

KSKA NEWS

Kase Ha Shotokan



Academy

Kase Ha Shotokan Karate Academy

Newsletter

August 2026

Welcome ... to the August 2026 issue of KSKA News!

This second 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 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 9th Dan, President of the KSKA

Dear Members,

If we look over the senior members in the Kase Ha group, I would like to bring forward some special personalities.

They say, "ladies first", but our first lady in the KSKA is for certain Livia Castro, 7th Dan from Belgium.

She became a Master in physical education and ended the University of Ghent in 1977. She travelled to Japan from September 1977 to March 1978 to study karate more in depth. Livia was running her Dojo "Gendai" (in Genk) for a long time and brought forward many black belts. Her Saturday morning classes were well attended by senior karateka's from the East of Belgium. Her classes with special attention for kata application and advise to future black belts and examination are very appreciated.

The work in the BKSA (Belgian Kase Ha Group) and the KSKA as our financial responsible (treasurer), but also as a trainer, were at the highest standards. At the age of 71 she is going to reduce her teaching activities and close her Dojo in Genk. We are all very grateful for her work and teaching advise.

To continue the hall of fame; Tim Harte, 7th Dan from Cork (Ireland) got to the special age of 80 years on the 4th of August this year. Jim Martin and I, together with about another 115 persons went to Cork to celebrate this event.



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

I got to know Tim Harte through Steve Cattle and I started teaching at Tim's club in the early Nineties. Tim still runs his Dojo Olympic Karate Do in Cork and created a strong crew of Irish karateka's, who themselves are now senior Dan grades. Tim visited with his students almost every Gasshuku. He is 80 years and still a lightning example for KASE Ha in Ireland and Europe. We hope to meet you all at the Gasshuku in Müllheim 9 – 10 – 11 October 2026.

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
- Message from Tom Van Achte, Secretary of the KSKA
- Reports of recent KSKA activities
- Overview of future KSKA activities
- Aki-Gasshuku Germany 2026
- KSKA Membership Renewals 2026
- 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 2026, which will be held in Müllheim (Germany). At this moment there are no final decisions yet about the locations of the 2027 Gasshuku's, so info will follow in the December issue of the KSKA News or sooner.

If you are a member and you are NOT receiving emails or the newsletter, please let me know asap, then we can check / add your email.

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 Müllheim (Gasshuku) and on other KSKA courses.

Tom Van Achte,
Secretary of KSKA

Reports of recent KSKA activities

**KSKA Natsu-Gasshuku, Espinho, May 08th - 10th 2026 (Portugal)**

The second weekend of May 2026 many (international and national) karateka's travelled to the beautiful place Espinho, Portugal to attend the Natsu-Gasshuku. We were very glad to welcome a good number of new Portugese KSKA members and really enjoyed the attendance of young (brown and black belts) and experienced Portugese karateka's as well, most of them joining for the entire weekend!

After a warm welcome, the Friday session, open to all participants was led by Shihan Dirk Heene. The topic of this training were kihon basics first (with detailed in-depth explanations), slowly building up from relatively easy to much more complicated combinations, always in a very structured and logical way, so typical for Shihan Dirk Heene, followed by training the kata Tekki Shodan, some bunkai demonstrated by Portugese karateka's and ending with kata Tekki Nidan.

A very good and inspiring start of the Gasshuku training weekend was the overall impression of everyone who attended. Every karateka on the floor did their best to perform as good as possible and that created a good atmosphere and inspiration to continue the following days on the same path.



The saturday sessions were split up between members and non-members. The first session was led by Sensei Jim Martin for the members and Sensei Pascal Petrella was teaching the non-members.



Sensei Jim's theme was Tekki Oyo but not as we know it. Tekki Oyo is a typical Kase kata and compulsory for grading to the level of 4th Dan within the KSKA. But Sensei Jim Martin had a little surprise up his sleeve, he presented a version with movements in many directions instead of the (traditional / normal) side moving version in kiba dachi that most of the

members (should) know. So all brain cells of all the members present needed to be on high alert to train this version. Of course there were many good applications as well, explained in detail by Sensei Jim. This was for sure an intensive and very interesting training session that required a lot of focus.

After a short break the second sessions started, led by Sensei Juan Pablo Delgado for the members and Sensei Mike Fedyk for the non-members. Sensei Juan Pablo gave a more technical training, focusing on the correct use of Hara in stances, movements and in the application of different techniques both in kihon and kumite, also using short, middle and long distance blocks.



