

# KSKA NEWS

Kase Ha Shotokan



Academy

Kase Ha Shotokan Karate Academy Newsletter

April 2026

## Welcome ... to the April 2026 issue of KSKA News!

This first newsletter of the year 2026 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 Espinho (Portugal) and the (second) Natsu-Gasshuku of 2026 in Müllheim (Germany), 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,

It is good to recharge the Ki-battery in the Dojo.

The meaning of "MOKUSO" by the start and the ending of a training session becomes more profound in these times. Surrounded by wars and financial crises, we still have our keiko (practice) to empty the mind.

In the traditional system of Kihon, Kumite and Kata we find enough material to practice and develop in these turbulent times, but also the atmosphere and the training partners are important.

In the kase Ha karate we do find a specific way of training. To achieve this we need well experienced instructors and Senseis, who can support the growing power of Ki and awareness of Hara.

The approach of using O-, Chu- and Ko-waza in Hente and Seite in kumite with the specific concentration towards the use of kime, rooting and breathing has to be understood and repeated regularly.

The practice of kata should include ura, go and ura go kata, as well as bunkai and application. This is why the attendance on Gasshuku's is a necessity.



The coming Gasshuku in Espinho on 8 - 9 - 10 May is an event not to miss. On 29 - 30 - 31 May there is the Memorial Kase in Hasselt.

Through this way I (again) ask the organisers of courses to make a short report of the course and send it to Tom, our Secretary for inclusion in the next Newsletter.

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

Hope to see you soon in good health and spirit.

Dirk Heene  
President of KSKA  
Member of Shihankai

Kase Ha Shotokan



Academy

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**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 first Gasshuku of 2026, Espinho (Portugal) and the currently available information about the second Gasshuku of 2026, which will be held in Müllheim (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.

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!

Hope to see you in Espinho (Gasshuku) and on other KSKA courses.

Tom Van Achte,  
Secretary of KSKA

## Reports of recent KSKA activities



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

On January 3<sup>rd</sup> - 4<sup>th</sup> 2026, the first training weekend of the New Year was the Kan Geiko organised by Honbu Dojo Hasselt in the sports hall of Kermt (Hasselt, Belgium). Due to recovery after an operation Sensei Cesare del Pellegrino was excused, so Sensei Tom De Gersem stepped in to take over the training sessions. There were 2 groups (higher belts and lower belts), the higher belts focused on kata Unsu (form and many applications) and the lower belts focused on kata Bassai Dai (form and applications), both groups were trained alternatingly by Shihan Dirk Heene and Sensei Tom De Gersem.



The course was well attended (national and international participants) with a fairly big German presence. The course organizers hopes to see you next year shortly after New Year, hopefully Sensei Cesare del Pellegrino will be present again.  
Report by your Secretary.

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

On February 20<sup>st</sup> - 22<sup>nd</sup> 2026, the 16<sup>th</sup> KSKA Kangeiko took place under direction and by personal invitation of the KSKA Shihankai in Mullheim, Germany. Like the years before, all attendees were housed in Hotel 'Altes Spital' (Old Hospital) where also all the (very good) meals were served. This year there was also a birthday celebration, so on Saturday evening Sensei Pascal Petrella was celebrated, happy birthdays were sung in many languages and it contributed greatly to the already good atmosphere of international friendship amongst the participants. Most of the participants were also coupled to a 'room mate', always a surprise to see who your room mate would be when entering the hotel room. But of course there could only be good room mates because all present were there for further developping their Kase Ha karate.

## Reports of recent KSKA activities



Further development and deepening of the understanding of Kase Ha Shotokan karate under guidance of the Shihankai also happened to be the goal of this gathering anyway.

The Friday evening training session was led by Sensei Pascal Petrella, focussing on many technical details (and breaking down techniques into different technical details to better understand and train the techniques), for example a gyaku zuki (stance, hip rotation, hip position, rooting, leg position, trajectory of the zuki and so on). Very interesting and also very humbling, a lot to take in for all present to further develop in their own Dojos and improve the teaching and the level of the students.

