



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

SRKHIA Newsletter 4/05

Dear karateka,

There are many things in this Newsletter that you will read through, I hope. However there are two things that I want to point out. First, Academy's Gasshuku 2005 will take place on 3, 4 and 5 June 2005, in Greece. You have received details but remember that early registration is required. Second, as our Newsletter is matured, your cooperation and contribution to its contents is necessary.

Kase sensei funeral ceremony

Zen teaches that life is a circle. And as that it should finish where it started. Kase sensei started his life journey in Japan; therefore his journey in this world should finish there.

Kase sensei made his last trip back to Japan from 23rd to 29th March 2005. Lecourt Pascal sensei, together with sensei's family and other friends, escorted him on behalf of our Academy. The final destination was his family grave in Shimoza-Nakayama cemetery in the suburbs of Tokyo, Japan.

A Buddhist religious ceremony was taking place as the urn in which his ashes rest was handed over. Traditionally a Buddhist name is attributed to the deceased. The name corresponds to what the person was during his life, what he lived and what he represented. Kase Taiji sensei's Buddhist name is now Jitokuin Kuyo Bussen Tido Koji.

After the funeral ceremony, a shinobukai took place, comprised by sensei Kase's family, his friends and people who were close to him.

During these ceremonies Lecourt Pascal sensei, as it was said, represented the Academy, SRKHIA. Other organisations were represented as well, the Japan Karate Association, the Nippon Karate Renmei, the French Karate Federation, to mention only a few. Certain personalities of the karate world were also present, as sensei's Takagi, Uechi, Kon, Ida and many others.

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

Hello Once Again,

In my previous article I commenced a scheduled **Programme of Training** for an athlete / karateka who's sole objective is to gain peak physical and mental condition for a targeted event.

Just to remind you all this training programme is known as **Periodization** training and is a very extensive training programme spread over a progressive period of time (please refer back to 1st article). This coaching file is the 2nd of 8 chapters of varying topics that are essential to the successful outcome of the Training Programme in mind.

Prior to commencement of chapter two I would just like to remind you that identification of fitness demands took place in chapter 1.

Chapter Two: Fitness Testing

2.1: Introduction

Identification of the relevant fitness needs of the karateka was established as a result of the performance observation. It is from the results of this observation that specific modes of testing were initiated. A personal profile chart related to fitness demands and initiated testing was devised. (Due to lack of publishing space it cannot be displayed. Copies are available upon request)

Application of well-established field based testing methods were used for some of the tests being applied and a measurement of present fitness levels was easy to identify via comparison to established norms for these tests.

Some of the tests were less established and more sport / karate specific. A creativity of design in the tests using similar movements as generally applied in karate would perhaps help with the validity for future testing. A karateka would relate to the tests due to their karate specific nature.

However the problem with this method is that there are generally no set norms of performance.

The initial testing would formulate the base for each athlete who at a later date would retake the same tests and compare results against the original results to measure any fitness improvement.

Over a period of time and testing of a number of athletes a true norm of performance could be evaluated for each component of fitness tested.

A number of important issues need to be considered prior to and during the testing phase of the athlete including:

- **Personal Aspirations** What is the objective i.e. assessment of present fitness and to achieve the fitness level required to ensure peak performance at target date.
- **Personal circumstances** - Health issues, injury and illness.
- **Personal background** - Past level of fitness attained i.e. National, International level.
- **Equipment** used each time the test is applied. It should be exactly the same each time the test takes place.
- **Environment** Especially important if tests are held outside, the weather conditions could alter the test results significantly.
- **Fitness test layout design.** The less demanding tests should always be completed before the aerobic endurance and muscular endurance tests. A copy of the layout design for this test subject can be forwarded upon request.

2.2: Test Battery

Body Composition

Test 1: **Indirect Prediction - Skinfold Calliper Measurement** (NCF 95)

Equipment: 1x Skinfold calliper.

Method: A four or seven site body measurement of subcutaneous fat thickness taken from the right side of the body and two measurements per site.

