



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY NEWSLETTER 5/06

Editor: Spiros G. Drossoulakis, SRKHI A Secretary

Contact: spirosd@otenet.gr

From the editor

Welcome to another SRKHIA Newsletter. As you prepared to go through its contents, there is one point I would like to draw your attention on. In one month the Academy's Spring Gasshuku 2006 will be held in Nahariya Israel. If you have not made arrangements for your participation, but you want to be there, there is still time but very limited, so hurry up. What you have to do, is found in the next session of the Newsletter.

Academy Gasshuku 2006

Everything is in place for the conduct of Academy's Spring Gasshuku 2006 in Nahariya Israel, from 1 – 3 June 2006. Farkash sensei and KSK Israel are putting a great effort to make it an unforgettable event. In case you have made a late decision for your participation there is still a possibility for a late registration; **contact Farkash sensei, arie@sskai.com and send the Participation Form (found at the end of this Newsletter) to Farkash sensei as soon as possible.**

Once more, the details concerning the Spring Gasshuku 2006. It will take place from Thursday 1st June to Saturday 3rd June 2006 in Nahariya, Israel. Nahariya is located in the north of Israel, by the sea and 10 km from the Lebanon border. The Gasshuku is organized by Farkash Arie sensei, 6th dan and the KSK Israel.

Program and Time table			
Day	Time	Subject	Remarks
Thursday 1 June 2005	19:00 – 21:00	Opening Session	Amal Hall
Thursday 1 June 2005	21:30 – ???	Organized Supper	"Mul Haiam" restaurant
Note : "Mul Haiam" Pub/Restaurant is a local well known restaurant on the beach. The food is great and the atmosphere is great. Ideal for understanding more about us.			
Friday 2 June 2005	16:00 – 19:00	Two Classes	Amal Hall
Friday 2 June 2005	20:00 – 24:00	Barbeque on the pool	Kibutz Kabri
Note : "Kibutz Kabri" is a typical social settlement. We will organize a barbeque at the pool of the Kibutz. The Idea is nice food, drinks and fun.			
Saturday 3 June 2005	10:00 – 13:00	Two Classes	Amal Hall
Saturday	13:30 – 17:00	Dan gradings	Amal Hall

3 June 2005			
Saturday 3 June 2005	19:00 - ???	Party	Special surprise
Note: We are organizing a Special Mediterranean event. We will all drive together to a "Druz" village and enjoy the local hospitality. Fun is promised!			

Special activities:

There are certain activities attached to the Gasshuku, which may be taken advantage by SRKHIA members participating to the Gasshuku and wanting a longer stay in Israel.

31 May 2005 (20:00 – 21:30):

There is a special karate class with the seniors of KSK Israel at KSK Israel Honbu Dojo. KSK Israel strongly recommends to try and come to Israel a day or two earlier and acclimatize, thus taking advantage of the local Karate activities as well.

4 – 5 June 2005 :

Following the Gasshuku, KSK Israel organizes a special trip to Jerusalem, Masada and the Dead Sea. KSK Israel would like to make the most of member's trip and visit some special and attractive places in Israel.

The tour will leave Sunday morning to Jerusalem, visiting the old city. The Guide will take us to the most Holy Places in the world like the wall, Via Delarosa, and the Arab market.

Afternoon the trip will hit the road to "Ein Gedi" Park reserve next to the Dead Sea for supper and rest. The next morning (5 June 05) will go up to "Masada". This will be an unforgettable experience.

On the way down for "Masada" the group will visit the spectacular "Ein Bokek" reserve.

The last experience for this great event will be to swim and float in the Dead Sea.

Prices

- KSK Israel has organized a special price with the local 4 stars Plaza hotel. The prices are:
45\$ per night (4 people in a room).
55\$ per night (3 people in a room)
60\$ per night (2 people in a room)
110\$ per night for single room.
The hotel includes free country club with sauna, gym and pool, free entrance to the private beach. The web site of the hotel is www.parkplazanahariya.co.il
- "Kibutz Kabri" barbeque 10 EURO
- "Mul Haiam" restaurant, very fair prices and excellent food and drinks
- "Druz Surprise evening. This will be the closing event. Great time for 14 EURO per person.
- Train fees from Airport to Nahariya and back 14 EURO
- Two day trip to Jerusalem, Masada and the Dead Sea, including transportation, hotel, entrance fees, food and guide (for two days), about 115 EURO per person if we have about 40 people, about 125 if there will be 20 – 30 people. If there will be less the 20 people KSK Israel can work out a different deal for almost the price.