The Saturday morning training session was under the instruction of Sensei Nico Ibscher, again building further on the basics, mainly focussing on different distances in attacking and blocking against normal karate attacks and gradually building up towards



applications 'in the street' with different attacks, but again focussing on the (motoric) basics. Another very interesting and eye-opening session (you better have your eyes open when you are under attack too)...

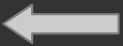
The Saturday afternoon session was led by Sensei Juan-Pablo Delgado, again starting from the basics discussed in the previous 2 sessions, building up to using those principles in the kata Bassai Dai (omote and go + applications), ranging from very basic (part of the) kata execution to seriously complicated bunkai combinations / applications with multiple partners using full power and full speed. Challenging yet again very interesting.

The last session, the Sunday morning session was under the instruction of Sensei Pascal Petrella again, a summary of the weekend, focussing on kumite. Again a great buildup starting with simple exercises, building up to challenging, fast, 'maximum maximum' partner work. The shower afterwards was more than welcome.

After the last session goodbyes were said and all left with a lot of inspiration and motivation to continue developing Kase Ha karate, grateful for the chances given by the Shihankai. Hope to see all of you next year!

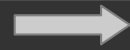
On the next page, you can find the traditional group picture...  
Report by your Secretary.

Reports of recent KSKA activities



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

## Overview of future KSKA activities

**Training Weekend, Aveiro (Portugal)**

April 10<sup>th</sup> – 12<sup>th</sup> 2026, Sensei Dirk Heene  
Contact: [lkarate.dojos@gmail.com](mailto:lkarate.dojos@gmail.com)

**GNKA, Aberdeen (Scotland)**

**!!! Attention changed date !!!**

April 24<sup>th</sup> - 26<sup>th</sup> 2026, Sensei Dirk Heene  
Contact: [info@gnka-karate.com](mailto:info@gnka-karate.com)

**Training Weekend, Jerez de la Frontera (Spain)**

**!!! Attention changed date !!!**

May 2<sup>nd</sup> - 3<sup>rd</sup> 2026, Sensei Dirk Heene  
Contact: [club.dakentai@gmail.com](mailto:club.dakentai@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, Sonkajärvi (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, Lievegem (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: [info@kuraido.be](mailto:info@kuraido.be)

**60<sup>th</sup> Anniversary Special Karate Course, Leicester (United Kingdom)**

June 12<sup>th</sup> - 14<sup>th</sup> 2026, Sensei Pascal Petrella, Dave Wilkins, Lauren Frearson  
Contact: [karate@talk21.com](mailto:karate@talk21.com) and [www.leicesterkarateclub.co.uk](http://www.leicesterkarateclub.co.uk)

**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)

**Training Weekend, Dippoldiswalde (Germany)**

June 20<sup>th</sup> - 21<sup>st</sup> 2026, Sensei Juan Pablo Delgado  
Contact: [ibscher@gmx.de](mailto:ibscher@gmx.de)