Reports of recent KSKA activities



After the second training, there was a successful grading, 5 people graded, 2 for 4th Dan and 3 for 5th Dan. All people participating the grading passed, congratulations to all : Orlando Goncalves (Portugal 4th Dan now), Geert Severs (Belgium, 4th Dan now), Joao Antonio dos Santos (Portugal, 5th Dan now), Lionel Gomes Tavares (Portugal, 5th Dan now) and Sergio Perez Salazar (Spain, 5th Dan now). The group picture with Shihankai, all who passed (happy and tired faces) and trainers was taken immediately after the grading.



In the late afternoon the yearly General Meeting of the KSKA also took place in the meeting room of the hotel at the beach in Espinho. A detailed report can be found on the website if you did not have a chance to attend in person.

On Saturday evening there was a well attended course dinner, organised at the Restaurant 'O Golfino' that gives you a good view at the sea with good food, drinks, live music and singing (and later on also live singing from karateka's) and a celebration of the 5 brave ones who passed their grading earlier that day. Great to see so many people enjoying themselves in a friendly, international karate atmosphere.



The last training session of this Gasshuku, led by Sensei Pascal Petrella, was again a session for all attendees.

The theme of this training session was Tekki Shodan, a lot of bunkai of this kata and Tekki Nidan with also many possible applications. There wasn't enough time to do Tekki Sandan too, if you want some time to try out and train the applications with a partner time really flies. Fortunately, there was a DVD produced (as usual on Gasshuku's). If you want to study the themes of this Gasshuku, please order your copy of the DVD box n° 12 – DVD 2601, more

info on the DVD pages of this newsletter.

We want to thank and congratulate the course organisers, Sensei Filipe Sancho in particular and all others involved for putting in so much effort, picking up people from airports, arranging hotel stays and so much, much more, all of that with a big smile, Portuguese hospitality and human warmth. Report by Tom Van Achte, your Secretary.



Reports of recent KSKA activities

**XXVI International Karate-Do Summer Course, Cadiz, July 9th - 12th 2026 (Spain)**

Sensei Dirk Heene, Pascal Petrella, Juan Pablo Delgado, Francois Van Binst.

For the 26th time, the International Summer Course took place in the wonderful coastal city of Cadiz, Spain from Thursday July 9th till Sunday July 12th 2026. The 3 Shihankai members and Francois Van Binst (Belgium) presented a big variety of topics during the 4 days, so we all went home with more things to work on, to improve and of course we created good memories together with everyone who attended.

Here is a detailed description of the themes : Thursday evening started with a session led by Shihan Dirk Heene, kihon basics first (tsuki, haito, shuto, gyaku uraken and double combinations hente were trained with a lot of attention to details). The second training of that evening was given by Francois Van Binst, focussing on the kata Tekki Nidan and bunkai. Demonstrated by Onur Ates, KSKA member and assistant to Sensei Francois.

Friday morning there was the traditional training at the beach in front of the Victoria Hotel, Shihan Dirk Heene focussed on the kata Tekki Sandan and after getting the basic moves in, we trained the bunkai of the first 8 movements of the kata.



Of course training on sand gave you extra challenges and for sure gave your ankle and lower leg muscles an extra workout because every step you take, all muscles around the ankle need to work much harder than on a (flat) Dojo floor to compensate as quickly as possible for possible instabilities that you always have in sand. Do you feel that? Not right away, but for sure the next day your body will give you spontaneous feedback about what you have been doing, trust me.

But it was big fun of course. Also it was very nice to see that people walking by very often stopped to watch for some time, as this might not be something they see every day.

Reports of recent KSKA activities



After the Friday morning training many karateka's went together for some breakfast close to where the training happened, always a very nice experience and welcome energy to refuel the body after this morning work-out.

On Friday evening the first session was led by Sensei Juan Pablo Delgado, focussing on Hara (ura tsuki, tate tsuki, ...) and 7 movements (ayumi ashi, soto and uchi mawaru, kiri kayashi and a variation with back foot to the front first and the front foot back (not sure about the name of the technique), okuri kayashi and finally okuri kayashi with helping step. The second session of that evening was led by Sensei Pascal Petrella and was a very high level training, using tactile sensation exercises with attacks, blocks and atobaya in different directions, creating a very unpredictable serie of movements and if trained well, very effective as you become... unpredictable. After training, there was a football match between Spain and Belgium and it was watched all over Cadiz. Spain won! We (5 members of my club attending, being Belgians) of course congratulated the Spanish for their deserved victory. Anyway they later won the World Cup as you might have noticed so it is fair to say they were the best at that moment in time.