- Purpose:** To measure body density in order to estimate body fat % and measured against a prediction equation as devised by Jackson and Pollack 1978 or similar scale developed by American College of Medical Science.
A comparison of test result against the sport specific scale devised by the National Coaching Foundation 1995 will indicate if there is a need to seek nutritional advice.
- Validity:** Skinfold measurement has a + / - 3.5% error of prediction. (NCF 95)

Flexibility - Static

Test 1: **Indirect Performance - Sit and Reach Measurement (NCF 95)**

- Equipment:** Specialised sit and reach box or ruler or measuring tape.
- Method:** Three attempts to reach to the furthest point past toes of straightened legs which are positioned with both feet against the box. Highest reading or an average of three is taken.
- Purpose:** To test the range of movement in lower back and hamstrings.
- Validity:** Widely used and easy to test and measured against well-established norms, the validity may be questioned due to the difficulty of isolating the hamstrings.

Test 2: **Indirect Prediction - Leg / Hip Angle of Movement (Watson 95)**

- Equipment:** 1 x floor matt and 1 x flexiometer.
- Method:** Subject lies on back with both legs extended, one leg is lifted and kept in straight position and moved towards the head as far back as possible, the opposite leg remains on floor in straight position. A measurement taken from fixed points of the knee of each leg using the flexiometer is taken. Each leg should be tested twice.
- Purpose:** To measure the angle of rotation of the hip flexor.
- Validity:** A useful test to establish initial range of movement at a single joint and to be later used as a benchmark for future testing. Strict protocol must be applied to ensure true validity of each test. Test should be relevant to the sport / skill application.

Flexibility Ballistic

Test 1: **Indirect Performance - High Kicking**

- Equipment:** 1 high wall.
- Method:** The subject to perform a mawashigeri (roundhouse) kick karate specific to the highest point attainable. Three attempts measure the highest attempt.
- Purpose:** Kicks are performed as a ballistic / power action. A comparison against static ROM could be made.
- Validity:** Individual circumstances and workload prior to test may affect ROM.

Speed

Test 1: **Indirect Performance - Punching Karate Specific**

- Equipment:** 1 x punching pad - 1 pair punching mitts - 1 x stop watch.

Method: Subject stands in natural stance and performs ten consecutive left and right alternating punches to target pad held by partner at head height.

Purpose: To calculate the speed of a skill specific action of karate a punch.

The time taken to complete the total action divided by the ten punches.

Validity: Used as a base for future testing, the validity can be maintained due to the performance simplicity and familiarity of the skill to all karateka.

Test 2: **Indirect Performance - Kicking Karate Specific**

Equipment: 1 x kicking pad - 1 x stopwatch

Method: Subject stands in base forward stance and performs five consecutive front kicks with left leg against the kick pad held at stomach height; each time the kicking leg must return to back leg base position, the subject then repeats the action with the right leg. This method could be used for other kicking techniques used in karate.

Purpose: To calculate the speed of a skill specific action of karate a front kick. The time taken to complete the total action divided by the five kicks.

Validity: Used as a base for future testing, the validity can be maintained again due to the performance simplicity and familiarity of the skill to all karateka.

Agility

Test 1: **Indirect Performance - Illinois Agility Run - Adapted (ACMS 97)**

Equipment: 12 cones - 1 tape measure - 1 stopwatch

Method: Mark out a ten metre square area. One metre to the left and right of the centre line and from the start line, place the eight cones spaced 3.3 metres apart and opposite and up to the 10-metre back line. A cone is placed at the left start point and a cone is placed ten metres away to the back line, repeat on the right side to finishing point. The subject in prone position and facing forward, on command must rise quickly and complete the circuit moving in between the marker cones diagonally using a half step lunge punch out and back between the centre cones and sprint to the finish point.

Purpose: A test of speed, balance and specific skill and movement performance.

Validity: Established scale of rating developed by ACMS. Comparison of test completion time against this scale to form the base for future testing.

Power

Test 1: **Indirect Performance - Arms Sport / Karate Specific**

Equipment: 1 x 3kg-medicine ball - 1 x tape measure.

Method: The subject stands in a front base position with back foot against a wall or fixed board to floor. The medicine ball is held with both hands at hip on back leg side with the hips pulled back to at least a 45

degree angle, from this position the hips are thrust forward and the ball is thrust from the rear hand to the furthest point possible.

This action simulates the reverse punch action of karate known as gyaku tsuki. This action should be completed x 3 using the left arm and right arm actions.

Purpose: To relate the distance achieved to the explosive arm and hip action required to gain the furthest distance possible.

