

# KSKA NEWS

Kase Ha Shotokan



Academy

Kase-Ha Shotokan Karate Academy

Newsletter

August 2025

**Welcome ...** to the August 2025 issue of KSKA News!

This second newsletter of the year 2025 brings you reports of some of the recent KSKA activities, an updated calendar for upcoming activities as well as important information about the next Aki-Gasshuku in Luxembourg and the first announcements of the 2 planned 2026 Gasshuku's, 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 9<sup>th</sup> Dan, President of the KSKA****Dear Members,**

The August newsletter comes in the middle of the summer holidays, or for some the holidays are over. Many clubs are closing for July and August and it is not good to completely stop training for 2 months. There were some intensive courses in Poland, Chłuchów (14-15 June) and in Portugal, Espinho (20 – 22 June) and the Cadiz course in Spain from 3 to 6 July was real success. In Cadiz a great number of instructors were involved, so many Kase Ha subjects were presented. Heian nidan oyo bunkai, as well as Jiin were deeply analysed by Dirk Heene and Juan Pablo Delgado. Jim Martin focused on Jitte and Pascal Petrella on Naihanchi Nidan (version from Steve Cattle). The combination of sun and sea with the beach training makes this course very attractive. Juan Pablo arranged this event splendidly, providing many training sessions filled with a lot of information.

Immediately after I left for Finland for the Kesäleiri (summer course). It really was a summer course with a heat wave from around 30 °C lasting for 20 days.

In the Honbu Dojo in Hasselt (Belgium) the training sessions continued during summer 3 days a week



**Message from Shihan Dirk Heene 9<sup>th</sup> Dan, President of the KSKA**

and were led by different instructors: Mario Van Roy, Gert Ballet and Dirk Heene. The dojo is opened every day, so everyone can train random, this is not possible everywhere. In August 22 to 24 we had the summer course in Hasselt with possibility to stay overnight in Honbu Dojo.  
I hope to see you at our Gasshuku in Luxembourg on 10 till 12 October.  
Keep well and train regularly.

Dirk Heene  
President of KSKA  
Member of Shihankai

Kase Ha Shotokan

**Content of this newsletter / clickable links**

- Message from Shihan Dirk Heene, 9th Dan, President of the KSKA
- Reports of recent KSKA activities
- Overview of future KSKA activities
- Aki-Gasshuku Luxembourg 2025
- Natsu-Gasshuku Portugal 2026
- Aki-Gasshuku Germany 2026
- KSKA Membership Renewals 2025
- Course DVD's
- Instructor Certificates
- Course flyers and information

Please feel free to click on any of the main topics above to navigate directly to the corresponding page

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

In this newsletter you can find some course reports, pictures, announcements and flyers of upcoming courses. I want to thank everyone who contributed to this. You will also find all available information about the second Gasshuku of 2025, Luxembourg and the currently available information about the 2 Gasshuku of 2026, which will be held in Espinho (Portugal), second weekend of May 2026 and Mullheim (Germany), second weekend of October 2026.

If you are a member and you are NOT receiving e-mails or the newsletter, please let me know asap, then we can check / add your e-mail. **Recently there have been some server issues leading to some hickups on the webserver and the Secretary mailbox. To be 100% sure, please send a copy of ANY mail to [tomvanachte@gmail.com](mailto:tomvanachte@gmail.com)**

Please keep sending your course announcements (with at least 1 Shihankai member teaching) and for sure more course reports and pictures to be included into the Newsletters, thanks again!

Tom Van Achte,  
Secretary of KSKA

## Reports of recent KSKA activities



### KSKA Natsu-Gasshuku, Helsinki, May 9<sup>th</sup> - 11<sup>th</sup> 2025 (Finland)

The second weekend of May 2025 many members and other karateka travelled to the beautiful city of Helsinki, the Capital of Finland to attend the first Gasshuku of 2025 held from Friday May 9<sup>th</sup> till Sunday May 11<sup>th</sup>. For some of us it was relatively cold outside, day temperature was somewhere between 5 and 10 degrees Celcius and that needed some adjusting. At least the snow was (already) gone.

The training hall was located under the Helsinki Olympic Stadium. It turned out to be a modern, light wooden spacious training hall with all you can expect from a modern facility, very comfortable. The staff of the Olympic Stadium were also very friendly and helped out with whatever request we had because the KaseHa Finland (responsible for organising this Gasshuku) made sure everything was taken care of and translated into Finnish. Very nice for people that do not really understand the language (like me, for example). Shihan Dirk Heene of course was the big exception, but this of course had to do with the fact that he has a deep connection with Finland and KaseHa Finland, as he is teaching 4 times a year (once every season) somewhere in Finland (as you can see on the calendar in this news letter and on the KSKA website).



The first session (open to all attending) on Friday evening was led by Sensei Juan Pablo Delgado. Theme of this training was kata Jiin (omote, go and applications). As usual the buildup of the training was very good, well structured and very interesting applications were shown, explained and trained. For all details we would like to refer you to the course DVD, more info further in this newsletter.

