



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

SRKHI A Newsletter 7/05

Dear karateka,

As summer has reached us all your Newsletter is reaching you once more, hopefully before breaking for summer holidays, as it includes many information, I hope important for you as an Academy members.

In the Newsletter you will find information on many seminars, which will be conducted during the next two months and will allow to combine, to a certain degree, your holidays with your practice; a nice I think combination. You will also find reports from conducted Academy seminars, to include Gasshuku 2005. And the other usual columns of our Newsletter as well.

Enjoy the contents and as you package for holidays remember that holidays are for human beings but not for the arts themselves.

Have a nice summer.

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

Hello Once Again,

This file is the continuation of the 3rd of 8 chapters of varying topics that are essential to the successful outcome of the Periodization Training Programme in mind. Please remember there are seven sections within this chapter that will be further expanded on over the next two or three editions of the newsletter.

3.3: Strength Conditioning

3.3.1: Rationale

The major objective of training at this stage is to induce specific adaptations of the body organism towards the improvement of athletic performance.

"A gradual increase in strength will be a result of adaptation to the demands placed on the muscular structure". (Zatsiorsky.1995)

Athletes need multilateral physical development as a training base as well as overall physical fitness. It is expected that athletes with a strong base and a good overall development of anatomical and physiological abilities will improve athletic performance faster and better than those without this foundation. (Bompa 1999)

This base of training is essential if training adaptations and maximum development is to be achieved in a safe and injury free mode as the volume and intensity of training load is increased throughout the training programme.

Jones (1981) believes this initial preparation phase of training to train should be completed by use of high repetition, many exercise, short recovery circuit type training of which the work is of general nature aimed at strengthening and conditioning all joint actions. The need to be event specific is not necessary at this stage.

Gambatta (2000) believes the best way to acclimatise the body for more specific weight resistance training is by use of body weight exercise aimed at developing general all round movement ability.

The circuit design is based on important and general guidelines offered by various authorities on this topic, which includes:

- ◆ Exercises are to involve most muscle groups; therefore the type of exercises applied will range between 9 to 12 variations. (Bompa 1999)
- ◆ A strong emphasis on building up the body's core muscle groups of the abdominals and of the back will be required to initiate stabilisation for the greater work load to be applied at later stages. (Gambatta (2000)

- ◆ During the first week of training testing strength will be required to establish a base level for future assessment. (Bompa 1999)
- ◆ The circuit should be completed three times and two to four times per week dependent on athletic experience. (Bompa 1999)
- ◆ 10 repetitions per exercise are recommended for initial strength development with a one to two minute rest period between each circuit completion. (Bompa 1999)
- ◆ The sequence of exercise is important; muscle groups being worked need to be alternated. This will enable a continuation from one exercise to the next with minimal rest for each circuit completion. (Scholich 1996)

3.3.2: Training Phase Week 1 -6

The circuit will be completed:

- ◆ Two times per week for weeks 1 and 2.
- ◆ Three times per week from weeks 3 to 5.
- ◆ Two times per week at week 6 at a reduced rate of intensity to allow recovery prior to the next stage of the programme.

Time is the other relevant factor for this circuit schedule. The usual training time allocated for karate skill practice must not be compromised.

Week 1 and 2

Schedule the first session of week 1 to make the initial strength tests. These tests are to be applied via machine weights and some free weights and will test 1 Rep Max for core upper and lower body muscle groups. (Pauletto.1991) Including:

- ◆ **Bench press** (Pectoralis major, deltoids, triceps)
- ◆ **Incline press** (Pectoralis major, deltoids, triceps, trapezius)
- ◆ **Neck Press** (Deltoids, triceps, trapezius)
- ◆ **Back Squat** (Quadriceps, hamstring, gluteus max and medius)
- ◆ **Leg press single/double** (Quadriceps, hamstrings, gluteus max and medius)
- ◆ **Dead lift** (Quadriceps, hamstrings, gluteus maximus, hip flexors, lower back erectors, trapezius and latissimus dorsi)

Record all results for comparison against any future testing

The second session will be the first application of a designed circuit using exercises to work the core muscle groups. This first circuit will be completed two times with 10 repetitions per exercise and a two-minute interval between circuit one and two.

The two sessions of week two will see an increase from 2 to 3 circuit completions again using core exercises and again a two-minute interval between circuits.