Validity: Used as a base for future testing, the validity can be maintained again due to the performance simplicity and familiarity of the skill to all karateka. A problem may arise with different weight ratios from subject to subject; a sliding scale of comparison would have to be developed.

Test 2: **Indirect Prediction - Legs Vertical Jump (NCF 95)**

Equipment: Chalk, tape measure.

Method: A static jump from a half-squat position with feet spaced 9 inches apart and using one hand to reach as high as possible on squat jump. Best of three.

Purpose: A measurement of explosive leg power, which is an important asset to the karateka to aid movement in offensive and defensive skill applications.

Validity: A well used test and generally accepted by many elite squads. Charts displaying norms for various sports have been developed as guidelines by various authorities for testing of power movements. Bosco and Komi (1982) have been cited as such in the NCF work 1995.

Muscular Strength

Test 1: **Indirect Performance - General Strength (NCF 95)**

Equipment: Free weights - bench - weight stands

Method: 1 repetition of maximum weight performing a bench press and a leg press.

Purpose: To provide a general assessment of strength in upper body and lower limbs.

Validity: Not a precise method of strength measurement, however it is accepted as a general evaluation of dynamic muscular strength. Test results can be compared against ratings scale displayed by the NCF 95.

Muscular Anaerobic Endurance

Test 1: **Indirect Performance - Abdominal Curl Test (NCF 95)**

Equipment: Abdominal curl package - cassette player - stopwatch

Method: A timed exercise sitting up to 90 degrees from a supine position with arms and legs in a fixed position. Subject performs in time with

audible bleep until they can no longer perform the action in the correct format.

Purpose: A pure test of abdominal strength. All skill applications of karate emphasise maximum usage of strong abdominal tension and focus.

Validity: A well used test that is simple to apply. Some cheating on technique may effect a true indication of performance. Number of repetitions against the time taken can be evaluated in a comparison scale as displayed by the NCF.

Aerobic Endurance

Test 1: **Indirect Performance - Timed Run 1.5 miles. (NCF 95)**

Equipment: Track or marked course, 1 stopwatch.

Method: Complete the distance in fastest time possible.

Purpose: Test of aerobic capability. A good training method to aid quicker recovery from the dominant anaerobic performance associated with the karateka.

Validity: Simple to apply, but motivation of subject and environmental conditions may affect the time each time the test is applied. Comparison of time can be measure against the norms displayed by the NCF 95.

2.3: Discussion (Based On Actual Test Results of a High Level Karateka)

Body Composition

The subject had an acceptable body fat percentage and at this stage no further consideration to this fitness component is required. A balanced nutritional diet should be maintained

Flexibility

A good range of movement in the hamstrings and hip flexors is an essential aspect of the application of kicking techniques in karate.

The rating of flexibility was at a high level of ROM albeit just below the desired level indicated in the personal profile chart. A slightly lower ROM existed in the left leg and therefore further attention to flexibility training and maintenance as part of the overall plan should not be neglected.

A point of interest regarding ballistic kicking action was that the subject was able to kick to his own head height, this is quite adequate but there may be a need to kick even higher if fighting an opponent of greater height. Unless a tactical change of fighting strategy is undertaken a continuation of training to improve Range of Movement (ROM) will be required.

Speed

Punching - The results of the test showed that the subject was performing one punch every 0.2 of a second. This may be considered as a good rate of velocity, however a comparison against other tested athletes would be required to evaluate if it was actually fast enough. Another point to be considered is the fact that the test involved a consecutive rhythm of movement with one true start and finish between each set of ten punches. A test to find out the velocity of one individual punch would

highlight any performance difference and indicate a true velocity of technique against the ten-punch result.

Kicking - A similar scenario to the punching test with the subject averaging over five kicks, a time of 1.1 seconds per kick. This on the surface appears to be quite quick; however a factor that probably affected the speed of kick was that a return to base had to take place prior to the next kick. Application of five consecutive kicks in competitive action is not the norm. Tactical positioning prior to kicking action is important and in all probability the kick will be performed as a fraction of 1 second. Again it may be necessary to do individual kicking tests to enable true measurement of velocity.

In both the punch and the kick, accurate time measurement of individual movement would require specialist equipment; this is why an average of performance was taken in these particular tests.

The success of application for both techniques in a safe mode requires a very fast and

Co-ordinated movement of limbs and associated muscle groups.