The first session on Saturday for the KSKA members was led by Sensei Jim Martin, focussing on kihon and kumite combinations, starting with a very interesting combination of 8 attacks / blocks with open hands that were indeed 'easy' if you understand and train the motorics of the movement. But for people who are not used to this kind of combinations a lot of concentration and focus is needed to pull it off. Of course there were excellent demonstrations, that also really helped. Afterwards techniques in different directions were added, more blocks and kicks opened the doorway to applications in kumite. Very interesting and challenging for most participants. It was a lot to take in for most members, but very valuable information to train on and to further develop your karate.



At the same time the non-members enjoyed a good training session with Sensei Mike Fedyk.



## Reports of recent KSKA activities



After a short break, the second sessions started. The non-members enjoyed a training session with Sensei Nico Ibscher.

The members were trained by Shihan Dirk Heene, focussing on using O-waza, chu-waza and ko-waza (normal distance, middle distance and short distance technique) in attacks and



blocking / counter-attack combinations. Not so easy to perform the combinations correctly with good kime and zanshin. This was also a focus point during the training session.

The Yearly KSKA General Assembly also happened on Saturday afternoon 17h00 in the hotel where the Shihankai and Executive Committee members stayed. A detailed report of this annual meeting can be found on the KSKA website, as always.

On Saturday evening, the traditional course dinner was held in a busy 'all you can eat' restaurant (part of the restaurant was reserved for our big group, as most karateka participating in the Gasshuku also attended this dinner, sometimes with their relatives travelling with them). The menu was a combination of Argentinian (delicious grilled foods) and Asian cuisine (sushi, wok, etc...) all you can eat. During the dinner many stories were told, there were many laughs, it was (and is) a great way to connect with each other.



The Sunday session (and last session of this Gasshuku) was a group training with everyone, led by Sensei Pascal Petrella, focussing on kumite. All the energy that was left in the participants bodies was used to go all out during this intense training session. If you want more details, we kindly remember you that you can always order the DVD of this course to further study and train all the aspects of this training session (and the 3 other training sessions of course).

The Shihankai and Executive Committee wish to thank all the participants and congratulate the KaseHa Finland for their splendid organisation and hospitality!  
Report by Tom Van Achte, your Secretary.

**Memorial Kase, Hasselt, May 23<sup>rd</sup> - 25<sup>th</sup> 2025 (Belgium)**

I arrived quite early, actually before all the other foreign participants in this, the 21st. Kase Memorial, in memory of our beloved teacher Kase Sensei, who passed away on 24/11/2004. It is now a firmly entrenched tradition that during every last or one before last weekend in May every year, this training weekend takes place in Hasselt, where one of Kase Sensei's top pupils, Dirk Heene Shihan hosts us at his Dojo in honour of his Mentor.

As always in the past, the comfortable rooms and service at the Holiday Inn Express were ready for the karateka coming from their various destinations, as well as the hospitality of the Honbu Dojo itself and various private dwellings of supporters and friends of the KSKA. My Israeli colleagues, Arie and Leonardo, (who will be teaching sessions at the next Kase Memorial in Hasselt in 2026) arrived after me and I greeted them heartily as soon as their feet crossed the threshold of the hotel.

Shihan Dirk Heene, in my experience is the best Karate mind I have ever known. Never ever can I remember having had the same lesson twice from him, in the 25 years I trained with him before leaving Belgium. It is a true tribute to Dirk Heene, as I have had the fortune to train with many great teachers, including Kase and Shirai Sensei, in the 40 years I have been training, since first entering a karate Dojo at the (quite) advanced age of 38. Never repeating exactly the same lesson twice, is a unique achievement, of which I know no other teacher than Dirk Heene, ever to have accomplished this.

I hadn't trained for 2 years due to some health problems and was quite apprehensive as to what I would be physically capable of, due to a much-reduced fitness-level. I work out somewhat at home, but that is not sufficient, to equal over such an extended period, the 2 or 3 one-and a half-hour sessions most KSKA members do under normal circumstances.

The excitement of meeting all my old friends, whom I only communicate with nowadays on Facebook, such as Yvette (many thanks for the impeccable administration of the course!), the various Toms from Belgium and Tonis from Finland, as well as Raimo, Jarmo and so many others that it would lengthen this text far too long, for the patience of those, trying to read it. So, I'll just say, that I was very excited, especially because I knew that I was going to make new friends, as at every Gasshuku as well.

And I wasn't wrong. There were karateka from all over, who were expected; Belgium, the host country (of course), Finland, Poland, Portugal, Scotland, Israel (from which now, yours truly) and others of which I'm not sure (like Netherlands, Germany, United Kingdom). A truly international gathering, where even though combat was an essential part, peace was the ultimate aim.

The teachers of the 3 groups, according to their rankings (Coloured belts, First Dan and second Dan up,) would be taught alternatively by Jarmo Niiranen Sensei, Jim Martin Shihan and Dirk Heene Shihan. As I suspect is usual, the programme might have been discussed by our teachers beforehand, so that there would be a common theme, for all the levels to recognize.



## Reports of recent KSKA activities



And so it was. I can only speak for the highest-level group, as they were the only ones I did three of the four sessions with; unfortunately I could only do the first three, as by the fourth, my 2-year hiatus had taken its toll. My left quadriceps had packed it in and listening (wisely) to my body, I thought that if I wasn't careful, the intense pain I was feeling would get a lot worse. So, I just watched the last training, as it turned out, the second training by Jarmo Sensei with the higher-level belts, which was a very good continuation of the first training he had given at the first session.