Exercises that may be used in the circuit at this stage are based on conditioning the upper body, the abdominals and lower limb area and include: **press ups, sit ups, bench step ups, back hyper extensions, arm dips, squat thrusts, half sit ups, squats, reverse sit ups, ski jumps.**

All exercises are applied using body weight resistance only.

Circuit example in specific order:

1. **Press - ups.**
2. **Sit - Ups.**
3. **Bench Step - Ups.**
4. **Arm Dips.**
5. **Half Sit - Ups.**
6. **Squats.**
7. **Arm Pull -Ups.**
8. **Back Hyperextensions.**
9. **Thrust Squats.**

All of these exercises can be modified to increase the intensity.

Exercise modifications will be applied to the circuit during weeks 3 to 5 as adaptation to the exercises takes place.

Weeks 3 to 5

As already stated modifications to the circuit exercises are to be incorporated at this stage. This will serve to stimulate the interest and also increase the intensity of work rate without the need to increase the number of repetitions per exercise; any increase in repetitions will serve to develop muscular endurance rather than basic muscular strength. (Scholich 1996)

Exercise modifications include:

Wide arm press-ups, reverse hyperextensions, concentrated sit-ups, ski jumps, press up and clap, crunchies, burpees, full bastards. (Eggar.1993)

These exercises may also be further modified if required at a later stage of the programme. (A full description of each exercise is given in Appendix.10)

Week 6

A return to the circuit as described for weeks 1 to 2 with a reduction of repetitions from 10 to 8. This level of exercise will enable recovery from previous workload but will be enough to maintain the gains made.

Important note: *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.*

Budo Themes:

Approaching Budo practice, by S.G. Drossoulakis, 4th dan

What is karate or budo practice in general meaning for you? Is it done for its physical benefits or as just leisure time? Is it a part of your daily life? Do you live budo daily? The answers to these questions, put to various martial arts practitioners, will bring different answers, as it is natural with every human activity.

Almost every martial arts practitioner claims that he is approaching his practice seriously, even if he trains one or two times per week or he easily skips training for a coffee or drink with friends. This is also human and understandable. Serious and devoted practice, I am afraid, are not for the many, is a privilege of the few. And requires three equally important steps.

1. Ketsui o suru – Take a decision.

The first step in the budo journey is taking the decision to follow this journey. You have to decide if this practice has a certain priority in your life or is something to fill some empty hours in your life. Budo training is not a simple physical activity, it is indeed a lifestyle, which will distinct you from other people. Your whole approach to life will be from another point of view, as after certain time your attitude and personality will change. Obviously this decision will not be taken before you come in grasp with your budo art, but if never taken, development cannot come. This decision is the first step to a life time journey.

2. Kihon o manabu – Emphasize the basic techniques.

Certainly a commodity in traditional martial arts practice which, like gold, never loses value. Many practitioners are tempted to complicate and spectaculars techniques and they want to train in them. However without deep knowledge of the basic techniques there is not a proper foundation to build upon. Many argue that basic techniques are ideal techniques, performed under ideal circumstances. However their practice will allow the practitioner to develop maximum power, kime, speed, balance, efficiency. And then he will be able to adjust their use under not ideal circumstances. It is wrong to consider that basics are only for beginners. Emphasis and practice of basic techniques should be a lifelong custom. Every great master, with no exception, had a passion to improve his “basics”

3. Shugyo no jinjo – Progress in training

When practice seriously you will go through different stages of development. During this development different physical and mental levels will be reached. This development will not be a serial or an accelerating one, rather in many cases you will find your self holding back or slowing down, while in other cases progress will be faster. It is important to be understood that progress in budo goes upward but in a spiral way, so expectations of quick results is not the case. Only serious and devoted practice will make the garden to flourish. The understanding that this is a part of your practice process will make you not to be discouraged, but it will rather strengthen your will to keep practicing; the only way to reach higher physical and mental levels.

As Kase sensei used to say: "Keep practicing".

Membership Information:

You received, with the previous Newsletter, the Membership List, Nafuda Kake, of the Academy for the year 2005. However following this announcement, and although the membership renewal process was due on 1st April, we are still receiving membership fees for 2005. I would like to point out that despite the fact that more members is good for the Academy, this delay in fulfilling basic obligations, cannot and will not become the rule, if we want to consider ourselves as serious budoka.