A continuation of speed development should therefore form part of the training plan.

Agility

The test results indicated that the subject had an acceptable degree of agility compared to the requirement indicated on the personal performance chart. The **adapted** test itself was not too different from the test described as the **Illinois shuttle** run.

However the time taken to complete the adapted circuit was some ten seconds longer than the good rating on the scale identified as a norm of performance by the designers of the Illinois test. The increase in time completion was due to the nature of the karate technique being applied. The time completed by the subject would be the base level for comparison against future performance testing.

Agility is a key element of importance within the disciplines and performance of karate especially in the application of advanced kata routines and the positional movement and evasion skills required during kumite practice. A continuation of training for such movement will be required throughout the plan. Good agility will also help to reduce injury risk.

Power

The subject displayed a good level of leg power against the norms and would not require too much work to achieve the requirement displayed in the personal profile.

The test held for arm power was karate specific and the subject set a personnel base for future testing.

A comparison of results against a heavier or lighter person would be required in order to calculate and evaluate relative strength as a norm.

The important factor concerning power application of both the kick and the punch is the explosive

starting action and the impact effect as the technique is completed.

A power training plan is essential and should include a programme of plyometric training with the

exercises designed and applied to the karate specific demands.

An important point to note is that plyometric training is potentially dangerous. The athlete should possess a good strength base prior to any such training.

Strength

Both test results indicated an average performance of strength ability. This was below the estimated requirement displayed on the personnel profile chart

Strength in general is a vital element that contributes to performance efficiency and may be divided into three specific classifications. (Dick. 89 p 171)

Maximum strength - The greatest force the neuromuscular system is capable of exerting in a single maximum voluntary contraction.

Elastic strength - The ability of the neuromuscular system to overcome resistance with a high speed of contraction i.e. speed / power movements.

Endurance strength - The ability or capacity of the whole organism to withstand fatigue.

Each of these classifications is of importance to the karateka in the application of the three disciplines of karate, with each discipline utilising all aspects of strength in different ways.

A most important aspect is the development of maximal and relative strength. Without this strength base any training to develop the elastic or speed strength required for the sport specific explosive power movements cannot effectively be achieved and it may also increase the likelihood of serious injury. (Dick. 89 p178)

It is quite clear then that the subject needs to establish a good base level of strength. The subject must ensure progression of training in this area is included as a continuing aspect of the training programme

Endurance

Anaerobic - The subject achieved a reasonable test result, however there is still room for much improvement. The application of all karate techniques is based on very strong abdominal tension and strong exhalation of air at the point of impact / technique completion. This muscular tension is also a necessary component that contributes to the ability of the karateka to absorb strong impact to the body.

A continuous development of the abdominal area will be very beneficial to the karateka and must be maintained in the training programme.

Aerobic - The subject achieved a high level of performance in the test. The relevance of aerobic capacity during the overall performance of karate is associated with the ability to recover energy levels as quick as possible after the high energy appliance of the short burst power techniques typical of karate.

Continuation of endurance training should form part of the maintenance programme.

In the next issue - Chapter 3 Conditioning (Preparation Phase)

Budo Themes: What is Shugyo, by S.G. Drossoulakis 4 dan

In Japanese budo, as well as in any activity, there are six words when someone refers to the intensity of training: *keiko*, *renshu*, *shunren*, *tanren*, *kufu*, and *shugyo*. Although the first four can be translated respectively as, practice, training, discipline, and forging, there are no English words for an adequate translation of the last two. “*Shugyo*”, which may literally translated as “*austere training*”, is the highest physical and deepest spiritual training possible.

The Japanese term “*shugyo*”, generally translated as “austere training,” seems to have been originated with the training of the Samurai during the “*Pax Tokugawa*,” an unprecedented period of internal peace from the mid-1600 through the mid-1800. Its purpose is to “forge the spirit,” remaking a practitioner’s character through hard physical and mental training. As the heirs of the feudal samurai, modern *budo-ka* have incorporated *shugyo* into their training regime. This applies to all budo arts, karate, judo, aikido, kendo, iaido, kyudo etc.