Saturday morning Sensei Francois Van Binst started with 3 kihon and kumite combinations at the level of Nidan (meaning double attacks and double blocks) but the exercises also included almost the entire Shodan program, very smart, very well done to my opinion. The next session was Shihan Dirk Heene again, he focussed on the entire kata Tekki Sandan and the complete bunkai, of course it was built up in phases but ultimately the complete bunkai of the kata was performed.



Reports of recent KSKA activities



On Saturday evening the traditional course dinner happened in front of a restaurant in the old city center of Cadiz, a very long table was prepared where all attending could eat together (outside). Anyway the climate was very mild, so you could easily sit outside till late in the evening. The food and drinks came, stories were told and more good memories were created.

On the last day any energy left in the bodies of all who participated was used in the training sessions, first one led by Pascal Petrella, kata Sochin. The form was trained first, followed by 'kata kumite' (all applications one after another and, where possible, blocking on the outside). Was it good? Yes! Was it tough? Of course!

The final session was led by Sensei Juan Pablo Delgado, the always friendly and warmhearted host of the Summer Course and was a progression on his previous training, repeating the 7 movements, adding blocks (shuto and later teisho), double blocking and finally adding geri waza as a counterattack in kumite.

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. Many thanks to Juan Pablo Delgado and the whole team for organising!

Report by Tom Van Achte, your Secretary.

Kesa Leiri, Kalajoki, July 24th - 26th 2026 (Finland)

A Thousand Kilometer Kata

A Journey That Leaves a Mark Not Only on the Road, but Also in the Heart

There are journeys you plan for months. And then there are those that become much more than just a route on a map.

This journey to Finland began the moment I started my motorcycle and left home in Lithuania. Ahead of me were more than thousand kilometers, a ferry from Tallinn, long Finnish roads, wild camping by beautiful lakes and, most importantly, the opportunity to train with people whose dedication to Karate has inspired others for decades.

Every kilometer felt like another kata. Every turn of the road brought a new lesson.

Throughout my journey, I visited Jyväskylä, Aittokoski, and Oulu, where I had the opportunity to train and prepare for the main goal of the trip: the international Karate seminar in Kalajoki. Every stop contributed to my development, and the seminar became the culmination of this journey.

The Road to Finland

Travelling by motorcycle teaches you that there is no reason to rush. It is just you, the road, the wind and your thoughts.

Finland welcomed me with peace and tranquillity. Endless forests, crystal clear lakes and quiet roads where you can ride for dozens of kilometers without meeting another vehicle.

Sleeping under the open sky, sitting by a campfire and enjoying the silence by the water reminded me how little



Reports of recent KSKA activities



we actually need to feel truly happy.

The People I Met

The greatest gift of this journey was the people I had the privilege to meet. Sensei Toni, Sensei Raimo, Sensei Jarmo, Shihan Dirk, and many other wonderful Karate practitioners.

From the very beginning I felt genuinely welcomed. Their hospitality, kindness and openness created an atmosphere where everyone felt at home.

It did not matter which country you came from. What mattered was that you came with the desire to learn. Such a simple idea, yet it means so much.

After the intensive training sessions, we had the opportunity to experience a traditional Finnish sauna.

One of the most memorable moments of the trip was kayaking along a peaceful river to Shihan Dirk Heene's cabin. The calm water, the silence of nature and the beautiful surroundings allowed us to completely relax and recover. It was a true form of meditation, a perfect balance between demanding karate training and inner peace.

I would like to express my sincere gratitude to Raimo Lappalainen for his warm hospitality.

Thank you to Sensei Toni and Sensei Jarmo for the opportunity to train together and for creating such a friendly and inspiring atmosphere.

A special thank you goes to Shihan Dirk Heene for his warm welcome, fascinating stories and valuable lessons about Sensei Taiji Kase. Listening to the memories and experiences of someone who had the privilege of training alongside such an outstanding Karate master was truly inspiring. These stories gave me a deeper understanding of Karate philosophy and values. I am sincerely grateful for the opportunity to experience and learn from them.

The Purpose of the Journey

The main purpose of this journey was karate. But Karate never ends when you leave the dojo.

