



# SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

## SRKHI A Newsletter 6/05

Dear karateka,

As we approach summer more things are evolving in the way of our Academy. Shihankai had met twice and made decisions concerning the way ahead of the Academy. Gasshuku 2005 took place in Greece and provided great training time to participants. Membership for 2005 has closed and many courses are organized in different places. All these information are found in the current Newsletter in order to keep you informed for Academy's activities and evolutions.

### **Shihankai meeting**

The Shihankai met on 13 and 14 May 2005 in Hasselt, Belgium, on the opportunity of the BKSA Spring Course. During this meeting the way ahead and other organizational issues were discussed. The discussion continued in a second meeting on the 3<sup>rd</sup> and 4<sup>th</sup> June in Athens, Greece, during Academy's Annual Gasshuku.

On Saturday 4 June 2005, in a meeting of the members participating in the Gasshuku 2005, the decisions taken were presented. Mrs Cheiko Kase, wife of the late Kase Taiji sensei, as well his daughter Sachiko were present during the meeting and the whole Gasshuku as well.

The decisions taken by the Shihankai, concerning the future of the Academy, are:

- a. All necessary actions for the legal representation of our organization worldwide and according to European Union legislation, will be taken, with the aim to be completed as soon as possible.
- b. The organization will be renamed to KASE HA SHOTOKAN RYU KARATE DO ACADEMY. The new name will be effective when all legal procedures are completed.
- c. Membership will remain, as of now, open to 3<sup>rd</sup> dan holders and above, upon approval by the Shihankai. Further extension of membership, in order to

- provide certain access to the Academy, for lower ranks, will be examined during the drafting of the Academy's statutes.
- d. The Academy will be under the direction of an Executive Committee, comprised by the Shihankai members, the Secretary, the Treasurer and 3 – 4 additional members, elected or selected in accordance with the Academy's statutes. The Committee will elect its President, who will represent the Academy, whenever required.
  - e. Mrs Chieko Kase will become Honorary President, for life, of the Academy.
  - f. Concerning gradings, Shihankai members decided that, after Kase sensei is not with us any more, Shihankai would have the control over dan gradings. In this context each Shihankai member is, as up to now, authorized to conduct grading up to 3<sup>rd</sup> dan. For 4<sup>th</sup> dan grading two Shihankai members should be present, while Godan and above grading will take place only during Academy's Gasshuku. Further authorizations, may be examined by the Shihankai on a case by case basis.
  - g. Concerning official Academy training, a second Gasshuku will be conducted each year. Members who want to organize a Gasshuku in their countries should submit their proposals one year ahead. Especially for 2006, proposals should reach the Secretary by the end of August 2005. The Shihankai will in all cases examine the proposals and decide accordingly.

During this meeting, Mrs Kase made a statement, expressing the confidence of his late husband to the Shihankai members, for the continuation of his efforts in propagating his way in karate, as well her personal and family confidence to them. The statement of Mrs Kase is attached.

Members present in the meeting asked questions or clarifications, which were answered by the Shihankai, together with further clarifications. Every body looked satisfied with decisions on the way ahead.

# Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

**Hello Once Again,**

Just to remind you all this coaching file is a continuation of a scheduled training programme known as **Periodization** and is a very extensive training programme spread over a progressive period of time aimed at gaining peak physical and mental condition for a targeted event. (Please refer back to 1<sup>st</sup> article).

This file is the commencement of the 3rd of 8 chapters of varying topics that are essential to the successful outcome of the Training Programme in mind. There are seven sections within this chapter that will be covered over the next two or three editions of the newsletter. (Editorial space dictates)

## Chapter Three: Conditioning

### 3.1: Introduction

The **Preparation Phase** of training which is a most important stage of the programme of development.

This phase of activity will be applied over a 4 to 6 week mesocycle programme of **foundation conditioning** for **strength, flexibility, speed** and **endurance**.

This phase of general conditioning will ultimately be a major contributory factor of the graduated move towards maximal performance ability at the right and specified moment in time.