Shugyo may include various forms of practice, kihon waza, kata, free practice (kumite, randori or jigeiko), however what is common is the austerity of training. Kihon waza or kata practice include big numbers of repetition and free practice (kumite, randori, jigeiko) may include long hours against different or even multiple opponents. It will also include mental training, meditation and other forms of similar practice. From the diary of an aikido club we read: “...For us, austere training was 20 minutes of shiko (sumo leg strengthening exercise) on a hardwood floor; it was ukemi (falling practice) on a hardwood floor; it was ritsuzen (a Japanese form of standing meditation)...”

Refining the self in shugyo is like forging a sword. Fire, water, and iron are folded upon each other, pounded by the hammer over and over again, to create the cutting edge. In a similar way the natural form of the body will be developed, the structures of mind will emerge from the Unconscious and a person will move beyond his physical and mental limits. Without shugyo, all realizations are passing highs. If a person trains to attain enlightenment as an end, frustration and despair is inevitable for the Way is endless. But if you accept life as shugyo and continually refine breath, posture, and awareness through practice, then one day you will clearly realize that “Training is enlightenment, and enlightenment is training.”

Shugyo is **experiential**. It is impossible to describe (like Lao Tsu's *Tao* -“the Way,” which is the same character as the *-do* in karate do, Kendo, etc- in his *Tao Te Ching*), although we do try to, and is extremely difficult to begin to explain it to anyone who has not experienced it. During the Edo period (1603-1868) in Japan, as the various *bujutsu* (martial arts) were evolving into *koryu budo* (classical martial ways), *shugyo* became a developmental stage for the *bushi* (samurai), replacing the rigors of life-and-death combat with those of hard training and mental discipline. Today *shugyo* is a quaint anachronism to some, while still an absolute necessity to others. However, in order to “pierce the veil” into the essence of *budo*, it becomes an essential “rite of passage.”

Membership Information:

As you may know the renewal of Academy membership for 2005 has been extended until 10 April 2005. No further extension will be given. When I will have the final list I will inform everyone with a separate mail. The Shihankai will decide accordingly at a meeting later this year.

Academy Dojo directory:

Are you travelling abroad, away from your place or country? Do you want to train in the place you are visiting but you do not know a relevant place? Do any of your students find him in this situation? No problem. You may visit www.kamikazeweb.com ; follow the links for *Dojo List* and you will find all information you need. Or you may ask from the SRKH Secretariat, spirosd@otenet.gr and you will be provided with all appropriate information.

SRKHIA News Reports

Recommended Courses:

If you want to stay informed about courses in different countries by any or a particular instructor you must visit www.kamikazeweb.com and then follow the links for events. Our colleague Frank Schubert has a quite updated data base. In any case you may want to pay attention to the following information.

Academy's annual Gasshuku will take place on 3, 4 and 5 June 2005, in Greece. You have already received fully detailed information concerning this activity. In brief, the course will take place in the Sport Camp Loutraki, www.sportcamp.gr , at the famous spa town of Loutraki, 75 km from Athens. The training as well as the accommodation will be at the Sport Camp. Please note that booking is required in advance and it should be due by 1st May 2005. Needless to say that, our participation in the Gasshuku is necessary. For any information please contact the Secretary of the Academy at spirosd@otenet.gr or Dimitrijevic sensei at vebo@otenet.gr

Dimitrijevic Velibor sensei, 6 dan and member of the Shihankai, on 8, 9 and 10 April 2005 will direct the Regular Instructors Course of the Shotokan Karate-do Academy of Serbia. The course will take place in. If you want more information please contact Dimitrijevic sensei at vebo@otenet.gr

Petrella Pascal, 5 dan and member of the Shihankai, will direct a seminar from 16 to 17 April 2005, in Dresden, Germany. For more information look <http://www.shotokan-ryu-kase-ha.de/div/lehrgaenge/2005-04-petrella-dresden.pdf> .

Farkash Arie sensei, 6th dan and the Shotokan Ryu Kase Ha Israel organize their Spring Course from 14 to 16 April 2005, in the city of Nahariya, in the northern Israel, 10km from Lebanon border. Nahariya is the place of SRKH Israel Honbu Dojo. You may combine your visit with staying a couple of days more in Nahariya. If you are interested to travel to Israel contact Farcash sensei, arie@sskai.com tel (972) 528360555, for more information.

