



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

SRKHIA Newsletter 11/05

Dear karateka,

the month of November brings to all of us a sad feeling. It is one year since Kase sensei left for his last journey. But his Kase ha Shotokan ryu Karate do has been left behind, as his heritage to his students worldwide. This should be not forgotten.

In this Newsletter you will find a part referring to this sad anniversary, as well the usual contents of it. And by reading reports and seminar announcements we see that Kase ha Shotokan ryu Karatedo moves forward, may be slowly but steadily, due to the efforts of all SRKHIA members. And this is the best way to fulfil our giri to the Kase sensei, our sensei.

In memoriam, Kase Taiji sensei

On the 24th November it will be one year since our sensei, Kase Taiji shihan, left for his last journey. But in us, his memory and legend will live on.

On that day each of us, independently or as a group or in the dojo or elsewhere, should take a few moments and pray for our late master's soul. It will be also a good opportunity for the different dojo to organize a special training session, in his memory. Especially for those who never had the opportunity to see the sensei or train with him. And by this way, to renew our decision and determination to follow his path.

We all know that it would be the best if we all met together on that day, but we also know that it is practically impossible. But what is possible, is that on 24th November, at 1615 Greenwich Time, we all pray together for a few moments, so our prayers meet. And make this a tradition for all Kase ha Shotokan ryu Karate do practitioners.

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

Hello Once Again,

As we continue with the 3rd chapter, Periodization Training Programme, the today's article covers Endurance Conditioning.

3.6: Endurance Conditioning

3.6.1:Rationale

Aerobic endurance and **Anaerobic** endurance are important fitness components that contribute to the overall performance of the karateka.

Aerobic / cardio vascular endurance has been identified, as perhaps the least important of the two in relationship to the key and identified performance demands of karate, however it is the base upon which fitness rests and is certainly a pre requisite for any future advanced training (NCF, 1995).

The key role of aerobic function and capacity for the karateka is to aid quicker recovery between bouts of high intensity power movements that are normally applied within the disciplines of karate and utilisation of the ATP-PC and Anaerobic lactic energy systems. Hartmman and Jurgan (1995) emphasise the importance of aerobic training for power athletes.

Muscular endurance within the anaerobic energy process is essential to the application of consecutive power movements over a shorter period of time.

A training method for development of local muscular endurance must first be applied. A more specific training method designed around the skill specific movements of karate should be incorporated into the advancing programme of development.

During this initial stage of endurance conditioning it will be best to concentrate on acquiring the aerobic base essential for future increases in training intensity. Some of the training methods undertaken over the six weeks of conditioning will however incorporate a small degree of local muscular endurance development.

3.6.2: Training Schedule Weeks 1 - 6

Weeks 1and 2

Three sessions per week x 20 minutes distance running at a rate of 70% MHR, this rate is sufficient to initiate a gradual progression, which is all that is, required at this stage.

A record of the time and distance covered should be kept for future comparison as greater gains in fitness level are attained.

Weeks 3 to 5

Over the next three weeks x 3 sessions per week should be maintained with the introduction of three or four one-minute interval speed increases within the run taking the training heart rate upto 80 - 90 % MHR and into the anaerobic training zone.

During this phase of conditioning record of the distance covered in the twenty minutes should take place, as the body adaptation takes place a slight increase in distance should be apparent.

The intensity of the speed intervals will also be improved.

Week 6

A reduction of training intensity will take place to enable recovery and preparation for the next and more intensive stage of development.

Revert back to the three sessions per week x 20 minutes distance running at a rate of 70% MHR.

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: UNMOVING WISDOM, by Taisen Deshimaru,

excerpted from his book "The Zen Way to the Martial Arts"

The master's mind is never still. It never dwells on any one thing or person. It lets all go by . . . Nor does the body dwell.