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

**Training Weekend, Espinho (Portugal)**June 19<sup>th</sup> – 21<sup>st</sup> 2026, Sensei Dirk HeeneContact: [filipe.sancho@gmail.com](mailto:filipe.sancho@gmail.com)**XXVI International Karate-Do Summer Course, Cadiz, (Spain)****!!! Attention changed date !!!**July 9<sup>th</sup> - 12<sup>th</sup> 2026, Sensei Dirk Heene, Sensei Juan Pablo Delgado (more instructors will be announced)Contact: [kskcadiz@gmail.com](mailto:kskcadiz@gmail.com)**Kesa Leiri, Kalajoki (Finland)**July 24<sup>th</sup> – 26<sup>th</sup> 2026, Sensei Dirk HeeneContact: [info@honbudojo.be](mailto:info@honbudojo.be)**ESA Residential Course 2026, Lilleshall (United Kingdom)**August 7<sup>th</sup> - 9<sup>th</sup> 2026, Sensei Mike FedykContact: <https://www.englishshotokan.net/events/>**Summer Course Honbu Dojo, Hasselt (Belgium)**August 21<sup>st</sup> – 23<sup>rd</sup> 2026, Sensei Dirk HeeneContact: [info@honbudojo.be](mailto:info@honbudojo.be)**Trainingslager, Kyokyu Dojo Rudolstadt (Germany)**August 28<sup>th</sup> – 30<sup>th</sup>, Sensei Dirk HeeneContact: [kontakt@kyokyu.de](mailto:kontakt@kyokyu.de)**Ministage Messelbroek (Belgium)**September 13<sup>th</sup>, Sensei Dirk Heene, Sensei Mario Van RoyContact: [jos\\_mattheus@telenet.be](mailto:jos_mattheus@telenet.be)**Ruska Leiri, Sonkajärvi (Finland)**September 18<sup>th</sup> - 20<sup>th</sup> 2026, Sensei Dirk HeeneContact: [info@hombu.fi](mailto:info@hombu.fi)**Memorial Course Brezinski – Achilles, Berlin (Germany)**September 23<sup>rd</sup> – 27<sup>th</sup>, Sensei Dirk HeeneContact: [pferdeheike@gmx.de](mailto:pferdeheike@gmx.de)**KSKA Aki-Gasshuku, Mullheim (Germany)**October 9<sup>th</sup> – 11<sup>th</sup> 2026, ShihankaiContact: [p.petrella@sk-academy.org](mailto:p.petrella@sk-academy.org)

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## Overview of future KSKA activities

**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) or [secretary@ksk-academy.org](mailto:secretary@ksk-academy.org)

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

November 13<sup>th</sup> - 15<sup>th</sup> 2026, Sensei Dirk Heene

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

**GNKA, Aberdeen (Scotland)**

November 20<sup>th</sup> - 22<sup>nd</sup> 2026, Sensei Dirk Heene

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

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

November 27<sup>th</sup> - 29<sup>th</sup> 2026, Sensei Dirk Heene

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

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## Natsu-Gasshuku Espinho 2026

**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

Phone: +351 912 114 091

Dojo: **!!! Attention, new venue !!!**  
Nave Polivalente de Espinho, Rua da Nave, Lugar de Sales, 4500-497 Espinho  
GPS: 40.999951, -8.623018 / 40°59'59.8"N 8°37'22.9"W

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

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 Espinho 2026

## 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.

Aki-Gasshuku Müllheim 2026

## 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 Müllheim, Germany where the KSKA welcome your attendance in support of the Academy.

Organisation: Dojo Müllheim  
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.  
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Aki-Gasshuku Müllheim 2026

## KSKA Aki-Gasshuku Germany 2026

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

Under instruction of the KSKA Shihankai



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**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 2026

**KSKA Membership Renewals 2026**

Membership renewals for 2026 will fall 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 11 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).

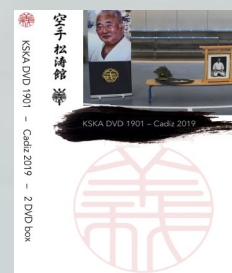
**Important notice** : please make sure NOT to distribute any of the content on the DVD's in any digital form, the watermarked discs are intended for your personal use ONLY.

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

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

**DVD box n°3 – DVD 2101**

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

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

**DVD box n°4 – DVD 2201**

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

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

**DVD box n°5 – DVD 2202**

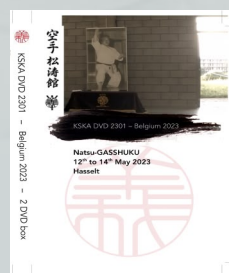
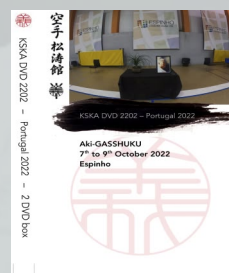
contains 2 DVD's filmed during the Gasshuku in Espinho October 2022

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

**DVD box n°6 – DVD 2301**

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

Disc 1:	Basic Kase Ha 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

**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**

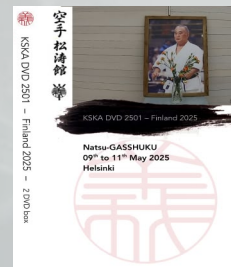
contains 2 DVD's filmed during the Gasshuku in Barcelona October 2024