Please take in consideration:

- In Israel the resting day is Saturday (like Sunday in Europe)
- **This weekend is a religious Holiday so is going to be a very busy time in Israel, with lots of fun. So, we will have to book flights, Hotels, Buses, Restaurants, Halls ect, well in advance. Please hurry up with your bookings and make them as soon as possible.**
- Trains, which are the most comfortable way to get to Nahariya, are not operating from the 1 of June 14:00 until 3 of June 18:00.
- It is strongly recommended to extend your stay or come a bit earlier and taste the spirit of Israel. KSK Israel members are organizing a tour to the "Sea of Galilee" and "Nazareth" on the 31 of May. As well as many other fun activities. This is the opportunity to mix Karate and pleasure.
- For people who will arrive earlier, KSK Israel can organize Home stays. This will give a great opportunity to mix with the locals and understand more about Israel and the Middle East culture.
- Israeli people are welcoming you to have the best time ever in Karate and fun. Use this opportunity and make the most of it
- For more details contact Farkash Arie sensei.
 - Phone: +972 528360555
 - Skypy user name is ariefakash
 - E_mail arie@sskai.com
 - Address: 135B Herzl St Nahariya 22448, Israel

Budo Themes: San Satsu Ho - The Three Laws,

by Spiros G. Drossoulakis, 4 dan

San Satsu Ho or literally **The Three Laws**, are guidelines of how you may defeat (a more politically correct term to say kill) your opponent. They are coming from the medieval Japan era and at times several budo teachers have given their own interpretation.

The interpretation below belongs to Takano Sasaburo sensei, Kendo and Iaido hanshi, one of the best instructors in pre WWII Japan.

Ken o Korosu / "Kill the Sword"; Control the opponent's kamae such that it becomes ineffective against you. The "Ken" is the source of the opponent's ability to attack as well as their only method of defence. "Ken o Korosu" and your opponent can't attack nor can they defend against yours.

Ki o Korosu / "Kill the Spirit"; Mentally dominate your opponent, such that they begin to doubt themselves and hesitate in their actions. Doubt and hesitation creates openings in your opponent's defence and flaws in their offensive techniques. "Ki o Korosu" and your opponent is defeated before you even attack them.

Waza o Korosu / "Kill Techniques"; Disrupt your opponent's techniques such that they become ineffective against you. The term "techniques" refers to both mental and physical technique. If the opponent attacks you, parry it; Sweep it to one side and counter attack. Mental techniques refer to ploys or lures that your opponent will attempt in order to break your kamae, or confuse their intent towards you. Remain steady, and holding a strong kamae with kigurai will always overcome your opponent's attempts.

Any doubt that they are and will remain relevant?

Membership status:

On 1/4/2006, the extended deadline for renewal of KSK Academy annual membership 110 members, old and new, had renewed their membership. The list, tentative at this moment, is found below. If you have send your membership but you find your self not in the proper section please contact Alan Armstrong, alan@armstrong-associates.net , in order to clarify the situation. Following Academy's Gasshuku in Israel the list will become definite.

SRKHIA 2006 members as of 1/4/2006 (111)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	<i>Status</i>
Australia	SMITH	Mark Paul	3 dan	Member
Australia	ZENEL	Edji	4 dan	Member
Belgium	DE REU	Franky	4 dan	Member
Belgium	MATTHEUS	Jos	4 dan	Member
Belgium	VAN HIDERDAEL	Francois	4 dan	Member
Belgium	CROONENBORGHES	Felix	3 dan	Member
Belgium	HEENE	Dirk	7 dan	Member
Belgium	VAN BINST	Fransois	6 dan	Member
Belgium	CASTRO	Livia	5 dan	Member
Belgium	ACHTEN	Josef	3 dan	Member
Belgium	VERSCHOOR	Raoul	3 dan	Member
Belgium	LALLEMAND	Andre	4 dan	Member
Belgium	VANROY	Mario	5 dan	Member
Colombia	GOMEZ	Marco Alfonso	5 dan	Member
Finland	MIKKONEN	Sammy	3 dan	Member
Finland	NETTAMO	Passi	3 dan	Member
Finland	SOMPPI	Jani	3 dan	Member
Finland	LAPPALAINEN	Raimo	3 dan	Member
France	GARNERO	Bruno	5 dan	Member
France	LECOURT	Pascal	5 dan	Member
France	CLEMENCE	Jean Piere	6 dan	Member
France	TORQUATO	Jaques	4 dan	Member
Germany	SCHEURIKER	Gerhard	4 dan	Member
Germany	SAMMARCO	Mario	6 dan	Member
Germany	PETRELLA	Pascal	5 dan	Member
Germany	MANDERSCHELD	Franz Josef	6 dan	Member
Germany	GNEIPEL	Tino	3 dan	Member
Germany	SPRINZ	Oliver	3 dan	Member
Germany	WICHMANN	Wolf-Dieter	7 dan	Member
Germany	KUNST	Rudiger	3 dan	Member
Germany	IBSCHER	Nico	3 dan	Member
Germany	POESCHL	Abi	6 dan	Member
Germany	TORSTEN	Heiber	3 dan	Member
Greece	DROSSOULAKIS	Spiros	4 dan	Member