If you'd like to see my journey, you're welcome to visit my YouTube Half Moon LTξ

<https://youtu.be/S29YDM6mX5E?is=MTV9oddtIP60T6cU>

Unfortunately, this video doesn't have subtitles, but I hope the journey speaks for itself.

Report by Donatas Dauginis, KSKA member.

P.S. The video link above is a clickable link for Mac, you can go directly to the youtube video from here. Windows users please copy the URL in your browser (technical note from your Secretary).

Honbu Dojo Summercourse, Kermt (Hasselt), August 21st - 24th 2026 (Belgium)**Gankaku at the centre of an intensive karate seminar in Hasselt.**

Mierlo/Hasselt – In August 2026, Gankaku was at the centre of an intensive karate seminar in Hasselt, Belgium. Under the guidance of Sensei Dirk Heene, four 90-minute training sessions focused on the technical principles behind this demanding kata. With an average of around 35 participants per session, the seminar was well attended.

Gankaku is perhaps best known among karateka for its characteristic one-legged stance, tsuru-ashi-dachi. Yet it is the combination of balance, flexibility, leg control, timing, hip movement and explosiveness that makes this kata technically demanding.

Reports of recent KSKA activities

**Preparing the body**

The warm-up was led by Sensei Tom De Gersem. Particular attention was given to balance, flexibility and hip mobility. Keage and kekomi received special attention as well. The reason will become clear.

The relationship between hip mobility and the height of the geri was also discussed. The greater the mobility of the hips, the greater the range of motion that can be used effectively without forcing the movement. However, the height of the kick is not the goal in itself.

Sensei De Gersem summed it up very clearly: "If you can't kick high, don't."

A simple statement with a clear technical message. A lower kick performed correctly and with control is more valuable than a high kick in which posture, balance or technique are compromised. Attention was also given to the load on the supporting leg and to turning on one leg. If there are knee problems, the turn can first be performed on both legs, after which the movement can be completed in a controlled manner on one leg. This allows the technical purpose of the exercise to be maintained while reducing the load. This is directly relevant to Gankaku. The kata requires controlled kicking techniques at several points while the body is moving from a challenging balance position. The available mobility therefore needs to be used without forcing the posture.

Balance

The tsuru-ashi-dachi is probably the most recognisable element of Gankaku. The challenge, however, is not simply being able to stand on one leg. Balance must be maintained while the body remains ready for the next action. From the one-legged stance, the karateka must be able to turn, kick and regain stability in a controlled manner. The supporting leg, pelvis and torso must work together.

Excessive tension restricts freedom of movement. Control does not come from locking the body in place, but from managing the centre of gravity efficiently and applying the necessary tension at precisely the right moment. Some exercises were practiced to improve balance.

Keage and kekomi

The difference between keage and kekomi is not simply a matter of how the leg moves. The direction of force, the position of the supporting leg, the use of the hips and the position of the torso all contribute to the quality of the technique.

Gankaku brings these elements together: the karateka must execute the kick correctly while simultaneously maintaining control of the supporting leg, centre of gravity and preparation for the next movement. The warm-up was therefore already an important part of the Gankaku training.

From kihon to kata

After the warm-up, various techniques from Gankaku were trained separately. Through focused kihon exercises, both with and without a partner, movements from the kata were isolated and repeated. The focus was not just on the external form. The use of the hips, body position, distribution of weight and, particularly, the transition into the next technique were examined. These transitions are a defining aspect of Gankaku. A technique does not stand alone; the way one movement is initiated influences how the next one



Reports of recent KSKA activities



can be performed. By training the techniques separately first, it became easier to feel what is required when they are brought together in the complete kata.

A kata that should be trained regularly

Sensei Heene emphasised that Gankaku should be trained regularly. In many dojo, preparation for the first Dan understandably focuses heavily on kata such as Bassai Dai and Jion. As a result, more advanced kata sometimes receive less attention. According to Sensei Heene, this is a missed opportunity. Gankaku contains technical principles that extend far beyond the kata itself: balance, leg control, flexibility, hip movement, timing and explosiveness.

Regularly training Gankaku therefore contributes not only to a better understanding and execution of this kata, but can also strengthen the technical quality of karate as a whole.

Four sessions, one kata

Four sessions are not enough to fully understand Gankaku. They do, however, make clear how much technical depth can be contained in a single kata. The combination of the warm-up, focused kihon and subsequent practice of the complete kata provided a deeper understanding of what Gankaku demands.