Dimitrijevic Velibor sensei, 6 dan and member of the Shihankai, will teach a course on 23, 24 and 25 April 2005 in Alba, Regia Piemonte, Italy. The course is open for all levels. The main aspects of Kase Ha Shotokan Ryu Karate-Do will be studied, with

special emphasis on the breathing and Tanden kime development. For more course information contact [maurizio.gallizio.@lycos.it](mailto:maurizio.gallizio@lycos.it)

Dick Fieret, 5 dan organizes his monthly Kobujutsu seminars on 23 April, 28 May and 25 June 2005, in Terneuzen the Netherlands. There is also a stage in Karate and kobudo on 20 to 21 May 2005, by Dirk Heene, 7 dan, Dick Fieret, 5 dan and Gertjan Fieret 4dan. For more information please contact Dick or Gertjan Fieret, at dfieret@zeelandnet.nl or 0031 115-696383 or 695072.

Dimitrijevic Velibor sensei, 6 dan and member of the Shihankai, organizes on 30 May to 3 June 2005 the Athens 2005 Karate do Camp, in a the Sport Camp Loutraki, www.sportcamp.gr , close by the famous spa town of Loutraki, 75 km from Athens. You have received the leaflet of this course however if you need more info contact Dimitrijevic sensei at vebo@otenet.gr .Please note that this course is just preceding the Academy's Gasshuku, so Academy members have the possibility to combine both courses.

If you look for long destinations Marco Gomez sensei 5 dan, organizes a Seminario Karate Traditional on 4, 5 and 6 June 2005 in Fusagasusa, Cundinamarca, Colombia. For more information zensho@starmedia.com or marcoalf@terra.es

Lecourt Pascal sensei, 5 dan and member of the Shihankai and Stevens Marc sensei, 5 dan, will conduct a seminar on 8, 9 and 10 July 2005, in Dublin, Ireland (Loughlinstown Leisure Centre). For more information contact Jerome Dupuch, at info@dublinshotokanacademy.com , website www.dublinshotokanacademy.com

Shotokan Ryu Kase Ha Israel is becoming active. Its Summer Course will take place from 28 July to 2 August 2005, again in Nahariya, in the northern Israel, 10km from Lebanon border, where SRKH Israel Honbu Dojo is. Farkash Arie sensei, 6th dan and Lecourt Pascal, 5dan, member of the Shihankai, will teach in this course. You may combine your visit with staying a couple of days more in Nahariya. If you are interested to travel to Israel, contact Farcash sensei, arie@sskai.com tel (972) 528360555, for more information.

The English Shotokan Academy organizes its Summer Residential Course, Steve Cattle Memorial on 12 to 14 August 2005 in Lilleshall UK. Dirk Heene sensei, 7 dan, Julian Mead sensei, 6 dan, Mike Fedyk sensei, 6 dan, Alan Armstrong sensei, 5 dan, Roger Hooton sensei, 5 dan, will teach in this course. For more information look at the ESA site www.the-esa.info .

San Pilay, 6 dan, organizes the Kase ha Memorial Seminar on 2, 3 and 4 September 2005 under the direction of Mirce Opeloski sensei, 6 dan and the Championship on 10 September 2005 in Pretoria, South Africa. Championship is open to all ages and levels under different categories. For more information please contact the Event Coordinator directly: Karien Jacobsz at kjacobsz@polka.co.za

If you want to train with Dirk Heene sensei, at Honbu Dojo Limburg, throughout the year, you are welcome to stay in the dojo (sleeping bag is necessary). Price per day: 7 euro including: 2x training a day; use of showers, sanitary, kitchen. Buffet-restaurant is 5 minutes away.

Recommended Internet sites

www.shotokan-ryu-kase-ha.de Pascal Petrella's dojo site on SRKHIA. The site includes many useful Academy information, including SRKHIA Newsletters; www.shotokanryukaseha.com Martin Fernandez's site, includes a lot of information on Kase sensei and SRKHIA as well; www.kamikazeweb.com Frank Schubert's site, with many items for on line shopping and information on courses with various instructors. Every member should have them on his Favorites list. Does your club, or you, have a site with relevant information you want to share with other members? Send me the information and it will be put in the Newsletter, so all members will be informed.

Quotation of the month

"I hope nothing, I am afraid of nothing, I am free"

Nikos Kazantzakis, Greek writer, author of "Zorba the Greek"

The next Newsletter will be edited in the first week in May 2005. Stay strong, train hard and enjoy life.

Oss

Spiros G. Drossoulakis