Greece	DIMITRIJEVIC	Velibor	6 dan	Member
Greece	TSATSARAKIS	Nikolaos	3 dan	Member
Ireland	O MAHONEY	Tadhg	3 dan	Member
Ireland	O MAHONEY	Joe	3 dan	Member
Ireland	HARTE	Tim	5 dan	Member
Ireland	DUPUCH	Jerome	3 dan	Member
Ireland	MERRIT	John	4 dan	Member
Ireland	O' CONNEL	Findor	4 dan	Member
Israel	GLIKSMAN	Iris	3 dan	Member
Israel	FARKASH	Arie	6 dan	Member
Israel	GLIKSMAN	Arie	4 dan	Member
Israel	SCHWARTZ	Leonardo	4 dan	Member
Italy	LLOYD	Peter	3 dan	Member
Kambodia	SAMEDY	Sivathana	4 dan	Member
Luxemburg	BETTENDORF	Steve	3 dan	Member
Netherlands	SMAAL	Jaap	6 dan	Member
Netherlands	FIERET	Dirk	5 dan	Member
Netherlands	DUYX	Berrie	3 dan	Member
Netherlands	BROCKBERND	Andre	5 dan	Member
Netherlands	FIERET	Gertjan	3 dan	Member
Netherlands	DUYX	Harry	4 dan	Member
Portugal	SILVA Moreira da	Antonio Herminio	5 dan	Member
Portugal	ROCHA	Miguel	5 dan	Member
Portugal	PORTAS	Reinaldo	5 dan	Member
Portugal	CARRICO	Henrique	3 dan	Member
Portugal	LOBO dos Santos	Diamantino Jorge	3 dan	Member
Portugal	MIRANDA Garcia	Jose Luis	5 dan	Member
Portugal	OLIVEIRA Silva	Antionio Eduardo	3 dan	Member
Portugal	PACHECO	Joaquim	3dan	Member
Portugal	MACHADO	Fillipo da Fonseca Moreiro	4 dan	Member
Portugal	REIS	Armando		Member
Romania	PARASCHIVESCU	Theodor	4 dan	Member
South Africa	BURGER	Koos	7 dan	Member
South Africa	JACOBSZ	Karien	5 dan	Member
South Africa	PILLAY	San	6 dan	Member
South Africa	BRUWER	Rudi	4 dan	Member
Spain	SCHUBERT	Frank	4 dan	Member
Spain	MARTI Banuls	Lorenzo	5 dan	Member
Spain	FERNANDEZ Rincon	Martin	5 dan	Member
Sweden	LESNIK	Rajmund-Rajko	5 dan	Member
Sweden	PFAUS	Mona	3 dan	Member
Sweden	LESNIK	Bostjan	4 dan	Member
Sweden	BAJRAKTARI	Milo	5 dan	Member

