



# SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

## NEWSLETTER 9/06

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### **From the editor**

Summer has passed by, the circle of life continues, the circle of activities as well. The beginning of the new season is a time of all of us to look inside, search in ourselves to find where we stand and plan our training schedules in order to reach our targets. Academy's Gasshuku in the end of September is a good opportunity in that direction.. The Gasshuku is the main event of our Academy. A certain number of members have been registered for participation. I want to address these people by saying to look carefully in the relevant part of this Newsletter for instruction which will facilitate your movement to and from Lilleshall and will help organizers to better prepare for the event.

Closing this short introduction I want to wish everybody a successful and fruitful training season.

### **Academy Fall Gasshuku 2006**

Registration for SRKHIA Fall Gasshuku 2006, in Lilleshal National Sports Center in England, from Friday 29 September to Sunday 1<sup>st</sup> October 2006, closed on 31 August 2006. No more registration is possible. At the end of the Newsletter you will find the list of those registered their participation. If you have register your participation but your name is not on the list, please contact Alan Armstrong, on behalf of the organizers, [alan@armstrong-associates.net](mailto:alan@armstrong-associates.net) as soon as possible.

In addition you must sent by 15 September your flight schedule and your inyention to use the bus service from Birmingham International Airport to Lilleshall on Friday 29/9 afternoon and Sunday 1/10 afternoon again.. Unless you do that, organizers will not be able to setup this service, which undoubtedly will help all those coming to the Gasshuku from outside UK. So do it now.

A reminder on the event is found below.  
Organisational Information

1. Training Schedule

- a. Saturday 09.30 -11.30 & 14.15 -15.45. Grading 1600
  - b. Sunday 09.00 - 10.30 & 10.45 to 12.15
2. Room occupancy will be available from approximately 12.00hrs Friday 29<sup>th</sup> September. All rooms must be vacated by 14.00hrs Sunday 1<sup>st</sup> Oct. PLEASE NOTE THAT BOOKING CAN BE MADE THROUGH ESA ONLY, SO PLEASE DO NOT ATTEMPT INDIVIDUAL BOOKING.
3. Food Service Times are fixed and are as follows:
- a. Dinner Fri 29/9:18.30 to 19.30
  - b. Breakfast Sat 30/9 & Sun 1/10: 07.30 to 08.30
  - c. Lunch Sat 30/9 & Sun 1/10:12.30 to 13.30 Sat/Sun
  - d. Evening Social Function & Entertainment, Sat 30/9: 19.00

**4. Transport Arrangements, VERY IMPORTANT**

- a. An **organised bus/coach** will be available Friday 29<sup>th</sup> Sept for members flying into Birmingham International Airport. The bus will leave Birmingham mid afternoon sometime between 14.00 and 16.00. An approximate price will be about £10 (14 Euro) single trip per person. Specific information on that will reach you soon.
- b. The bus will depart Lilleshall Sunday 1<sup>st</sup> Oct shortly after room vacation at 14.00hrs.
- c. **Train:** Take a direct shuttle service from BIA to Birmingham Central Station. From here change for Birmingham New Street Station and then connect and travel onto Telford. Total journey time is approximately 1 hour. Travel cost for open return ticket is approximately £11.40 (16 Er). From Telford a taxi to Lilleshall (approx 10 miles will be required)
- d. Trains are scheduled to run every half hour on weekdays. On Sundays the first train from Telford is scheduled from 09.00 and every hour after.
- e. It may be possible to organise pick-ups from Telford again dependant on the response from members wishing to follow this method of travel.
- f. **Hire car** is another good option Lilleshall is approximately one and a half hours from Birmingham Airport. From Birmingham Travel North to M6 Exit at junction 10A onto M54 Telford exit M54 at junction 3 and follow the A41 north towards Whitchurch continue onwards until the beginning of the A41 Newport bye pass. Lilleshall National Sports Centre is signposted left off this road South of Newport. PLEASE REMEMBER THAT DRIVING IN UK IS ON THE LEFT SIDE OF THE ROAD

5. .Lilleshall Address Details:

Lilleshall National Sports Centre  
Nr Newport, Shropshire, TF10 9AT  
**Telephone:** ++44 1952 603003

More about the venue, <http://www.lilleshall.co.uk/> .

**T. Asai sensei passed away**

It is with sorrow to inform you that Asai Tetsuhiko sensei, 9 dan, passed away on the 15<sup>th</sup> August 2006, after a long battle with leukemia.