At the same time I want to point out an important point. It has been noted that certain members have skipped payments, in the course of the previous years. The Shihankai, in its last meeting, decided that membership in the Academy should have continuity, therefore a member, if has skipped, for any reason, his membership payment in a certain year, in order to renew his membership he must pay the skipped year as well. Be reminded that skipping a second year results in a lost membership. This decision will be effective from 1st January 2006 and it will concern skipped payments in year 2005.

It is in this context that, delayed payments for 2005 are accepted, as far membership status is concerned. An updated membership list will be provided in September's Newsletter.

SRKHIA News

Gasshuku 2006

In its last meeting Shihankai decided that every year two Gasshuku will be held, instead of one. The one Gasshuku will take place in May – June timeframe, while the other in October – November.

In 2006 the one Gasshuku will take place from 29 September to 2nd October 2006, in England, Lilleshal National Sport Centre, organized by the England Shotokan Academy. More information, concerning registration requirements as well will be given in September's Newsletter, since early registration will be required.

Concerning the Gasshuku in May- June timeframe, the place of conduct is still open. Those members interested to assume the responsibility to organize it, in their respective countries, should make relevant proposals to the Secretary by 10 September 2005, in order to a final decision, by the Shihankai, to be taken by early October. Please pay attention to that.

Reports

1. SRKHIA Gasshuku 2005, June 3 to 5, 2005, at Sport camp, Loutraki, Greece.

The Academy's annual Gasshuku took place from 3 to 5 June, 2005, at Sport camp, Loutraki, Greece. 47 members were present, while for first time assistants not members of the Academy were allowed to participate, being proposed by respective Academy members. All Shihankai members were present while Mrs Chieko Kase, wife of the late Kase T. sensei, escorted by Mrs Kase Sachiko, sensei's daughter, was present as well. Mrs Kase addressed participants in the Gasshuku expressing her personal and family satisfaction to the Academy members, for their effort to continue the work of her late husband and our sensei.

Gasshuku started on 3rd June with the arrival of participating members at the Loutraki Sport Camp, a private sport centre with all required facilities for the conduct of a large sphere of sport activities. First training took place later on that day, with Heene Dirk sensei leading the training. He guided the group in warming up using certain exercises taken from Ashtanga Yoga. The core of the training was moving into different directions, with emphasis on diagonal (naname), using various moving ways, kai ashi / tsugi ashi / yori ashi / okuri ashi / tai sabaki, in conjunction with different hand and leg techniques.

On the second day Dimitrijevic Velibor sensei took the lead of the training. Main emphasis was given in breathing, different ways of ibuki breathing and how it should be used in movement and application of techniques. A really unique training, which maintained the full interest of trainees.

On the last day, Petrella Pascal sensei directed the training. He continued on breathing applications through Ten no kata, as well as in different block and counterattack situations. Finally he gave an interesting bunkai application of Tekki Nidan.

During the course a grading for Godan and above took place in which Beasley Geof from England was promoted to the 6th dan. Congratulations Geof.

Participants left the Sport Camp in full satisfaction with the quality of training and the accommodation facilities of the centre as well. It is worth noticing that by having almost all participants to stay inside the camp, a great opportunity was given for members to associate themselves outside the training time, thus increasing mutual understanding and the bond among members. Leaving for the return trip I am sure that everybody was looking forward to the next Gasshuku in 2006.

Spiros G. Drossoulakis 4th dan

SRKHIA Secretary

2. Karate seminar with Sensei Velibor Dimitrijevic, 6th Dan, Member of SRKHIA Shihankai, May 30-June 3, 2005, at Sport camp, Loutraki, Greece.

The purpose of the following article is sharing some impressions from the karate seminar in Loutraki, Greece. Karatekas of all grades were welcome and when the seminar started, participants from no less than eight countries were present. People kept coming the whole week and eventually representatives from 15 countries had gathered.

Everything was well organised. We were picked up at the airport in Athens and went by bus to Sport Camp Loutraki, situated 70 kilometres from the Greek capital. After having received our accommodation we spent the rest of the evening unpacking, socialising and enjoying the nice weather.

A typical day at the Sport Camp started with breakfast at 7 followed by a training session between 9.30 to 1 pm. Lunch was served immediately after training. The rest of the day was free at disposal and dinner was served at 7.30 pm.