That was the order of things. The highest-level started with a lesson by Jarmo Sensei. It consisted of open-hand Hente (same-side) blocks adding kizami Geri-Waza (leg-techniques using the front leg). Not easy, especially for the older ones among us, but in general it went very well. Then we partnered up for the Kihon Kumite of these techniques. Jarmo Sensei briefly touched upon Ibuki (breathing), which enhances the pulmonary output of the combatants and is a very important part of all Martial Arts.

I worked with a young Portuguese Karateka, the young man's name, who was an excellent partner, was a little difficult for me to remember, but if I reveal that he was 26 years old and that he had a neat beard, that might help in identifying him. He was really good. We changed partners during the session and I also teamed up with old friends during these efforts. To finish our first lesson, Jarmo Sensei, had us work up to the end of the first half of Kata Chinte and its Bunkai.

Dirk Shihan and Jim Shihan gave us the next two lessons. They were basically on the same theme as Jarmo Sensei and especially focussed on distance. Dirk Shihan concentrated on Chu, Ko and O waza, medium, short and long distance blocking, followed by 3 open-hand counters and Uraken (backfist, a lethal technique when well applied). We then practiced this, first with one, then two and even up to multiple attackers.

This is also where I met, whom I can only describe as a fantastic young Karateka from Portugal, still only in her early twenties, already a second Dan and a real Champ, who opened my eyes to what Kime (focus, speed and strength combined) means. Andrea, despite my advanced age, I hope to soon, yet again, have the privilege to face you and learn from you, in the Dojo, what real Kihon Kumite (amongst other things) is.

Jim Shihan and his Sempai, Gerry McGeoch Sensei, continued teaching us the Kase Ha, that he is so well-known and admired for, in the same spirit and concentration that Jarmo Sensei and Dirk Shihan had started with. Jim's Karate is at such a uniquely high level, that there are no words (in my book anyway) to describe it. And what I always say, is that he is such a modest person, that he doesn't even realize it. "Pure genius," is how I have heard his teaching described by more people than I can mention here.

We also had time to relax, socialize and reminisce about times past. At the dinner the foreign contingents were invited to (by their excellent Belgian hosts) I heard many stories about past training sessions and Gasshuku in distant places and stories about the past history of incidents that happened a long time ago, which is a good thing to remember, as the famous saying "History repeats itself," needs to be known by the new generations (yes in Karate too), as some of the "old"



## Reports of recent KSKA activities



techniques are being forgotten, due to the Sports Karate, which Dirk Shihan also mentioned and is due to Modern Times (whatever that means ???) ...

Anyway, the dinner was also a time to get to know people face-to-face that I only knew from Facebook, including Marcin Zawada Sensei from Poland, who attained 4th. Dan at the grading and to whom I extend sincere congratulations, as well as to all the others who continued advancing to higher levels in the exams that they passed.

The fourth and last training session for 2nd. Dan and up was again given to us by Jarmo Sensei. The theme was "Kase no Sanchin" with emphasis put on 5 "Ibuki" breathing phases. One only actually encounters what is called Breathing Kata in original Shotokan in the Kata Hangetsu, and this is much more common in other Ryu than in traditional Shotokan and KaseHa. We added to our Oi Tsuki attacks Hente ones (Tate and Ura Tsuki) followed by Okuriashi Mawashi geri and Kaiashi Yoko Geri Kekomi, in the Kata Kumite of this Kata that Kase Sensei adapted to his own Kase Ha Shotokan Ryu.

To finish we then did the second half of Kata Chinte, with the Oyo Bunkai, applied form. Unfortunately I didn't actually train the last session, as slightly injured, but I watched and learned from the sideline of the very active training-hall.

Let me finish this little report, by saying what wonderful teachers we have in the KSKA. Even though both Dirk Shihan and Jim Shihan are quite advanced in age and Jarmo Sensei a lot younger (and here I mustn't forget other teachers of the Academy, who couldn't be with us,) one clearly sees in the way they all teach the line and tradition, that Kase Sensei initiated more than 75 years ago and the continuation of his unique Budo (way of the Warrior) techniques, which though evolving, still stick to his basic philosophy.

And so we all said goodbye, till the next Gasshuku or other training weekends, all returning to our homes with our muscle memories recharged, till we meet again. It was a great experience, especially for me, who hadn't trained in group for such a long time.



"Mata neh to Gambatte Kudasai."

Report by Philip Lehrer (4<sup>th</sup> Dan KSKA)

## Reports of recent KSKA activities


**XXV International Karate-Do Summer Course, Cadiz, July 3<sup>rd</sup> - 6<sup>th</sup> 2025 (Spain)**

Sensei Dirk Heene, Jim Martin, Pascal Petrella, Juan Pablo Delgado, Francois Van Binst, Peter Taylor.



For the 25<sup>th</sup> time (a jubilee!), the International Summer Course took place in the wonderful coastal city of Cadiz, Spain from July 3<sup>rd</sup> till 6<sup>th</sup>. The 4 Shihankai members presented a big variety of topics during the 4 days, so we all went home with more things to work on and improve.