Asai sensei was born in 1935, in Ehime Japan. A graduate of the Takushoku University and the well known JKA Instructors Course, former All Japan kumite and kata champion, he had taught karate in many places around the globe. Asai sensei was known for his particular style. Following the death of Nakayama sensei and the splitting events which followed within the JKA, Asai sensei founded Japan Karatedo ShotoRenmei, of which he was Chief Instructor until his death.

His funeral took place on 1<sup>st</sup> September 2006 in Tokyo Japan.

We all take a moment to pray for Asai sensei. His soul may rest in peace

## **Coaching and Training Principles**

by Fedyk Michaylo 6dan, Shihankai member

### **4.5: Endurance - General Basic**

#### **4.5.1:Rationale**

The general conditioning phase will have provided a good base for the increase in workload at this stage of training.

Continuation of the development of aerobic endurance must be maintained and will be applied in similar fashion to that of the conditioning phase.

Further training adaptation of muscular / speed endurance and anaerobic efficiency is required at this stage, this will provide a strong base for the karate skill-orientated training that will take place during the special preparation cycle.

#### **The Expected Training Adaptations (NCF, 1995) include:**

- Increased muscle stores of ATP, phosphocreatine and glycogen.
- Enhanced quality and function of muscle fibres particularly fast-twitch.
- Increased activity of enzymes, which are involved in the process of producing energy anaerobically from glucose and glycogen.
- Enhanced speed of movement.
- Improved resistance to fatigue during high intensity exercise.

The endurance sessions will be based on the same format used in the conditioning phase i.e. interval training with some modifications of the training method.

The sessions will only take place two times per week, remember two speed sessions have been introduced during this preparation phase, over training must be avoided.

#### **4.5.2: Training Schedule Weeks 6 - 21**

##### **Week 6**

Recovery week as described at week 6 in general conditioning section.

##### **Schedule Weeks 7 - 10**

Apply the first session of week 7 as a test session and compare the distance achieved against that of the last session of week 5, maintain this routine for the second session.

**Weeks 8 - 9** introduce a change to the interval timing.

Maintain a **20 minute** run time and introduce interval sprints of **30 seconds** duration every **2½ minutes** and at an intensity of 80 - 90% MHR. Maintain a 60 -70% MHR

between each interval sprint. Take note of the distance achieved and record THR and recovery time to RHR.

**Week 10** - recovery period reverts back to runs as week 7.

### **Schedule Weeks 11 - 14**

**Week 11** - apply the two sessions as week 9.

### **Weeks 12 - 13**

Maintain a **20 minute** run time and introduce interval sprints of **30 seconds** duration every **2 minutes** and at an intensity of 80 - 90% MHR. Maintain a 60 -70% MHR between each interval sprint.

**Week 14** - recovery period reverts back to runs as week 7.

### **Schedule Weeks 15 - 18**

**Weeks 15 - 17** - A slight change to the routine.

### **Two - part session.**

1. 20 minute run at a 70% MHR use this as an aerobic maintenance and warm up for the second part of the session concentrating on anaerobic endurance.
2. 10 x 100 metre fast submaximal-sustained runs, jog back recovery in between each effort.

**Week 18** - recovery period 2 x 20 minute runs at 70% MHR.

### **Schedule Weeks 19 - 21**

**Weeks 19 -20** - revert back to the interval training as applied in weeks 12 -13.

**Week 21** - recovery and test period, revert to the training as weeks 8 -9 and compare distance against original recorded distance and THR / recovery time.

***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: Kiai**

We have spoken in the past about kiai. Kiai is not something new; masters of the past have referred to that subject. Here is an excerpt from Miyamoto Musashi's "Go Rin no Sho" on that subject.

"The three shouts are divided thus, before, during and after. Shout according to the situation. The voice is a thing of life. We shout against fires and so on, against the wind and the waves. The voice shows energy. In large scale strategy, at the start of battle we shout as loudly as possible. During the fight the voice is low pitched, shouting out as we attack. After the contest, we shout in the wake of our victory. These are the three shouts.

In single combat, we make as if to cut and shoot "Ei" at the same time to disturb the enemy, then in the wake of our shout we cut with the long sword. We shout after we have cut down the enemy- this is to announce victory. This is the "sen go no kake" (before and after voice). We do not shout simultaneously with flourishing the long sword. We shout during the fight to get into rhythm. Research this deeply."