A kata does not improve simply by performing it more often. Understanding the movements, preparing the body correctly and deliberately training the underlying techniques ultimately determine the quality of the kata.

Report by Gerard Schouten / Dojo Mierlo / Netherlands

Overview of future KSKA activities

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

August 28th – 30th, Sensei Dirk Heene

Contact: kontakt@kyokyu.de

Ministage Messelbroek (Belgium)

September 13th, Sensei Dirk Heene, Tom De Keyser, Sophie Manshoven

Contact: jos_mattheus@telenet.be

Ruska Leiri, Sonkajärvi (Finland)

September 18th - 20th 2026, Sensei Dirk Heene

Contact: info@hombu.fi

Memorial Course Brezinski – Achilles, Berlin (Germany)

September 23rd – 27th, Sensei Dirk Heene

Contact: pferdeheike@gmx.de

KSKA Aki-Gasshuku, Mullheim (Germany)

October 9th – 11th 2026, Shihankai

Contact: p.petrella@ksk-academy.org

43rd Autumn Training Weekend, Ham (Belgium)

October 16th – 18th 2026, Sensei Dirk Heene, Nico Ibscher

DAN grading october 17th

Contact: tomvanachte@gmail.com or secretary@ksk-academy.org

Training Weekend, Fatima (Portugal)

October 23rd – 25th, Sensei Dirk Heene

Contact: armandoreis@sapo.pt

Seminarium Kase Ha Karate Do, Grudziadz (Poland)

November 13th - 15th 2026, Sensei Dirk Heene

Contact: vagran@interia.pl (Marcin Zawada)

GNKA, Aberdeen (Scotland)

November 20th - 22nd 2026, Sensei Dirk Heene

Contact: info@gnka-karate.com

Trainingslager, Kyokyu Dojo Rudolstadt (Germany)

November 27th - 29th 2026, Sensei Dirk Heene

Contact: kontakt@kyokyu.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
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 2nd - 3rd 2027, Sensei Dirk Heene, Cesare del Pellegrino

Contact: info@honbudojo.be

Seminarium Kase Ha Karate Do, Grudziadz (Poland)

January 8th – 10th 2027, Sensei Dirk Heene

Contact: vagran@interia.pl (Marcin Zawada)

Talvi Leiri, Oulu (Finland)

February 5th – 7th 2027, Sensei Dirk Heene & Kase Ha Finland

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 e-mail from this PDF (the link will open your standard mail program).

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Aki-Gasshuku Müllheim 2026

KSKA Aki-Gasshuku Germany 2026Friday 9th October – Sunday 11th 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 & KSK - Germany
Pascal Petrella

Email: p.petrella@ksk-academy.org

Phone: +49 172 759 30 46

Dojo: Heinz Renkert-Sporthalle
Moltkestrasse 13
79379 Müllheim, Germany

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 10th October 2026 @ 18:00
Bürgerhaus, Hauptstrasse 122, 79379 Müllheim
Please confirm until 1st October 2026 to 2.Vorstand@karate-muellheim.de, all full names, Dojo
Cost for the dinner: 45 Euro (water/wine are included)
Payable at course enrolment
Double-Celebration Karate-Dojo Müllheim is celebrating its 55th anniversary. Kase-Ha Germany is celebrating its 20th anniversary.
Saturday night course dinner with live music and dance

Accommodation: Gasthof Engel, Werderstrasse 63, 79379 Müllheim
+49 7631-2228, info@hotel-engel-muellheim.de
Hotel Winzerhaus, Moltkeplatz 4, 79379 Müllheim
+49 7631 2752, hotel@winzerhaus-muellheim.de
Hotel Altes Spital, Hauptstrasse 78, 79379 Müllheim
+49 7631 9899988, info@spitalhotel.de
Hotel Schacherer, Moltkestrasse 12, 79379 Müllheim
+ 49 7631 936320, info@hotel-schacherer.de
Hotel Alte Post, Posthalterweg, 79379 Müllheim
+49 7631 17870, info@alte-post.netailable.

