January 24th - 28th, Sensei Dirk Heene
Contact: khwinter2024@outlook.com

Trainingslager, Neuenhagen (Germany)

January 31st – February 4th, Sensei Dirk Heene
Contact: Pferdeheike@gmx.de

Seminarium Kase Ha Karate Do, Grudziejdz (Poland)

February 16th - 18th, Sensei Dirk Heene
Contact: vagran@interia.pl (Marcin Zawada)

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@sk-academy.org

Training Weekend, Jerez de la Frontera (Spain)

April 5th - 7th, Sensei Dirk Heene
Contact: club.dakentai@gmail.com

Training Weekend, Aveiro (Portugal)

April 13th – 14th, Sensei Dirk Heene
Contact: lkarate.dojos@gmail.com

GNKA, Aberdeen (Scotland)

April 26th – 28th, Sensei Dirk Heene
Contact (FaceBook): [gnka.karate](https://www.facebook.com/gnka.karate)

KSKA Natsu-Gasshuku, Liverpool (United Kingdom)**Steve Cattle Memorial Course**

May 10th – 12th, Shihankai
Contact: michaylocossack@blueyonder.co.uk

Touku Leiri, Sonkajärvi (Finland)

May 17th – 19th, Sensei Dirk Heene, Raimo Lappalainen, Jarmo Niiranen, Toni Gallen
Contact: info@hombu.fi

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 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 Passport:** Registration opens one hour before the start of the training. Members please present your KSKA passport to the Secretary upon registration for signature of attendance.
- Course Fee:** Non-KSKA Members: 60€ full course or 15€ per training.
KSKA Members: no charge.
- Participant Level:** All non-members are welcome to attend from the level of **1st kyu** (brown belts) and above.
- GDPR:** Please note that a group photograph will be taken during this course and could be published on the KSKA website and/or Newsletter. Should you wish not to participate due to privacy reasons that is your prerogative and you should withdraw whilst the photograph is being taken. Other than the above and as far as is reasonably practicable, the taking and publishing of video or photographs will be restricted, but the KSKA cannot not be held responsible for individual actions that fall outside of our control. There can be a KSKA video recording of the instructions.
- KSKA Note:** The course organiser and/or Kase Ha Shotokan Ryu Karate-Do Academy cannot be held responsible for any loss, damage or injury that may occur during the Gasshuku.

KSKA Membership Renewals 2024

KSKA Membership Renewals 2024

Membership renewals for 2024 fall due from the 1st January 2024 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

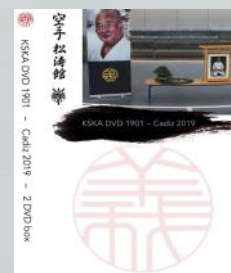
As a means of communicating recent changes to the KSKA Grading Syllabus, the Shihankai demonstrate the core principles on the 7 following DVD boxes that are currently available (the plan is that more will follow in the future, we will of course keep you informed about this).

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**

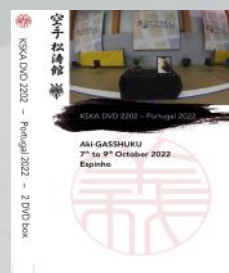
contains 2 DVD's filmed during the Gasshuku in Müllheim May 2022

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

**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

*** NEW * DVD box n°7 – DVD 2302**

contains 2 DVD's filmed during the Gasshuku in Dippoldiswalde October 2023

Disc 1:	Heian Oyo Defensive kicking	Sensei Nico Ibscher Sensei Dirk Heene
Disc 2:	Kumite in 4 directions Summary of the weekend	Sensei Pascal Petrella Sensei Jim Martin

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
- Sensei Michaylo Fedyk, Shihankai
- Filipe Sancho Sa Silva
- Felix Croonenborghs
- Yvette Martens

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 (PRICES 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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kasehainland

KITTILÄ (KTT)

PHOTO PASI JUNTUNEN



Karate
CZŁUCHÓW
空手道

SZKOLENIE KARATE SHOTOKAN

14-16.06.2024

SENSEI DIRK HEENE
SENSEI 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 