### **Membership status:**

The Membership list for 2006 was included in the last Newsletter, however some more membership fees payments were received by now. So an updated list appeared will be appeared in the SRKHIA web site [www.shotokan-ryu-kase-ha.de](http://www.shotokan-ryu-kase-ha.de) soon.

I want to take this opportunity to underline a point. You are addressing me for wrong reference to your dan grades, however please keep in mind that especially when you are graded outside SRKHIA, unless you inform me, there is no way to be informed otherwise. So please do not forget to inform the SRKHIA Secretariat for any changes to your dan grades or changes to your e-mail address as well.

### **SRKHIA News**

#### **Reports**

#### **A visit to my sensei, by Farkash Arie, 6<sup>th</sup> dan, KSK Israel**

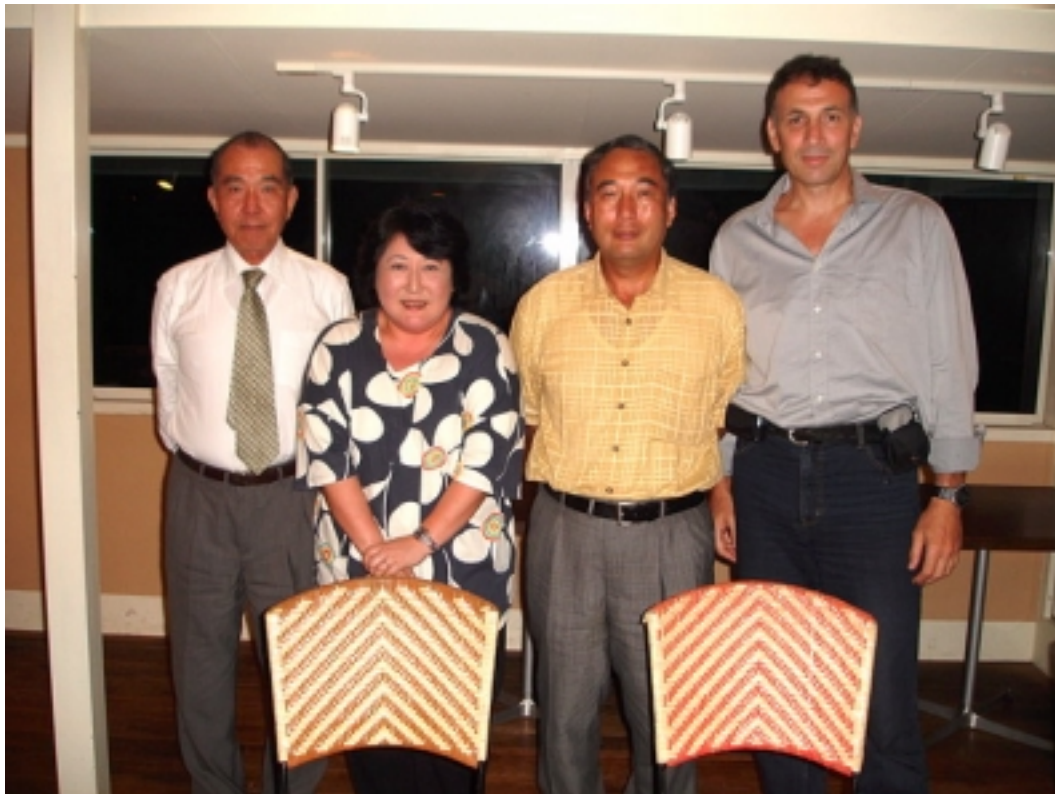
It's Monday morning. I am hitting the road to Chiba to visit Sensei. I want to tell him how much we miss him. It's raining, no one is here. The place is very peaceful.



Sensei, rest in peace please



I was walking around and around but I knew that when I'll see the place I'll just know that I'm there.



Kase family invited me for a wonderful dinner. We spoke about 4 hours about Sensei and brought up wonderful memories. We all felt like if Sensei would be with us.

## A letter to my Sensei:

Dear Sensei,

It's already a year and a half that you are watching us from above. I'd like you to know that we miss you very much. Any occasion you are mentioned and we feel you very close but it's not the same.

You gave us a direction but, it's very hard without you. I feel that your members are great people and trying very much because they love. I am sure that this love and the memories are the way to keep on going forward in the direction of "Kase Ha".