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

**DVD box n°10 – DVD 2501**

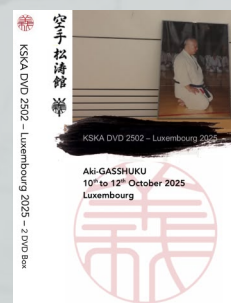
contains 2 DVD's filmed during the Gasshuku in Helsinki May 2025

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

**\* NEW \* DVD box n°11 – DVD 2502**

contains 2 DVD's filmed during the Gasshuku in Luxembourg October 2025

Disc 1:	Niju Shiho Kihon & kumite combinations	Sensei Nico Ibscher Sensei Jim Martin
Disc 2:	Open hand / closed hand Summary / Niju Shiho	Sensei Mike Fedyk Sensei Dirk Heene

**Price per DVD box:**

members: €15,00  
Non-members: €20,00

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

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

## 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.

## In Memoriam Martin Krejza, President of Shoshin Luxembourg

It is with great regret that we announce the loss of our President Martin Krejza. A gentle giant with a formidable tsuki, he was a very well-known and highly-respected member of Shoshin Luxembourg. Indeed, for many years he was the heart and soul of the Club. He began his karate career in 2006, attended Kase Ha courses for several years in many countries and had started training for Nidan when illness struck. He was Treasurer of Shoshin Luxembourg from 2015 to 2020 and President from 2020 to 2026, roles he performed with quiet, but effective efficiency. He will be sorely missed.



Text by John Kirby on behalf of Shoshin Luxembourg

## Contributors to this newsletter

Contributors to this newsletter :

- Shihan Dirk Heene, President
- Livia Castro, Treasurer
- Tom Van Achte, Secretary
- Slađan Mitrović
- Yvette Martens
- Betty Alenis
- John Kirby



# 28<sup>th</sup> INTERNATIONAL COURSE KARATE-DO SHOTOKAN - KASE-HA CKA AVEIRO - PORTUGAL 11 and 12 APRIL - 2026

**PROGRAM:**

**11 APRIL - SATURDAY**

09h 00m to 10h 30m  
White Belts to Red Belts

10h 30m to 12h 30m  
Brown and Black Belts  
12h 45m – Dan Examinations

**12 APRIL - SUNDAY**

09h 00m to 11h 00m  
Brown and Black Belts

11h 00m to 12h 30m  
White Belts to Red Belts

Sessions White Belts to Red Belts  
are with open door to the public



CENTRO DE KARATE-DO DE AVEIRO

Design by LDesignercreative.pt



## Sensei Dirk Heene 9° Dan

[www.CKAVEIRO.com](http://www.CKAVEIRO.com)

**Organization:** CKA - Centro de Karate-Do de Aveiro  
**Sponsor:** Associação AMMA da Mamarrosa

**Course place:** Pavilhão Municipal de Oliveira do Bairro

ORGANIZATION:



CENTRO DE KARATE-DO DE AVEIRO

SPONSERS:



Oliveira do Bairro câmara municipal

**LDESIGNER**  
CREATIVE AGENCY

Design | Publicidade | Interiores  
[www.Ldesignercreative.pt](http://www.Ldesignercreative.pt)