It was a wonderful progression of themes : kata heian nidan (+ bunkai also for lower belts) by Shihan Dirk Heene, kata tekki shodan and bunkai (Sensei Francois Van Binst), kata jitte and



bunkai (Jim Martin), kata jiin and bunkai (Sensei Juan Pablo), kumite and kata naihanchi nidan, the Steve Cattle version (Sensei Pascal Petrella) and some other topics were touched upon by all sensei under Spanish heat in a sports hall with little or no cooling or at the seaside (as usual on friday morning, training at the beach).

This year there also was a fun activity after the beach training on Friday. People who wanted to, could try surfing the waves of the sea with instructors. Look at the brave karateka before they went into the water. No one drowned as far as I know, not everyone did make it to the beach on the board I believe, but it was a wonderful and very fun experience.

On Saturday evening the traditional course dinner happened in a restaurant looking out over the sea, always nice to see the sunset, eat local food and enjoy some drinks with the international karate friends (and their family). International it was for sure with many people attending from all parts of Spain, Portugal, Germany, Belgium and more.





## Reports of recent KSKA activities



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. So you better drink a lot of water in the breaks between training sessions, just a tip to survive.



If you never experienced the warmth of the Spanish summer or the famous 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 very good instructors, then you really should think about joining this (highly recommended) course next year.

Report by Tom Van Achte, your Secretary.



## Overview of future KSKA activities

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

August 30<sup>th</sup> – 31<sup>st</sup>, Sensei Dirk Heene

Contact: [kontakt@kyokyu.de](mailto:kontakt@kyokyu.de)

**Ruska Leiri, Sonkajärvi (Finland)**

September 19<sup>th</sup> - 21<sup>st</sup>, Sensei Dirk Heene, Raimo Lappalainen, Jarmo Niiranen, Toni Gallen

Contact: [info@honbudojo.be](mailto:info@honbudojo.be)

**Memorial Course Brezinski – Achilles, Berlin (Germany)**

September 26<sup>th</sup> – 28<sup>th</sup>, Sensei Dirk Heene

Contact: [pferdeheike@gmx.de](mailto:pferdeheike@gmx.de)

**KSKA Aki-Gasshuku, Luxembourg (Luxembourg).**

October 10<sup>th</sup> – 12<sup>th</sup>, Shihankai

All info can be found in this news letter

**42<sup>nd</sup> Autumn Training Weekend, Ham (Belgium)**

October 17<sup>th</sup> – 19<sup>th</sup>, Sensei Dirk Heene, Nico Ibscher

DAN grading october 18<sup>th</sup>

Contact: [tomvanachte@gmail.com](mailto:tomvanachte@gmail.com)

**Training Weekend, Fatima (Portugal)**

October 24<sup>th</sup> – 26<sup>th</sup>, Sensei Dirk Heene

Contact: [armandoreis@sapo.pt](mailto:armandoreis@sapo.pt)

**Fuyu-keiko, Mullheim (Germany)**

November 7<sup>th</sup> – November 9<sup>th</sup>, Sensei Dirk Heene, Pascal Petrella

Contact: [p.petrella@ksk-academy.org](mailto:p.petrella@ksk-academy.org)

**GNKA, Aberdeen (Scotland)**

November 22<sup>nd</sup> - 23<sup>rd</sup>, Sensei Dirk Heene

Contact: [info@gnka-karate.com](mailto:info@gnka-karate.com)

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

November 29<sup>th</sup> – 30<sup>th</sup>, Sensei Dirk Heene

Contact: [kontakt@kyokyu.de](mailto:kontakt@kyokyu.de)

**Training Weekend, Nahariya (Israel)**

December 13<sup>th</sup> – 14<sup>th</sup>, Sensei Dirk Heene

To be confirmed

Contact: Sensei Arie Farkash

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 e-mail 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 e-mail this info to [secretary@ksk-academy.org](mailto:secretary@ksk-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 3<sup>rd</sup> - 4<sup>th</sup> 2026, Sensei Dirk Heene, Cesare del Pellegrino

Contact: [info@honbudojo.be](mailto:info@honbudojo.be)

**Seminarium Kase Ha Karate Do, Grudziadz (Poland)**

January 9<sup>th</sup> – 11<sup>th</sup> 2026, Sensei Dirk Heene

Contact: [vagran@interia.pl](mailto:vagran@interia.pl) (Marcin Zawada)

**Talvi Leiri, Place to be confirmed (Finland)**

February 6<sup>th</sup> – 8<sup>th</sup> 2026, Sensei Dirk Heene & Kase Ha Finland

Contact: [info@hombu.fi](mailto:info@hombu.fi)

**16<sup>th</sup> KSKA Kangeiko, Mullheim (Germany)**

February 26<sup>st</sup> - 28<sup>th</sup> 2026, under direction of the KSKA Shihankai

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

Contact: [p.petrella@sk-academy.org](mailto:p.petrella@sk-academy.org)

**Training Weekend, Aveiro (Portugal)**

April 10<sup>th</sup> – 12<sup>th</sup> 2026, Sensei Dirk Heene

Contact: [ikarate.dojos@gmail.com](mailto:ikarate.dojos@gmail.com)

**KSKA Natsu-Gasshuku, Espinho (Portugal)**

May 8<sup>th</sup> - 10<sup>th</sup> 2026, Shihankai

Contact: [filipe.sancho@gmail.com](mailto:filipe.sancho@gmail.com)