In this subject case "**The 4<sup>th</sup> Dan Grading Examination**" to be held approximately one year from the commencement of the training programme.

This base of training will be the cornerstone for the higher intensity of work rate that will be introduced as the programme of training progresses into specifically planned stages of physical and skill development.

The rationale and specific points of importance will be discussed for each of the four components of fitness covered in this section.

A sample of a week's training schedule including work on all four components of fitness will be displayed, as will a sample of what may be included in a session for each of the four components.

It is also of major importance that prior to any training activity a thorough **Warm up** must take place and this may be applied as a general preparation phase and a specific preparation phase.

Equally of importance is the need for a **Cool down** after major activity has been completed.

Information for both areas will be discussed.

## **3.2: Warm Up and Cool Down**

### **3.2.1: Warm Up**

**Essential prior to any intense physical activity.** It is a gradual preparation of the body organism. It stimulates the muscular and nervous system and raises the body temperature which in turn increases the blood flow to muscles and supply of nutrients; this is an important aspect regarding metabolic waste removal and reduction of unnecessary injury to muscle tissue. (Tenke & Higgins 1996 p6)

**The warm up should be divided into two specific phases.** (Bompa 1996)

#### **1. General Preparation** (Approximately 20 minutes)

The first stage of the warm up should include an **initial pulse raiser** and should be of low level intensity that will quickly stimulate activity in the circulo-respiratory system, typical exercises may include walking briskly, jogging or slow pace running for approximately 2 -3 minutes.

The next stage will include exercises for **joint mobility** and will include a range of joint rotation and range of movement exercises from head to foot, the exercises should be applied at a steady pace in particular any neck rotation movements which may be dangerous if applied incorrectly. Seven to eight minutes is adequate.

A **second pulse raising** exercise should follow immediately and should be applied for approximately two minutes. Press-ups and bench step-ups are suitable examples.

Following on from here the first exercises for **light stretching** may be applied; these stretches are not for range of movement improvement but more as a **maintenance** application. Each stretch performed will only require 8 to 10 seconds and will be repeated three times. 5 to 6 minutes working on areas specific to the actions to be applied in the full training session.

A **final pulse raiser** should be applied and these actions may be sport specific, a further 3 to 5 minutes will be sufficient.

The English Karate Governing Body recommends the above warm up sequence.

## **2. Specific Preparation**

This may be associated with the final pulse raiser where application of sport specific actions may be applied that will activate the neuro-muscular mechanisms. It is of importance that both physical and psychological preparation is achieved during this stage prior to the main mode of training in the forthcoming session. (Tenke.1996 p 9)

The karateka could practice kata application at a slow pace with lightweight ankle and wrist weights.

### **3.2.2: Cool Down**

The cool down is often neglected, perhaps due to time restraints or bad time management or indeed a can't be bothered attitude by the athlete.

It is equally important as the warm up and every effort should be made to include this training action as a matter of course after every training session by all athletes and should certainly be encouraged by all coaches.

The gradual wind down from intense exercise will enable any additional blood flow to muscles to be removed more efficiently and as a result will remove any waste products / lactic acid that would have accumulated in muscles if exercise were to come to a sudden halt from a high rate. (N.C.F 1996)

These waste products cause muscle soreness after exercise.

The athlete should do all they can to eliminate this possibility if they are to train to the required level of intensity during the next day of the training plan.

It is recommended by Bompa (1996) that a gradual wind down of intensity takes place in the form of a gentle aerobic type activity for a minimum of ten to twenty minutes. A re-run of the exercises applied in the warm up at a lesser intensity will be ideal.

This enables a continuation of sweating which in turn helps to eliminate upto 50% of lactic acid waste produced in the muscles during the training period.

The catabolic breakdown of muscle during strength training stimulus may be further relieved by a short period of static stretching of all muscle groups in hypertrophy.