# 28<sup>th</sup> INTERNATIONAL COURSE KARATE-DO SHOTOKAN - KASE-HA CKA AVEIRO - PORTUGAL 11 and 12 APRIL - 2026



## CKA

CENTRO DE KARATE-DO DE AVEIRO

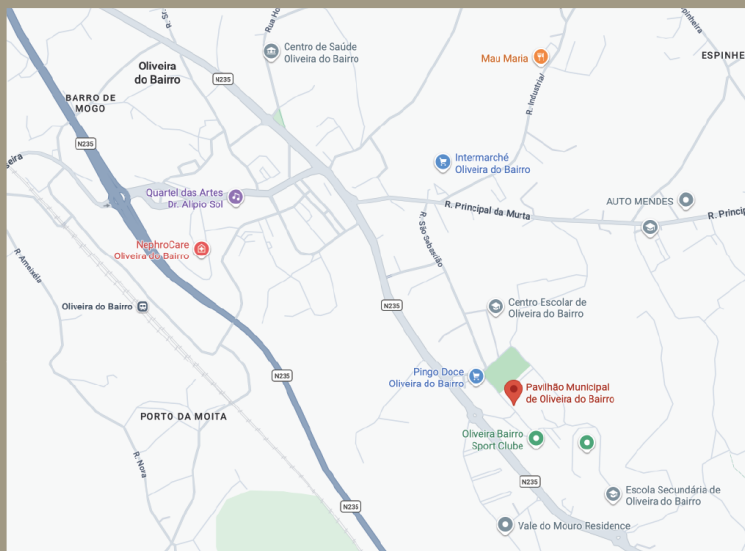
Course place:  
Pavilhão Municipal  
de Oliveira do Bairro

Rua Parque Desportivo  
3770-221 Oliveira do Bairro



Oliveira do Bairro câmara municipal

Course price: **40.00€**



### CKA CONTACT:

João Santos - telm: +0351 916 981 791

Miguel Rocha - telm: +0351 963 525 111

Lionel Tavares - telm: +0351 913 423 348

E-mail: [ckaveiro@gmail.com](mailto:ckaveiro@gmail.com)

Site: [www.ckaveiro.com](http://www.ckaveiro.com)

### HOTEL INFORMATION:

Hotel Paraíso  
E.N.235, Rua do Foral, 87  
3770-909 Oliveira do Bairro  
Tel. 351 234740300  
Fax: 351 234747356  
[hotel@hotelparaiso.com](mailto:hotel@hotelparaiso.com)  
[www.hotelparaiso.com](http://www.hotelparaiso.com)