**Touku Leiri, Place to be confirmed (Finland)**

May 23<sup>rd</sup> - 24<sup>th</sup> 2026, Sensei Dirk Heene & Kase Ha Finland

Contact: [info@hombu.fi](mailto:info@hombu.fi)

**Memorial Kase, Hasselt (Belgium)**

May 29<sup>th</sup> – 31<sup>st</sup> 2026, Sensei Dirk Heene, Sensei Jim Martin, Sensei Leonardo Schwartz

Contact: [info@honbudojo.be](mailto:info@honbudojo.be)

**BKSA 40+ Stage, Ham (Belgium)**

**(Please note: Minimal age is 40 years to participate)**

June 7<sup>th</sup> 2026, Sensei Dirk Heene + guest trainer Johnny Bruggeman (Tai Chi)

Contact: [tomvanachte@gmail.com](mailto:tomvanachte@gmail.com)

**Szkolenie Karate Shotokan, Czluchow (Poland)**

June 13<sup>th</sup> – 14<sup>th</sup> 2026, Sensei Dirk Heene, Grzegorz Konieczka

Contact: [karate.czluchow@gmail.com](mailto:karate.czluchow@gmail.com) (Sensei Pawel Zielinski)

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## Overview of future KSKA activities

**Training Weekend, Espinho (Portugal)**

June 19<sup>th</sup> – 21<sup>st</sup> 2026, Sensei Dirk Heene

Contact: [filipe.sancho@gmail.com](mailto:filipe.sancho@gmail.com)

**Kesa Leiri, Sonkajärvi (Finland)**

July 24<sup>th</sup> – 26<sup>th</sup> 2026, Sensei Dirk Heene

Contact: [info@honbudojo.be](mailto:info@honbudojo.be)

**KSKA Aki-Gasshuku, Mullheim (Germany)**

October 9<sup>th</sup> – 11<sup>th</sup> 2026, Shihankai

Contact: [p.petrella@ksk-academy.org](mailto:p.petrella@ksk-academy.org)

**43<sup>rd</sup> Autumn Training Weekend, Ham (Belgium)**

October 16<sup>th</sup> – 18<sup>th</sup> 2026, Sensei Dirk Heene, Nico Ibscher

DAN grading october 17<sup>th</sup>

Contact: [tomvanachte@gmail.com](mailto:tomvanachte@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 e-mail from this PDF (the link will open your standard mail program).

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Natsu-Gasshuku Helsinki 2025

## KSKA Aki-Gasshuku Luxembourg 2025

Friday 10<sup>th</sup> October – Sunday 12<sup>th</sup> October 2025

Under instruction of the KSKA Shihankai



The second Gasshuku of the year 2025 / Aki-gasshuku will be held in Luxembourg City, Luxembourg, where the KSKA welcome your attendance in support of the Academy.

Organisation: Soshin Luxembourg  
Marcela Adamikova

Email: m.adamikova@icloud.com or marcela.adamikova@ec.europa.eu

Phone: +352691333323

Dojo: Hall Omnisports Clausen 39, montée de Clausen L- 1343 Luxembourg.

**Training:**

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

**Grading:**

<b>For sandan and higher grades ONLY</b>
<b>Saturday from 14:00</b>

Course Dinner: Saturday 11<sup>th</sup> October 2025 @ 19:30  
Venue: Restaurant "Elephant rouge" 2, Rue Kalchesbruck,  
1852 Neudorf-Weimershof, Luxembourg  
<http://elephantrouge.lu/accueil.html>  
Bus: Bus No. 9 from Hamilius and dojo 'Clausener Bréck' to bus stop 'Neudorf, Kalchesbruck', Bus No. 7: from Gare Centrale to bus stop 'Neudorf, Kalchesbruck' or Bus No. 29 from Gare Central to bus stop 'Kalchesbrék Reno'  
Thai and Moroccan cuisine. Alcoholic drinks not included and to be paid on site.  
If you wish to participate, please transfer 35 EUR by 6<sup>th</sup> October to: Michela Tucci, IBAN: LU24 0019 1455 0834 9000, quoting "your name + Gasshuku 2025"  
[Michela.Tucci@curia.europe.eu](mailto:Michela.Tucci@curia.europe.eu) or [Michela.Tucci@gmail.com](mailto:Michela.Tucci@gmail.com)

Accommodation: Hotel Le Châtelet ([www.chatelet.lu](http://www.chatelet.lu))  
2, Boulevard de la Pétrusse L-2320 Luxembourg  
Best Western Grand Hotel Victor Hugo ([www.grandhotelvictorhugo.lu](http://www.grandhotelvictorhugo.lu))  
Avenue Victor Hugo, 3-5 L-1750 LUXEMBOURG (near Glacis Square)  
D'Coque (<https://www.coque.lu/en/coque-hotel>)  
2, rue Léon Hengen L-1745 Luxembourg

## Aki-Gasshuku Barcelona 2024

**KSKA Aki-Gasshuku Luxembourg 2025**Friday 10<sup>th</sup> October – Sunday 12<sup>th</sup> October 2025

Under instruction of the KSKA Shihankai



Youth Hostel (<https://youthhostels.lu/en/youth-hostels/youth-hostel-luxembourg>)  
2 Rue du Fort Olisy, L-2261 Luxembourg