Sweden	RAKAR	Thomas	3 dan	Member
Sweden	BERTA	Josef	3 dan	Member
UK/England	BARRON	Paul	5 dan	Member
UK/England	FEDYK	Les	3 dan	Member
UK/England	DUGGAN	John	4 dan	Member
UK/England	CARNEY	Terry	3 dan	Member
UK/England	CARNEY	Michael	3 dan	Member
UK/England	COWBURN	Michael	5 dan	Member
UK/England	DUGGAN	Peter	4 dan	Member
UK/England	THOMPSON	Steve	5 dan	Member
UK/England	SPEED	John	4 dan	Member
UK/England	ARMSTRONG	Alan	5 dan	Member
UK/England	FEDYK	Michaylo	6 dan	Member
UK/England	GILLIS	Ian	3 dan	Member
UK/England	HOPKINS	Sandie	4 dan	Member
UK/England	WILLIAMS	Slater	6 dan	Member
UK/England	HOOTON	Roger	5 dan	Member
UK/England	GOMERSALL	Norman	4 dan	Member
UK/England	BEASLEY	Geoff	5 dan	Member
UK/England	WILLIS	Bob	4 dan	Member
UK/England	SHARPE	Paul	4 dan	Member
UK/England	ERRINGTON	John	5 dan	Member
UK/England	WILKINS	Dave	5 dan	Member
UK/England	FREARSON	Lauren	3 dan	Member
UK/Scotland	MARTIN	Jim	6 dan	Member
UK/Scotland	SAMMY	Paul	3 dan	Member
UK/Scotland	COLLINS	Michael	3 dan	Member
UK/Scotland	FISHER	Zander	5 dan	Member
UK/Scotland	McGEOCH	Gerard	3 dan	Member
UK/Scotland	FISHER	Ian	5 dan	Member
UK/Scotland	DUNKAN	Brian	3 dan	Member
UK/Scotland	CLARK	Bill	3 dan	Member
UK/Scotland	COWIE	Linda	3 dan	Member
UK/ N.Ireland	SPEIGHT	Arthur	3 dan	Member

SRKHIA 2006 Dormant members as of 1/4/2006 (32)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	<i>Status</i>
Australia	LITVIN	Yossi	4 dan	Dormant
Belgium	BRIJON	Frans	4 dan	Dormant
Belgium	LEHRER	Phillipe	3 dan	Dormant
Belgium	GOOR	Nico	3dan	Dormant
Finland	ANNUNEN	Hannu	4 dan	Dormant
Finland	LAASANEN	Jarmo	5 dan	Dormant
France	ECHEVERRIA	Cruz	3 dan	Dormant
France	DOBERNIG	Maurice	4 dan	Dormant
France	SIEDLIS	Jean Luc	4 dan	Dormant
Germany	HABERMEHL	Klaus	4 dan	Dormant
Germany	ACHILLES	Jirka	3 dan	Dormant
Germany	HOLZHAUSER	Ulrich	3 dan	Dormant
Ireland	Mc DONNELL	Colin	3 dan	Dormant
Ireland	SMITH	Dwane	3 dan	Dormant
Ireland	ELLIS	Gary John	4 dan	Dormant
Netherlands	LUITWIELER	Dorus	4 dan	Dormant
Poland	KURZAWSKI	Tadeusz	3 dan	Dormant
Portugal	SOUSA	Carlos	4 dan	Dormant
Slovenia	JAVORSEK	Ljubo	7 dan	Dormant
Slovenia	PLOSINJAK	Davide	3 dan	Dormant
Spain	DELGADO Herrera	Juan Pablo	3 dan	Dormant
Sweden	OPELOSKI	Mirce	6 dan	Dormant
Sweden	AXHEDEN	Patric	4 dan	Dormant
Sweden	AXHEDEN	Jessika	3 dan	Dormant
Sweden	JOHANSON	Andreas	3 dan	Dormant
Sweden	LINDQVIST	Jorgen	3 dan	Dormant
Sweden	BOHLIN	Lotta	3 dan	Dormant
Sweden	GANIBEGOVIC	Ismet	4 dan	Dormant
Sweden	MENDEL	Peter	3 dan	Dormant
UK/England	BARKER	John	3 dan	Dormant
UK/England	BOWES	John	3 dan	Dormant
UK/England	HALLIDAY	Brett	5 dan	Dormant

SRKHIA 2006 Suspended as of 1/4/2006 (27)