The essence of his self, of the self, is [fudo chi](#), unmoving wisdom. Intuition, wisdom, physical action, are always one. That is the secret of zazen, and of the martial arts. Just as the martial arts are not sports, zazen is not some kind of massage or spiritual culture.

In the beginning, the martial arts were a way to kill people. The Japanese sword or *tachi* is a long sword; but *tachi* also means "cut." In the word [kendo ken](#), like *tachi*, means "sword" and also "cut," so that kendo means "the way that cuts." [Swordfighting](#) goes back to prehistoric times in Japan, of course, but the actual school of kendo began in 1346; it was founded by a samurai named Nodo, followed, in 1348, by Shinkage.

At first the [samurai](#) wanted to obtain special powers: striking, remarkable, magical abilities. They wanted to go through fire without being burned or be able to have a boulder fall on them without being crushed. So they trained their minds deliberately to obtain supernatural abilities and powers, and they were anything but disinterested.

Later, they came under the influence of [Zen](#). Miyamoto Musashi, for instance, who was Japan's greatest kendo master, also became a sage. He said, "One must respect God and Buddha, but not be dependent upon them."

At that point, the way that taught how to cut one's enemies in two became the way that taught how to cut one's own mind. A way of decision, resolution, determination. That was true Japanese kendo, true *Budo*. Strength and victory flow from decisiveness. One moves beyond the level at which most people stop, one transcends the conflict, transforms it into a spiritual progress. There was nothing sportlike about training in those days; the samurai had a higher vision of life.

[Zen](#) and the martial arts have nothing to do with keeping fit or improving health, either. People in the West always want to use things; but the spirit of Zen cannot be squeezed into so narrow a system. And Zen is not some sort of spiritual massage, although the *kyosaku* can very effectively massage mind or body. Zazen is not meant to make you feel relaxed and happy, any more than the martial arts are a game or sport. Their significance is deeper and more essential, it is that of life.

Of death as well, since the two cannot be dissociated.

True kendo and true Zen must be beyond relativity. In other words, one must stop choosing, stop preferring one side or the other side in a relative scheme of things. Instead, make one decision.

Human beings are not like lions and tigers, so the way of [Budo](#) must not be like them either. The tiger and lion are strong, and their instinct and desire make them want to win. It never occurs to them to abandon their ego. But human beings can go beyond the ego and death. In *Budo*, they must become even stronger than the lion or the tiger, and discard the animal instinct that clings to the human spirit

Membership Information:

As we approach the end of the year the time has come for the renewal of annual memberships, as well as the acceptance of new members has started.

*The annual membership fee this is **60 Euro or 36 British pounds**.* Payments may be done, either by bank transfer to our accounts or by a bank cheque.

If you choose bank transfer, here are the details of our accounts:

STERLING ACCOUNT TRANSFER ONLY STERLING (GB POUNDS) TO THIS ACCOUNT

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK

Account Name: Shotokan Ryu Kase Ha Instructor Academy

Account No: 16412087

Sort Code: 60-05-06

IBAN No: GB33NWBK60051616412087

SWIFT CODE: NWB KGB 2L

EURO ACCOUNT TRANSFER ONLY EURO TO THIS ACCOUNT

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK

Account Name: Shotokan Ryu Kase Ha Instructor Academy

Account No: 550/00/08791120

Sort Code: 60-05-16

IBAN No: GB69NWBK 60720308791120

SWIFT CODE: NWB KGB 2L

If you choose a bank cheque or international money order, made them payable to Shotokan Ryu Kase Ha Instructors Academy and post them to our Treasurer, Alan Armstrong, 19 Jubilee Drive, Bredon, Tewkesbury, GL20 7QJ, England, preferably by registered mail (attention, cheques could be either 36 British pounds or 60 euros, whichever is more convenient to members).

In any case you must not forget to mention the name(s) and the year. Renewal of membership should be completed by 28th February 2005.

I would like to draw your attention to the fact that if you have not paid your membership for 2005, thus being in Dormant status, you should pay the 2005 membership as well.