**Travel:** Luxembourg airport is the closest airport to fly to. Please note that in the entire country of Luxembourg public transport can be used FREE OF CHARGE.  
Findel (Luxembourg) (preferred airport due to accessibility):  
By bus: Nos. 9 or 16 to city centre or Gare Centrale  
Taxi and car hire available at airport [www.lux-airport.lu](http://www.lux-airport.lu)  
Charleroi (Belgium)  
To Luxembourg: by car (car hire available at airport <https://www.brussels-charleroi-airport.com/en> ) or Flibco shuttle bus, tickets available at [www.flibco.com](http://www.flibco.com)  
Frankfurt-Hahn (Germany)  
To Luxembourg: by car (car hire available at airport <https://www.hahn-airport.de> or Flixbus, tickets available at <https://www.flixbus.com/bus-routes/bus-frankfurt-hahn-luxembourg>  
Train: train connections from France, Belgium and Germany (see <https://www.cfl.lu/en-gb/> for details)

**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: 60,00 EUR full course or 15,00 EUR per training.  
KSKA Members: no charge.

**Participant Level:** All non-members are welcome to attend from the level of **3<sup>rd</sup> 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.



Natsu-Gasshuku Helsinki 2025

## KSKA Natsu-Gasshuku Portugal 2026

Friday 8<sup>th</sup> May – Sunday 10<sup>th</sup> May 2026

Under instruction of the KSKA Shihankai



The first Gasshuku of the year 2026 / Natsu-gasshuku will be held in Espinho, Portugal, where the KSKA welcome your attendance in support of the Academy.

Organisation: KSKA Portugal  
Filipe Sancho

Email: [filipe.sancho@gmail.com](mailto:filipe.sancho@gmail.com)

Phone: +351 912 114 091

Dojo: Napoleão Guerra Sports Hall (Pavilhão), Rua da Mina, 59, 4500-704 Espinho

**Training:**

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

**Grading:**

<b>For sandan and higher grades ONLY</b>
<b>Saturday from 14:00</b>

Course Dinner: Saturday 9<sup>th</sup> May 2026 @ 20:00  
Restaurante O Golfinho, Rua (street) 2, Nr. 663, in Espinho,  
Menu : 35 EUR per person including starters, vegetable soup, main course,  
selection of drinks, dessert and coffee.  
Anyone wishing to attend the course dinner should notify the course  
organizer **before April 30<sup>th</sup> 2026**.

Accommodation: Exe Praia Golfe Hotel, Rua (street) 6, PraiaGolfe building in Espinho,  
<https://www.eurostarshotels.co.uk/exe-praia-golfe.html>  
Using the Promo Code "NATSUGASSHUKU2026". Please reserve **before April 1<sup>st</sup> 2026** for reduced rates.

Travel: Porto airport is the closest airport to fly to.

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.

Natsu-Gasshuku Helsinki 2025

## KSKA Natsu-Gasshuku Portugal 2026

Friday 8<sup>th</sup> May – Sunday 10<sup>th</sup> May 2026

Under instruction of the KSKA Shihankai



Course Fee: Non-KSKA Members: 60,00 EUR full course or 15,00 EUR per training.  
KSKA Members: no charge.

Participant Level: All non-members are welcome to attend from the level of **3<sup>rd</sup> 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.

Natsu-Gasshuku Helsinki 2025

## KSKA Aki-Gasshuku Germany 2026

Friday 9<sup>th</sup> October – Sunday 11<sup>th</sup> October 2026

Under instruction of the KSKA Shihankai



The second Gasshuku of the year 2026 / Aki-gasshuku will be held in Mullheim, Germany where the KSKA welcome your attendance in support of the Academy.

Organisation: Dojo Mullheim  
Pascal Petrella

Email: p.petrella@ksk-academy.org

Phone:

Dojo: to be confirmed

**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 10<sup>th</sup> October 2026 @ XX:00  
Place, menu, time and price to be confirmed  
Anyone wishing to attend the course dinner should notify the course organizer **before October 1<sup>st</sup> 2026**.

Accommodation: More info will follow when available.

Travel: More info will follow when available.

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: 60,00 EUR full course or 15,00 EUR per training.  
KSKA Members: no charge.

Participant Level: All non-members are welcome to attend from the level of **3<sup>rd</sup> kyu** (brown belts) and above.



Natsu-Gasshuku Helsinki 2025

## KSKA Aki-Gasshuku Germany 2026

Friday 9<sup>th</sup> October – Sunday 11<sup>th</sup> October 2026

Under instruction of the KSKA Shihankai



**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 2025

**KSKA Membership Renewals 2025**

Membership renewals for 2025 fell due from the 1<sup>st</sup> 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 ASAP.