**BOOKING DIRECTLY WITH THE HOTEL**

**GNKA**  
 武士道

GRAMPIAN + NORTHERN KARATE ASSOCIATION

A COURSE WITH

**SENSEI DIRK HEENE**

9TH DAN KSKA

**WHEN:**

**SATURDAY 25 APR:**

10.30 - 12.00	SENIOR COURSE
12.15 - 13.45	SENIOR COURSE
14.00 - 15.00	GRADING EXAMS

**£25 full day**

**SUNDAY 26 APR:**

10.30 - 11.45	KYU GRADES. ALL WELCOME / <b>£10 KYU GRADES</b>
12.00 - 13.30	SENIOR COURSE

**£25 full day**

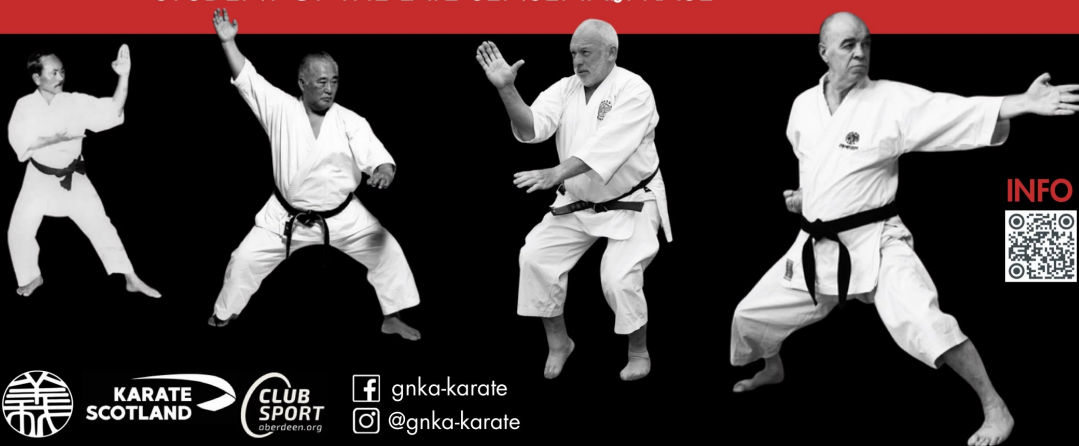
**WHERE:**

**SAT - SUN:**

RGU SPORT/ ABERDEEN / **AB10 7GE**

**DIRK HEENE**

- 9<sup>TH</sup> DAN
- PRESIDENT OF KSKA
- STUDENT OF THE LATE SENSEI TAJI KASE



**INFO**



KARATE  
SCOTLAND



f gnka-karate  
 @gnka-karate

# DIRK HEENE

## 9 DAN Kase-ha

PABELLÓN DEPORTIVO DE GUADALCACÍN  
"Jerónimo Osorio García"  
Av. de Nuevajarilla S/N.

2 y 3 de  
mayo del  
2026

HORARIOS:

- Hasta 12 años: de 10 a 11h.
- A partir de 13 años: de 11 a 12:15h.
- Marrones y negros: de 12:30 a 13:30h (pudiendo asistir en el turno anterior).

Precios:

- Hasta 13 años: 15€
- a partir de 14 años: 25€
- Marrones y negros: 30€



Ayuntamiento de  
Guadalcacín



CANDIDATURA  
**JEREZ 2031**  
CAPITAL EUROPEA DE LA CULTURA



**Dirk HEENE**  
9<sup>th</sup> Dan KSKA  
Shihankai



**Jim MARTIN**  
8<sup>th</sup> Dan KSKA  
Shihankai



**Leonardo Schwartz**  
7<sup>th</sup> Dan KSKA

## SHOTOKAN RYU KASE HA

### 21<sup>th</sup> MEMORIAL SENSEI KASE

Hasselt - Belgium

29 – 30 – 31/05/2026

Vrijdag/Friday	Zaterdag/Saturday	Zondag/Sunday
19.30 – 21.00	10.30 – 12.00	10.30 – 12.00
	13.00 – 14.30	
	15.30 dan-grading	

#### Prijs / Price

#### Members Honbu Dojo

Weekend	70 euro	65 euro
Zaterdag + Zondag	60 euro	55 euro
Saturday + Sunday	60 euro	55 euro
1 training	20 euro	20 euro

#### Accommodatie / Accommodation

In Honbu Dojo: €18 / nacht. Ontbijt: inbegrepen. (enkel ontbijt: €15)  
Slaapzak en slaapmatje meebrengen.

In Honbu Dojo: €18 / night. Breakfast incl. (only breakfast: €15)

Verwittigen voor 25/05/2026 – notify before 25/05/2026

Bring your mattress and sleeping bag.

Hotels in Hasselt: [www.hasselt.be](http://www.hasselt.be)

Youth Hostel Hasselt (Hostel H): [www.jeugdherbergen.be](http://www.jeugdherbergen.be)

#### Examen / Grading

Inschrijving vóór 20 mei. Deelname aan ten minste 2 trainingen is vereist.

Application form before 20<sup>th</sup> of May.

Participation in at least two training sessions is required.

#### Meer informatie / more information

Honbu Dojo – Herkenrodebosstraat 40 – 3511 Kuringen/Hasselt  
0032/11.72.70.68

Yvette Martens – 0032/479.31.84.40

[stage@honbudojo.be](mailto:stage@honbudojo.be)

#### Plaats / Venue

Sporthal LevelX28 (KTA1) - Vildersstraat 28 - 3500 HASSELT (B)



#### Zaterdag avondmaal / Saturday dinner

Inschrijven vóór 20 mei 2026 ([info@honbudojo.be](mailto:info@honbudojo.be))

Inscribe before 20<sup>th</sup> May 2026 ([info@honbudojo.be](mailto:info@honbudojo.be))

(Pizza à volonté: € 25 dranken niet inbegrepen/drinks not included)