Aki-Gasshuku Müllheim 2026

KSKA Aki-Gasshuku Germany 2026

Friday 9th October – Sunday 11th October 2026

Under instruction of the KSKA Shihankai



- Travel:** Airport: Basel / Mulhouse (France) 40. min. from Müllheim.
We offer a pick-up service. Please send your flight details: full name, date/time of arrival, flight no, departure airport, date/time of departure to: 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.
- 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 **3rd kyu** (brown belts) and above.
- HOT-Spring:** Saturday after Training you can enjoy the Hot-Spring Cassiopeia Therme in Badenweiler (5 min. by car or bus) Staatsbad Badenweiler
- 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 2026

KSKA Membership Renewals 2026

Membership renewals for 2026 fell due from the 1st January and in order to maintain the consistency of the Academy, payments should be made via the KSKA Treasurer Livia Castro with details as included below 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 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

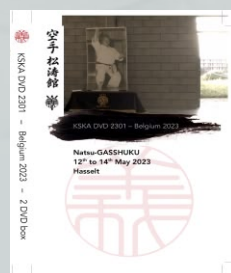
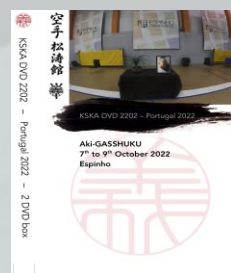
contains 2 DVD's filmed during the Gasshuku in Espinho October 2022

- | | | |
|---------|---|---|
| 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 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

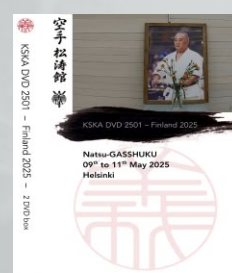
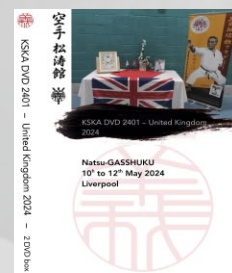
contains 2 DVD's filmed during the Gasshuku in Helsinki May 2025

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

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



Course DVD's

*** NEW * DVD box n°12 – DVD 2601**

contains 2 DVD's filmed during the Gasshuku in Espinho May 2026

Disc 1:	Basics & Tekki Shodan, Tekki Nidan, Tekki Sandan Tekki Oyo	Sensei Dirk Heene Sensei Jim Martin
Disc 2:	Open hand using Hara Tekki Shodan, Tekki Nidan Bunkai	Sensei Juan Pablo Delgado 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
- Pascal Petrella
- Yvette Martens
- Donatas Dauginis
- Raimo Lappalainen
- Gerard Schouten



**Shotokan
Karateclub
Messelbroek_{vzw}**

**Nodigt U uit op zijn
*Vous invite a son***

43^{ste} Ministage

Dirk Heene
9^{de} dan BKSA

Tom De Keyser
4^{de} Dan BKSA
Coach Karate VI.

Sophie Manshoven
3^{de} Dan BKSA
VTS-Trainer

**Zondag 13 september 2026
*Dimanche le 13 septembre 2026***

in de sporthal van/*dans la salle de sport de*
Averbode
Vorststraat 55,
3271 Scherpenheuvel-Zichem

RUSKA SEMINAR

18. - 20.9.2026
KARATE-DO
SHOTOKAN RYU KASE HA

THEME: Chinte

Friday

19:30-21:00 all, Dirk

Saturday

10:00-11:30 all, Dirk

12:00-13:00 lunch

14:30-16:00 kyu, Raimo

16:00-17:30 dan, Dirk

18:30-> Sauna & Barbecue

Sunday

10:30-12:00 all, Dirk

Prices

65€ / Seminar, all

75€ / Seminar, dan grades

40€ / One day

20€ / One session

15€ / Saturday lunch

25€ / Saturday dinner

Price includes Sauna

Inquiry:

Email: info@hombu.fi

Tel: + 358 40 5077 535



Accommodation/night

15€ / person, group room

20€ / person, double room

25€ / person, single room

30€ / person, cottage

Participants outside of Finland

FREE TRANSPORTATION FROM

KUOPIO AIRPORT!



Dirk Heene
9th dan



Raimo Lappalainen
6th dan

Booking



LEARN & ENJOY GREAT KASE HA KARATE

Hombu, Aittokoskentie 553, Sonkajärvi

HOMBU



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

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

空手松涛館

Shoto Karate Ham
nodigt U uit op het / *invites you to the*

43rd Autumn Training Weekend

Sportthal 't Vlietje - Sportlaan 10A Tessenderlo-Ham, Belgium

Vrijdag / <i>Friday</i>	16/10/2026	19h30 - 21h00
Zaterdag / <i>Saturday</i>	17/10/2026	11h00 - 12h30
		13h30 - 15h00
		Dan Grading 15h30
Zondag / <i>Sunday</i>	18/10/2026	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 / tomvanachte@gmail.com