**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.

In the past 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 10 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)	Sensei François Van Binst
	Shiho Uke	Sensei Dirk Heene
	Kumite (at the beach)	Sensei Dirk Heene
	Kumite Combination	Sensei François Van Binst
	Tekki Sandan bunkai	Sensei Nico Ibscher
	Open Hand combinations	Sensei Jim Martin
	Kata Jitte (+ bunkai)	Sensei Pascal Petrella
Disc 2:	Kata Heian 1 – 5 go	Sensei Juan Pablo Delgado
	Shiho Uke level 2	Sensei Dirk Heene



## 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<br>(for the full explanation of all applications please purchase DVD boxn°1)<br>Kumite<br>Kata Meikyo (+ bunkai) | Sensei Jim Martin<br><br>Sensei Michaylo Fedyk<br>Sensei Pascal Petrella |
| Disc 2: | Warming up<br>Movements in kihon en kumite at Sandan level  | Tom De Gersem<br>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)<br>Kata Jitte (+bunkai)                          | Sensei Dirk Heene<br>Sensei Pascal Petrella |
| Disc 2: | Kata Ji'in (+bunkai)<br>Closed hand techniques (seite – hente) in kihon and kumite | Sensei Dirk Heene<br>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<br>Sochin with open hands | Sensei Pascal Petrella<br>Sensei Jim Martin |
| Disc 2: | Open hand combinations<br>Sochin Oyo Bunkai   | Sensei Michaylo Fedyk<br>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<br>Neko Ashi Dachi in kata Goju Shiho Dai                   | Sensei Pascal Petrella<br>Sensei Juan Pablo Delgado |
| Disc 2: | Goju Shiho Dai omote and ura (combination)<br>Double block combinations<br>Yondan level | Sensei Michaylo Fedyk<br>Sensei Dirk Heene          |

**DVD box n°6 – DVD 2301**

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

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





## Course DVD's

**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

**DVD box n°8 – DVD 2401**

contains 2 DVD's filmed during the Gasshuku in Liverpool May 2024

Disc 1:	Closed hand kumite Kanku No Kata Oyo	Sensei Pascal Petrella Sensei Michaylo Fedyk
Disc 2:	Open hand techniques Combinations (open hands - kicks)	Sensei Juan Pablo Delgado Sensei Jim Martin

**DVD box n°9 – DVD 2402**

contains 2 DVD's filmed during the Gasshuku in Barcelona October 2024

Disc 1:	Kihon & kumite basics Kaiten	Sensei Michaylo Fedyk Sensei Dirk Heene
Disc 2:	Sochin (omote, ura, go, ura-go, oyo and bunkai) Summary of the weekend	Sensei Pascal Petrella Sensei Juan Pablo Delgado

**\* NEW \* DVD box n°10 – DVD 2501**

contains 2 DVD's filmed during the Gasshuku in Helsinki May 2025

Disc 1:	Jiin (omote, go, applications) Kihon & kumite combinations	Sensei Juan Pablo Delgado Sensei Jim Martin
Disc 2:	O-waza, chu-waza, ko-waza Kumite	Sensei Dirk Heene Sensei Pascal Petrella

**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

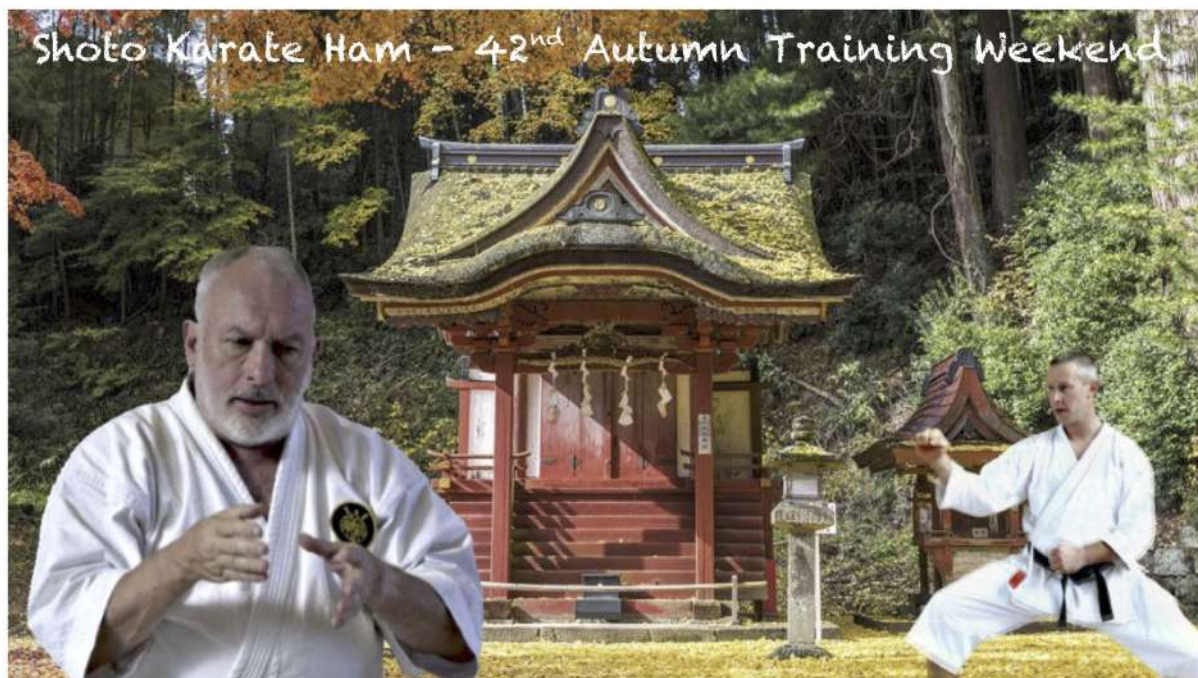
## Instructor Certificates

**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

Contributors to this newsletter :