## SHOTOKAN RYU KASE HA

Hasselt - Belgium

29 – 30 – 31/05/2026

Open voor alle karateka's met een geldige vergunning

### 21<sup>th</sup> MEMORIAL SENSEI KASE

With instructors from the  
KASE HA SHOTOKAN KARATE-DO  
ACADEMY

Students from Sensei Kase



# 40+ STAGE

Kurai-do  
Lievegem  
organiseert

ZONDAG, 7 JUNI 2026

Sporthal 'Den Boer' Lievegem

## PLANNING

09u00

Ontvangst met koffie

10u00

Tai-chi

11u00

Karate training

12u00

Middagpauze: soep met broodjes

13u00

Bo training

14u00

Einde stage

Inschrijven kan tot 1 juni 2026 bij Piet

Tel: 0474/55.05.65

E-mail: [info@kuraido.be](mailto:info@kuraido.be)

Reknr.: BE42 8909 9423 2954 - Kurai-Do

Prijs

Hele stage: 20€

Per training: 15€

Gelieve een Bo mee te brengen.

SIFU JOHNNY BRUGGEMAN  
SENSEI DIRK HEENE



The Oldest Karate Dojo in Great Britain  
invites you to a  
**60th ANNIVERSARY  
SPECIAL KARATE COURSE**

**DAVE WILKINS 8th Dan**  
**LAUREN FREARSON 6th Dan**  
with special Guest Instructor from Germany  
**PASQUALE PETRELLA 7th Dan**



**LEICESTER KARATE CLUB**

**Friday 12th to Sunday 14th June 2026**

Friday 6.0 - 7.30pm	Training Fees
Saturday 11.30 - 1pm	£20 per lesson
Saturday 2.30 - 4pm	or
Sunday 10.30 - 12pm	£60 for Full Course

"During the weekend course the ground floor hall will have a gallery and karate memorabilia from 1966 to view as well as food & refreshments. We would love to see ex members popping in to say hello and share stories during this weekend - maybe even to don your 'karategi' once again!"  
Dave Wilkins

*On Saturday 13th June there will be an afternoon meal at the Kayal Restaurant.  
This will be from 5pm.*

*Spaces are limited so please reserve your space in advance.*

**To reserve your space/s please send an Email or let Dave or Lauren know by  
Sat 30th April 2026**

For more details:  
[karate@talk21.com](mailto:karate@talk21.com)  
[www.leicesterkarateclub.co.uk](http://www.leicesterkarateclub.co.uk)



Leicester Karate Club  
75 Humberstone Gate  
Leicester  
LE1 1WB



**Karateclub Bushido e.V. Dippoldiswalde**

**Karateclub TSV Dresden e.V.**

## Training Weekend Sensei Juan Pablo Delgado Herrera 6.DAN KSKA

June 20<sup>th</sup> - 21<sup>st</sup> 2026

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

**Place:** Gym of the 'Grundschule' (school) in Reichstädt  
(Ruppendorfer Straße, 01744 Dippoldiswalde)  
Germany

**Training schedule:**

Saturday

Children:	10 <sup>00</sup> hr -11 <sup>30</sup> hr	14 <sup>00</sup> hr - 15 <sup>30</sup> hr
Adults:	11 <sup>30</sup> hr -13 <sup>00</sup> hr	15 <sup>30</sup> hr - 17 <sup>00</sup> hr

Sunday

Children:	10 <sup>00</sup> hr -11 <sup>30</sup> hr
Adults:	11 <sup>30</sup> hr -13 <sup>00</sup> hr

followed by Grading according to the KSKD rules

**Course costs:** **Total course 30,-€**  
**Saturday 25,-€**  
**Sunday 10,-€**

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

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

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

**All info is subject to possible changes**



**ESKHA**  
Escolas Shotokan  
Kase Ha



# SHOTOKAN KARATE-DO INTERNATIONAL COURSE

**Espinho - Portugal**

**Napoleão Guerra Sports Hall - Anta / Espinho**

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

**Friday, 19th June 2026 to**

**Sunday, 21st June 2026**



**Shotokan Ryu  
Kase Ha**

**Sensei Dirk Heene 9° Dan**



Friday  
**6th Kyu above**  
18:30 - 20:00

Time schedule:  
Saturday  
**All Grades**  
10:00 - 11:30  
**3th Kyu above and Dans**  
11:30 - 13:00  
**Dan Examinations - 13:15**

Sunday  
**All Grades**  
10:00 - 11:30  
*Assistance allowed!*  
**3th Kyu above and Dans**  
11:30 - 13:00

Support:





# ESKHA

## Escolas Shotokan Kase Ha



### SHOTOKAN KARATE-DO INTERNATIONAL COURSE

#### Espinho - Portugal

Friday, 19th June 2026 to  
Sunday, 21st June 2026

#### Course Fee:

To be announced.