New applications for membership should reach SRKHIA Secretariat, namely me, by 31st December 2005. They will be consequently forwarded to Shihankai for approval, by 31st January so new members will have the appropriate time to fulfil their financial obligations before 1st March 2006.

Please keep in mind that delays to the fulfilment of the above obligations, which in turn create frictions, cannot justify the dedication and commitment to a common course we all have voluntarily accepted.

SRKHIA News

Reports

Farkash Arie sensei travelled to Australia in October for a series of seminars for KSK practitioners out there. Arie sensei sent a brief report of his trip so everybody can be informed about evolutions in this part of the world. I want to thank Arie sensei for his contribution and encourage everybody to do the same with your activities and seminars.

My visit to Australia - A brief outline, by Farkash Arie sensei, 6th dan

This year the Australia KSK Seminar was conducted at the "Life Adventure" complex situated in Kurrajong approximately 2 hours north west of Sydney.

This place was organized by Sensei Yossi Litvin 5 Dan, member of KSK. The setting was ideal for a Karate seminar. The fresh air and the bush backdrop can only be viewed as inspiring.

The seminar opened formally on Friday the 14th October 2005 18:00. Sensei Kora, the Chief Instructor of Zanshin Shotokan Australia, welcomed me and emphasized the importance of the connection with KSK.

At the first session I started with combination of basic stances and transitions with emphasis on timing and kime. Sensei Kase always said: "Karate is kime".

After dinner I gave a lecture on breathing and kime. What is kime? "Karate" was the reply. Demonstrations were done to show the effect of kime on the body and how its application can ground a practitioner. How we can practice it through constantly focusing on the coordinated tensing of muscle at the moment that it is required - usually the moment of impact. We also practiced the different way of inhaling and exhaling.

Saturday morning we explored new combinations of basic foot work (Jun Ro Shodan), which for high ranks was quite difficult as they had to deconstruct some previously learned habits. Toward the end of the session these new concepts began to sink in; however, it will take some time for them to become fluent.

The morning session ended with kata exercises to free the mind from being too set or rigid. Heian Nidan was performed routinely (Omote) (Ura) (Go) and (Go Ura). Instructors and students were extolled to practice a number of kata in this fashion to prepare the karateka to be able to move in all directions. In this session I followed Sensei Pascal Lecourt ideas as we did 2 month ago when he visited Israel.

Saturday afternoon was set aside for an instructor session where I explained the concept of 'Ten-No Kata'; Kata using basic stances and techniques to establish the level of the Karateka. Ten-No Kata is focusing on timing and kime.

The final Saturday session consisted of an in depth analysis of the Bunkai for Sochin. This involved partner work and on completion the ones that had mastered a degree of competency demonstrate the results. It looked quite good.



Sunday morning we covered Keri Waza (kicking techniques) exploring the various kicks and the different combinations. This was the end of the Sydney Seminar.

After Sydney I conducted two small seminars of two days each: one in Sale (Victoria) and one at Edi's Dojo in Melbourne. Edi is an Australian member of KSK. Both events were very successful and important to the constant growth of KSK Australia.

In summary I must say that this was a very successful trip. Australia is really far (Took me 27 hours to flight over there) But we have very good friends that respect our Sensei and his direction. I feel honored to do this job and I'll keep doing it for a better KSK.

Recommended Courses:

Do you want to stay informed about courses in different countries by any or a particular instructor? 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.