***If any reader has a particular question related to any articles published to-date please contact me or forward your query to the editor of the newsletter and I will do my best to give an informative answer.***

## **Membership Information:**

As you are aware the time for members to fulfil their financial obligations towards the Academy were extended twice, finally to 1<sup>st</sup> May 2005. In addition to those paid, the Shihankai at its recent meeting, as described earlier, approved the admission of the following applicants, BURGER Koos, 7 dan, from South Africa, GOOR Nico, 3 dan, VERSCHOOR Raoul, 3 dan and LEHRER Phillipe, 3 dan, from Belgium, who had applied for membership after the expiration of the proper period and the reactivation of the membership of HALLIDEY Brett, 5 dan, from Ireland, who had initially joined the Academy, but for personal reasons was not able to follow Academy's activities.

Therefore for 2005 the membership situation is as follows:

121 members have paid their membership for 2005.

44 members did not pay their membership so they are in Dormant Status.

26 members did not pay for second time, so they have put themselves out of the Academy (are not considered members anymore).

A detailed table of the current membership situation for member's information is attached.

## **SRKHIA News**

### **Reports**

The Academy's annual Gasshuku took place from 3 to 5 June in Athens, Greece. 48 members participated in the Course while for first time a number of assistants (Yudansha but no Academy members), proposed by respective members participated as well. All Shihankai members were present at the event. The Gasshuku proved to be very successful and everybody enjoyed both training and staying in the camp. A detailed report will be given in the next Newsletter.

### **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](http://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.

Bruno Garnero, 5<sup>th</sup> dan, will direct two courses on 11 and 12 June 2006 in La Hume / Espace Evuloforme on the subject of "Movement – Regeneratuer Inne" and on 25

and 26 June in Bordeaux / Ecole de Dance contemporaine on the subject of "Respiration- Kiai et Arts Martiaux". If you are interested please contact Bruno Garnero at [etudes.recherches.bg@club-internet.fr](mailto:etudes.recherches.bg@club-internet.fr) .

Dick Fieret, 5 dan organizes his monthly Kobujutsu seminars on 25 June 2005, in Terneuzen the Netherlands. For more information please contact Dick or Gertjan Fieret, at [dfieret@zeelandnet.nl](mailto:dfieret@zeelandnet.nl) or 0031 115-696383 or 695072.

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](mailto:info@dublinshotokanacademy.com) , website [www.dublinshotokanacademy.com](http://www.dublinshotokanacademy.com)

Shotokan Ryu Kase Ha Israel will hold its Summer Course from 28 July to 2 August 2005, in Nahariya, in the northern Israel, 10km from Lebanon border, where SRKH Israel Honbu Dojo is. Farkash Arie sensei, 6<sup>th</sup> 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](mailto:arie@sskai.com) tel (972) 528360555, for more information.

Dimitrijevic Velibor sensei, 6 dan and member of the Shihankai, will conduct a seminar from 1<sup>st</sup> to 5<sup>th</sup> August 2005 in Vlasina Lake in Serbia. For any information please and / or reservations contact Dimitrijevic sensei, tel/fax: +30 210 6230788, mobile: +30 6937 435550, e-mail: [vebo@otenet.gr](mailto:vebo@otenet.gr)

The English Shotokan Academy organizes its Summer Residential Course, Steve Cattle Memorial on 12 to 14 August 2005 in Lillesshall 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](http://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 directly the Event Coordinator, Karien Jacobsz at [kjacobsz@polka.co.za](mailto:kjacobsz@polka.co.za)

Heene Dirk sensei, 7 dan and member of the Shihankai, will teach a course on 5<sup>th</sup> and 6<sup>th</sup> November 2005, in Cork, Ireland, organized by Olympic Karate Club and Tim Harte sensei. For any information contact Tim Harte at [olympickarate@eircom.net](mailto:olympickarate@eircom.net) or mbl tel ++353 087 6408742, or look <http://homepage.eircom.net/~olympickarate/>

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](http://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](http://www.shotokanryukaseha.com) Martin Fernandez's site, includes a lot of information on Kase sensei and SRKHIA as well; [www.kamikazeweb.com](http://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**

"Power of mind is infinite while brawn is limited"

Tohei Koichi, 10 dan Aikido, founder of Ki no Kenkyukai

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

Oss

Spiros G. Drossoulakis