#### Course dinner:

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

Pick up service may be arranged.

#### Hotels:

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

There are also possibilities of local  
accommodation.

#### About Espinho:

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



#### Travelling:

##### By car:

To the training place:

Anta / Espinho City Sportshall

Rua da Mina

Anta - Espinho – Portugal

GPS: 41°00'16.1"N, 8°36'14.5"W

41.004483, -8.604034

To Espinho (proposed staying town):

Rua 6

Espinho – Portugal

GPS: 41.009544, -8.645179

+41° 0' 34.36", -8° 38' 42.64"

##### By plain:

Oporto Airport (Francisco Sá Carneiro Airport)

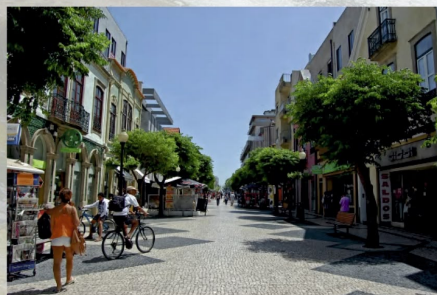
Additional information for participants travelling by plain  
and staying in Espinho:

- To arrive Espinho:

○Metro from the Airport station in the Violet (E) line to  
Campanha station.

○Train from Campanha station to Espinho station.

- Transport to the training place may be arranged from  
Espinho.



Support:

**LUMINWALL**  
MATERIAL ELÉTRICO

**始** **HAJIME**  
KARATE

**ESPINHO**  
CÂMARA MUNICIPAL

**氣**  
**健康**  
INSTITUTO KIENKŌ

+351 912 114 091 / filipe.sancho@gmail.com



加瀬派松濤館流

## XXVI INTERNATIONAL KARATE-DO SUMMER COURSE KASE HA SHŌTOKAN RYŪ / CÁDIZ-SPAIN 9-12 JULY 2026

Sensei Dirk Heene 9<sup>th</sup> Dan, Sensei Sensei Juan Pablo Delgado 6<sup>th</sup> Dan.  
Other Kase Ha Instructors from previous editions will be announced.

### TRAINING:

**THURSDAY, JULY 09**

(18:15H: Registration)

19:00-20:15H / 20:30-21:30H

**FRIDAY, JULY 10**

8:00-9:30H

At the beach

(in front of Victoria Hotel)

19:00-20:15H / 20:30-21:30H

**SATURDAY, JULY 11**

10:00-11:30H / 12:00-13:30H

**SUNDAY, JULY 12**

10:00-11:15H / 11:30-12:45H



**VENUE:** Sports Center El Náutico.

**COURSE FEE:** Karate-Dō whole course: 70€ / 3 days: 60 € / 2 days: 50€ / 1 day: 30€

**EXTRA ACTIVITIES:** Dinner Saturday, July, 21:00H.

- The organiser cannot be held responsible for any loss or injury that may occur during the course.



- For more information: [kskcádiz@gmail.com](mailto:kskcádiz@gmail.com)



### AEROPUERTOS MÁS CERCANOS / CLOSEST AIRPORTS:

- Jerez de la Frontera: 45Km by car (highway AP-4) / Renfe cercanías (train station: Jerez aeropuerto to Cádiz): 45min approx.
- Sevilla: 128Km by car (highway AP-4) / Renfe (bus from the airport to train station and train: Sevilla Santa Justa to Cádiz) 1.45H approx.
- Málaga Airport: best and cheap option is to rent a car (225km).