All training sessions were led by Velibor sensei. He emphasised the importance of dachi and strong legs in karate. We used our hamstrings a lot and Velibor sensei kept repeating the importance of this muscle for speed, strength and stability and how the legs affect the hand techniques. He stressed the importance of the mental power and technique which he considers to be of greater importance than physical power. The heel should never be lifted up in movements and turns. If the heel is lifted, we will lose both power and balance.

Much attention was paid to the technique of breathing, ibuki, which is of crucial importance for the karateka. Velibor sensei stressed the importance of always using the stomach and keep a slight tension in this region to increase stability. The air the breath is the source of energy.

Our mind should control our bodies and we shall be able to move our bodies when we want without losing control and fall in either direction. The importance of experiencing body weight was emphasised when we practised kae-ashi (and other movements) by moving the weight from one leg to another and then down to the feet. We also practised different stands such as zenkutsu-dachi, kiba-dachi and fudo-dachi.

Every session was focused on the legs. "Forget your hands. You don't have any hands any more", Velibor sensei said. He constantly repeated that we put too much attention on our hands and arms and focus too little on the legs. He reminded us that Kase sensei often talked about the importance of stability. If we are stable and breathe correctly our arm techniques will improve.

We practised a lot of keri-techniques. Velibor sensei asked us to keep in mind that Kase sensei developed leg techniques such as jodan tobi mae geri and ura ushiro mawashi geri. When practising this kind of techniques one soon realises the importance of dachi, ibuki and focus to make them efficient. The leg techniques developed by Kase sensei are just as important as his hand techniques.

During the week we also practised different stand in different combinations in kae-ashi and zuki-ashi forward, backward and side-ways. First we used only the legs and then we added arm and leg techniques. All the time we tried to breath in a correct and controlled way. When we practised different parts from different katas we did those parts san-o-sen and ura. Sometimes we only used the legs, sometimes we used arms and legs and sometimes we practised with a partner.

I personally liked that Velibor sensei demonstrated everything he wanted us to do. He also told us a lot of stories about himself and Kase sensei. Taiji Kase thought that tournaments and competitions were against the spirit of Karate. He argued that Kase-ha was karate and not a sport. Kase-ha is Budo martial art. Velibor Sensei told us that he had stopped his competition career in 1987, went to Athens in 1988 to teach as an Instructor and his reconnection with Kase Sensei was in 1991 when Velibor was accepted in the WKS Academy. After the first seminar in Athens in January 1992 Kase sensei told him: "You see Vebo, you were champion, you have very good technique and excelent kime, now is time for you to start to practice Karate".

Karate is on a different level, another dimension of life!

Mona Pfaus, 3 Dan

Member of Kase-ha Shotokan-ryu
Karate-do Academy - Sweden

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.

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 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, 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.

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

Heene Dirk, 7 dan and member of the Shihankai, will teach from 20 to 21 August 2005 in Cadiz, Spain, at the VI International Course organized by Juan Pablo Delgado. At the same course Peter Taylor will teach Yoga and how to integrate with Karate practice. If you want to be there contact Juan Pablo Delgado, tel 0034 667929112 - email: jpdelgado11@terra.es

Heene Dirk, 7 dan, Shihankai member and Vanroy Mario, 5 dan, will teach a course on "Karate and Energy" from 26 to 28 August in Hasselt, Belgium (Sporthall KTA1, Vilderstraat 28, Hasselt). The course will include training in Kase ha Shotokan ryu Karatedo, Shiatsu, Makko-ho and Do-in exercises. If you are interested please contact Heene Dirk at tel/fax ++32 11 727068, bksa.honbudojo@pandora.be

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

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

A rather early announcement, for advance planning. The Sei Sen Karate Club Arlon organizes the XVIth International Karate training in Arlon Belgium, on 18 and 19 March 2006. Instructors are Dirk Heene, 7 dan and Shihankai member, Francois Van Binst, 6 dan and Pascal Petrella, 5 dan and Shihankai member. For information please contact Lallemand André, 70, rue de Toernich, 6700 Arlon, tel/fax/rép 063/22.34.68, e- mail : andre.lallemand@skynet.be

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

If you make an effort, there will be insight; hard training surely leads to ultimate principles. Students of the Way never stop practicing. *Yamaoka Tesshu 1863*

There will be no Newsletter in August. The next Newsletter will be edited in the first week in September 2005. Stay strong, train hard and enjoy life.

Oss

Spiros G. Drossoulakis