- Shihan Dirk Heene, President
- Livia Castro, Treasurer
- Tom Van Achte, Secretary
- Philip Lehrer



Sensei Dirk Heene (9<sup>th</sup> Dan KSKA, Belgium, Shihankai)

Sensei Nico Ibscher (6<sup>th</sup> Dan KSKA, Germany, Shihankai)

空手  
松涛館



Shoto Karate Ham  
nodigt U uit op het / *invites you to the*  
**42<sup>nd</sup> Autumn Training Weekend**  
Sporthal 't Vlietje - Sportlaan 10A Tessenderlo-Ham, Belgium

Vrijdag / <i>Friday</i>	17/10/2025	19h30 - 21h00
Zaterdag / <i>Saturday</i>	18/10/2025	11h00 - 12h30 13h30 - 15h00 Dan Grading 15h30
Zondag / <i>Sunday</i>	19/10/2025	10h30 - 12h00

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

Prijzen / *Pricing*  
 Volledig weekend / *Entire weekend* : 60,00 EUR  
 Zaterdag en Zondag / *Saturday and Sunday* : 45,00 EUR  
 1 Training, prijs per training / *1 training, price per training* : 20,00 EUR  
 Betaling bij aankomst / *Payment upon arrival*

Goedkoop verblijf is mogelijk / *Cheap accomodation is possible*  
 Contacteer KSKA Secretaris Tom Van Achte voor meer info / *Please contact*  
*KSKA Secretary Tom Van Achte for more information*  
 secretary@ksk-academy.org AND tomvanachte@gmail.com





## Fuyu-Keiko



7<sup>th</sup> - 9<sup>th</sup> November 2025  
Müllheim / Baden

### Sensei Dirk Heene 9<sup>th</sup> Dan, Belgium

Chief-Instructor KSK-Belgium  
President Kase-Ha-Academy  
Head of KSKA Shihankai  
Assistant to Shihan Kase



### Sensei Pascal Petrella 7<sup>th</sup> Dan, Germany

Founder Kase Ha Germany  
Member of KSKA Shihankai  
Assistant to Shihan Kase



### Sensei Nico Ibscher 6<sup>th</sup> Dan, Germany

Chief Instructor Kase Ha  
Germany  
KSKA Shihankai  
Student of Shihan Kase

### Guest Instructor Sensei Arie Farkash 8<sup>th</sup> Dan, Israel

Chief Instructor Kase Ha Israel & Australia  
10 years Australien Kumite National Coach  
Student of Shihan Kase



### Sensei Juan-Pabalo Delgado

6<sup>th</sup> Dan, Spain

KSKA Shihankai  
Student of Shihan Kase



Date:

7<sup>th</sup> - 9<sup>th</sup> November 2025

Venue:

79379 Müllheim  
Sporthalle 1 (Heinz-Renkert-Halle)  
Moltkestrasse  
City map: [www.karate-muellheim.de](http://www.karate-muellheim.de)

**Airport:** Basel / Mulhouse (France) 40. min. from Müllheim. We offer a pick-up service. Please send your flight details: date/time of arrival, flight no, departure airport, date/time of departure to:

[2.vorstand@karate-muellheim.de](mailto:2.vorstand@karate-muellheim.de)

In case of delay please call +49 172 759 30 46

**Pick-up service is 15 Euros / person payable at pick-up**

Training:

	9.-6. Kyu	5.-2. Kyu	1. Kyu - Dan
Friday	19-20.30	19-20.30	20.30-22
Saturday	9.30-11, Kata Kanku-Dai		
	9.30-11, Kumite Competition, Arie		
	12-13.30	12-13.30	13.30-15
	15.30-17	15.30-17	17-18.30
Sunday	9.30-11	9.30-11	11-12.30

Dan-Grading:

up to 4<sup>th</sup> with Senseis Heene, Petrella,  
Saturday about 12 am  
(Examinees must take part at whole seminar)

Course fee:

	3 days 4-5 sessions	2 days 3-4 sessions	1 day 2-3 sessions	1 session
Dan / Kyu	90 €	70 €	50 €	25 €
below 16 years	50 €	40 €	30 €	15 €
Family bonus	Ask at counter			

## Fuyu-Keiko-Buffer-Party

Saturday, 19.30h at Bürgerhaus, Müllheim

Cost for Buffet: 45 Euros (salads, main course, dessert, water & wine at the table). Wine is provided by Dojo Müllheim.

Other drinks needs to be paid separately.

**Only with registration until 1<sup>st</sup> November 2024**

Surname, Given name, Dojo

Email to sensei Pascal: [2.vorstand@karate-muellheim.de](mailto:2.vorstand@karate-muellheim.de)

**Accommodation:** for free at the sports hall  
Breakfast 8 €

**Info:** Klaus Göppert +49 177 60 61 795  
[1.vorstand@karate-muellheim.de](mailto:1.vorstand@karate-muellheim.de)

**Liabilities:** The host declines liabilities of any kind

[www.karate-muellheim.de](http://www.karate-muellheim.de)

[www.kase-ha-karate.de](http://www.kase-ha-karate.de)