<i>Country</i>	<i>Name</i>	<i>First Name</i>	<i>Dan Grade</i>	
Andorra	CHEMELLO	Laurence	3 dan	
Andorra	DELPINO	Floreal	6 dan	
Australia	FENECH	Paul	4 dan	
Belgium	VEYS	Laurence	4 dan	
Belgium	STEVENS	Mark	5 dan	
France	VERBEEK	Alain	6 dan	
France	LEROMANCER	Christian	4 dan	
Germany	GRIEBENOW	Kark-Heinz	5 dan	
Germany	NEBLUNG	Veit	3 dan	
Germany	RATSCHKE	Lothar Josef	6 dan	
Germany	ACHILLES	Willfried	5 dan	
Germany	WINKELMAN	Jes	3 dan	
Ireland	HOSEY	John	4 dan	
Italy	MENEGAZZI	Renzo	3 dan	
Italy	PURICELLI	Luciano	6 dan	
Italy	RIZZO	Davide	4 dan	
Poland	KONIECZKA	Grzegorz	3 dan	
Portugal	RAMALHO Duarte	Vitor Manuel	5 dan	
Portugal	REGADAS	Antonio	4 dan	
Portugal	SALES Alves Braga	Carlos Manuel	3 dan	
Spain	MUNOZ I OTTI	Miguel		
Spain	GOMEZ MARTINEZ	Marceliano	4 dan	
Sweden	EMANUELSON	Roland	3 dan	
Sweden	ASIMAKIDIS	Giannis	4 dan	Resigned
Sweden	LERIC	Igor	3 dan	
UK/England	FAWCETT	Fred	5 dan	
UK/England	CUSIC	Andrew	4 dan	

SRKHIA News

Reports

KSK Israel held in April 2006 its Annual Spring Seminar, an event which carries a 22 years tradition.

The special thing about this year's Seminar was the presence of many new members. As you may know the situation in Israel was very difficult the last years. People did not have the possibility to train regularly and keeping the Dojo running was difficult. But KSK Israel did not give up. It gave better service, encouraged the people and supported the others. KSK Israel is giving free classes to places that cannot afford to pay and helps the community. Finally the results started to come. This year about 80 new members were added, mostly kids but we are very happy, Kids are our future. So the conclusion is that with all the problems we are looking forward to a better future in Karate.

KSK Israel is getting stronger, we had visitors from overseas and from other clubs in Israel. This is very encouraging.

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.

The Belgian Karate Shotokan Academy organizes the KSK Memorial Kase sensei Course from 13 – 14 May 2006 in Hasselt, Belgium, under the direction of Shihankai members Heene Dirk, 7 dan, Martin Jim, 6 dan, Lecourt Pascal, 5 dan and with Vanroy Mario, 5 dan, as guest instructor.. For further information please contact the BKSA Honbu Dojo and Heene Dirk sensei, tel/fax 0032 11 727068, e-mail bksa.honbudojo@pandora.be or look the appropriate links at www.bksa.be

Academy's Spring Gasshuku will take place from 1 to 4 June 2006 in Nahariya, Israel, organized by KSK Israel. All necessary information and details are found in another section of this Newsletter.

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

Farkash Arie sensei, 6th dan, will visit Australia from 14 – 16 July, to direct the Zanshin Shotokan Australia winter seminar. 3 days of Shotokan Kase Ha training. We are getting ready for the coming Zanshin Week. The plan is to work on HENTE and SEITE in combinations. Lately Zanshin members are doing very well in tournaments. This seminar is connecting the Kase Ha ideas and spirit to the daily training in order to improve and be more successful.

The course is organized by Sydney City Dojo. Information please contact sensei Yosi Litvin 5 Dan (KSK member) toragold@ozemail.com.au

SRKH Finland has the pleasure to host Heene Dirk sensei, 7 dan and Shihankai member, from 26/7 to 6/8 2006, for two courses in the area of Pirkanmaa and Middle Finland. The first course will take place in Kangasala city from Friday 28/7 till Sunday 30/7 (Venue, Lukio school, Kangasala city). The second course will take place in Piispala, Kannonkoski from Wednesday 2/8 till Saturday 5/8. The whole program includes certain other social and leisure activities. Anyone interested in these courses may find course's details in www.kime.to or to contact the organizers, Janni Somppi, jani.somppi@meininki.com , gsm ++358 40 5272 975, or Jaakko Poikkimaki, jaakko.poikkimaki@moventas.com , gsm ++358 400 476 538.