Opeloski Mirce 6 dan will conduct a seminar in Berlin, Germany, from 4 – 6 November 2005. The venue is Karate-Dojo Möckernstrasse, Möckernstrasse 111, 10963 Berlin-Kreuzberg. For more information please contact Frank Takács, Tel.: 0048/30/34540018, e-mail: FTinfo@aol.com www.karate-berlin.de

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/>

Heene Dirk, 7 dan and Shihankai member, Van Binst Francois, 6 dan and Button Ken, 6 dan, will teach at the 17 International Course in Wijnegem Belgium. The course is organized by Wijnegem Karate Center and Brijon Frans. For further information contact Brijon Frans, 0032 486 572 536, frans.brijon@pandora.be , www.users.pandora.be/WKC

Lecourt Pascal 5 dan and Shihankai member will teach an open course in Dublin, Ireland, on 19 and 20 November 2005. The course organizer is Dupuch Jerome. For further information contact: Jérôme Dupuch at 00353 (0)87-9893765, info@dublinshotokanacademy.com, www.dublinshotokanacademy.com

On 26 November 2005 the Associacio de Karate Shotokan Ryu Kase Ha will conduct a training in memory of Kase sensei in the Universitat Politecnica de Barcelona, from 1000-1300. For more information contact Marco Alfonso Gomez, tel 659.9.35.98 marcoalf@terra.es

Thompson Steve, 5 dan and Wilkins Dave, 5 dan, will conduct a training seminar on Saturday 3 December 2005, from 1130 to 1430 at the Thornes Park Stadium Sports Centre in Wakefield England. For more information please contact Steve Thompson stevethompson@ukf.net

Kase ha Shotokan ryu Karatedo Israel will conduct its annual Winter Seminar in Nahariya , Israel, from 22 – 24 December 2005, directed by Farkash Arie sensei, 6th dan. Main theme of the course will be "gyaku uraken" and Kata Bunkai. Already people from Germany, France and Australia have registered their participation. If you also want to join this course, please contact Farkash Arie sensei arie@sskai.com

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will teach in on 27, 28 and 29 January 2006 in Gandia, Valencia, Spain, in a course organized by Frank Schubert. For more information contact Frank Schubert, e-mail: info@kamikazeweb.com

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 contact Lallemand André, 70, rue de Toernich, 6700 Arlon, tel/fax/rép 063/22.34.68, e- mail : andre.lallemand@skynet.be

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will organize and direct the annual Athens Karate do Camp 2006, from 7 – 11 June 2006, in the Sport Camp Loutraki, a seaside city 70 km from Athens. Everybody who wants to follow the spirit of Kase sensei and study the secrets and a genuine approach to Kase ha Shotokan ryu is invited in this five days Camp. For more information you may contact Dimitrijevic sensei, vebodo@gmail.com

Are you interested in kobujutsu? Dick Fieret, 5 dan, organizes a series of kobujutsu trainings on 5/11, 26/11 2005 and on 21/1, 18/2, 25/3, 22/4, 20/5, 24/6. In addition Budo club Fieret organizes its annual Budostage in Terneuzen, the Netherlands, on 11 and 12 December 2005 with guest instructors Dirk Heene, 7 dan and Julian Mead,

6 dan. Are you interested? Contact Enquiries to: Dick & Gertjan Fieret, e-mail: dfieret@zeelandnet.nl, tel: 0031 -115-696383 of 695072.

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.

Last but not least. Do you want information on courses that you organize or teach to reach Academy members? Please inform me timely so I can put them in this Newsletter. I see information on many courses related to the Academy in various sites on the Internet and it's a pity that this information never reached our Newsletter.

Recommended Internet sites

www.bksa.be the site of Belgian Karate Shotokan Academy, leaded by Dirk Heene; www.vebodo.com the site of Velibor Dimitrijevic, 6 dan and Shihankai member; www.shotokan-ryu-kase-ha.de Pascal Petrella's dojo site on SRKHIA. The site includes many useful Academy information, including SRKHIA Newsletters; www.the-esa.info of the English Shotokan Academy; 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 organization, 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

"During the course of the game of Go there are perhaps two or three opportunities where victory can be grasped with certainty, but if one is unaware of these opportunities, as they arise, victory becomes quite uncertain".

Shiokoshi Kensaku, Go master 7dan

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

Oss

Spiros G. Drossoulakis