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will organize and direct the Summer Karate do Camp 2006, from 31 July – 5 August 2006, in the Vlassina Lake, Serbia. The natural environment, combining the lake with mountain, provides an excellent training environment. Accommodation and dojo are found in the same complex. If you want to study the secrets and a genuine approach to Kase ha Shotokan ryu you are invited in the Camp. For more information you may contact Dimitrijevic sensei, vebodo@gmail.com

Farkash Arie sensei, 6th dan, will visit again Australia from 20 -22 October to direct the Zanshin Week 2006. This is the main event of this year. The seminar will take place by the lake and by the sea of Ballina, Australia, one of the nicest places in this world. This is the event that 6 years ago Sensei Kase visited Australia for the first time and accepted Zanshin Shotokan under his wings.

This seminar is dedicated to promote KSK direction. The last years Zanshin week turned to a very attractive event. People from all over the world are attending this seminar and booking, in advance, for the next one.

For more information please contact sensei Kora Nowak, Chief instructor of Zanshin Shotokan toragold@ozemail.com.au

The Module 3 of the Kase Ha Shotokan Ryu Karate Do Basic Training Course, organized and conducted by SRKHIA members Lorenzo Marti, Martin Fernandez and Frank Schubert in Spain, will be conducted on 28 May 2006. Module 1 and Module 2 have been conducted on 5 Nov 2005 and 25 Feb 2006 respectively.

The course aims to introduce the basic principles of Kase ha Shotokan ryu Karate do and is directed to advanced Shotokan students and instructors with a minimum level of brown belt, regardless of association. Its conduct is organized in 3 Saturday intense seminars within one year. Each seminar consists of 4-½ hours practice and 1-½ hours theory, sharing of opinions and discussion. The detailed Course Curriculum is as follows:

Module 1: Hanmi-dachi (Posture principles) - O-waza, with the example of Zuki-waza: Speed & Kime - Fudo-dachi (Correct development from Kiba-dachi, Comparison to Zenkutsu-dachi) Shuto-uchi / Haito-uchi: Correct execution of individual techniques Basic series of Uke-waza with closed fist (8 blocks) Special breathing to use the energy from the Hara Correct movements with Kae-ashi (Hanmi-dachi and Fudo-dachi, front and back)

Module 2: Centering and ground connection (Posture and breathing principles), from O-waza to Ko-waza with the example of Zuki-waza / San-dan zuki From Hanmi-dachi to Fudo-dachi (Correct development to the front and backwards) Uke-waza with open hands: Correct techniques Basic series of Uke-waza, with open hand

blocks Special breathing to use the energy from the Hara and the ground Correct moving with Tsugi-ashi Ten-no-kata (if enough time).

Module 3: Using of pressure to the ground for your techniques (Energetic and postural principles) - From O-waza to Ko-waza, with the example of Uke-waza, defenses with closed fist - Timing of the defenses - Go-no-sen: Sei-te (closed fist and open hand techniques) Ten-no-kata, Ten-no-kata-ura Projection of energy through the contact part of our arms/hands into the target Correct moving with Yori-ashi (Suri-ashi) Combinations of Kae-ashi, tsugi-ashi and yori-ashi.

If you want to participate or you want more information please contact Frank Schubert, info@kamikazeweb.com or Martin Fernandez, martin_fdez@yahoo.es

Are you interested in kobujutsu? Dick Fieret, 5 dan, organizes a series of kobujutsu trainings on 22/4, 20/5, 24/6. In addition Budo club Fieret organizes its annual Budostage in Terneuzen, the Netherlands, on 9 and 10 December 2006 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.

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 Eand it will be put in the Newsletter, so all members will be informed.

Quotation of the month

"We practice for thousands of days; whether we win or lose is decided in an instant."

Jigoro Kano, founder of Judo

The next Newsletter will be edited in the first week in June 2006. Stay strong, train hard, enjoy life and meet at Academy's Spring Gasshuku in Israel.

SPRING GASSHUKU 2006 PARTICIPATION FORM

Hello Hello Hello Academy Member.

Please fill in this form and send it to arie@sskai.com

1. Name _____
2. Date and time of arrival _____ Flight _____
3. Date and time of departure _____
4. Where are you going to stay?

5. If you stay at Plaza Hotel, what kind of room would you like?
 - 4 people in the room
 - 3 people in the room
 - 2 people in the room
 - Single room
6. Do you wish to join the tour to Jerusalem and "Massada"? Yes/No .
7. Do you need anything else that we will take care of?

Please give us as much details as possible in order to make your stay as comfortable as possible.