For me "Kase Ha" is not only the Karate but a direction in anything and everything that is connected with Life. Coming here to Japan and visiting you, writing this letter and remembering all the great moment is a source of energy that is helping to overcome hardship and obstacles.

Unfortunately this is a hard period for us in Israel but I'm sure that it will be over soon and will go back to normal and for a better life.

Ossu

Arie Farkash  
Your student

### **Recommended Courses:**

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

Lecourt Pascal, 5 dan, will teach a course on 7<sup>th</sup> and 8<sup>th</sup> October 2006, in Zeist, the Netherlands, organized by Stichting Dokan and Brockbernd Andre. The training is open to every karateka irrespective of style. Participants should be yellow belt and above. For more information or enrolment please contact Stichting Dokan Secretariat, Nijenheim 2426, NL 3704VK, ZEIST, tel / fax ++31 30 6963479, e-mail [stage@dokan.nl](mailto:stage@dokan.nl), web [www.dokan.nl](http://www.dokan.nl)

Farkash Arie sensei, 6<sup>th</sup> 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. It is the same event that Kase sensei visited Australia for the first time, 6 years ago, and accepted Zanshin Shotokan under his wings.

This seminar is dedicated to promote KSK direction in Australia region. The last years Zanshin week turned to be 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 Kora Nowak sensei, Chief instructor of Zanshin Shotokan [toragold@ozemail.com.au](mailto:toragold@ozemail.com.au)



Lecourt Pascal, 5 dan and Shihankai member will visit Australia, in November, invited by Paul Fenech and Buton Shotokan, for two seminars. A Sidney seminar (Fairfield Leisure Centre, Vine St Fairfield) from 3<sup>rd</sup> to 5<sup>th</sup> November 2006 and a Tasmanian seminar (Federal St, North Hobart) from 8<sup>th</sup> to 10<sup>th</sup> November. The Seminars are open to all karateka regardless of rank and style. For further information look on [www.bukonshotokan.com](http://www.bukonshotokan.com) or may call Paul Fenech 0414 536533.

Budo club Fieret organizes its annual Budostage in Terneuzen, the Netherlands, on 9 and 10 December 2006. Training includes Kase ha Shotokan ryu Karate do and Okinawan kobujutsu with guest instructors Dirk Heene, 7dan and Julian Mead, 6dan. Are you interested? Contact Enquiries to: Dick & Gertjan Fieret, e-mail: [dfieret@zeelandnet.nl](mailto:dfieret@zeelandnet.nl), tel: 0031 -115-696383 of 695072.

What if you combined karate with tourism in far away corners of the world? If you find it a good idea, here you are. Samedy Sivathana, 5 dan is organizing a visit to Camdodia, where training together with Cambodian Karate do Shotokan Academy and touring the country are combined, for the period from 26 December 2006 to 6 January 2007. Details of the program as follows:

**Tuesday 26 Dec 2006** Departure from PARIS to PHNOM-PENH

**Wednesday 27 Dec 2006 Arrival PNH .**

Welcome and transfer to hotel Pacific or Mittapheap.

Lunch at city restaurant. Afternoon visit city, Royal Palace, National Museum.

Dinner at city restaurant. Accommodation at hotel.

**Thursday 28 Dec 2006**

Karate-do training course 05:30 – 06:30 AM

Breakfast at hotel.

Visit Tonle Bati , Phnom Chso etc... Lunch on the way.

Afternoon Meeting with Club Karate-do Cambodia (small committee with **CKSA** )

Dinner and accommodation at hotel.

**Friday 29<sup>th</sup> Dec 2006**

Breakfast at hotel.

Stay in PNH . ( **1<sup>st</sup> Karate-do KASE SENSEI -CUP afternoon** )

Dinner at city restaurant , Accommodation at hotel.

**Saturday 30<sup>th</sup> Dec 2006**

Breakfast at hotel.

08:30 Departure Transfer to Siemreap ( REP by Bus . Lunch on the way at Kompong Thom. Arrive at REP, visit Angkor wat temple. Dinner at city restaurant with spectacle,. Accommodation at Mini hotel ( Chanres , ...)

**Sunday 31<sup>st</sup> Dec 2006**

Breakfast Visit Angkor Thom and Visit Banteay Srey and Kbal Pean mountain ( with carving and stream of thousand Linga of **Siva** ) . Picnic lunch. Dinner, accommodation at hotel.

**Monday 01<sup>st</sup> Jan 2007**

Breakfast. Transfer back to PNH by speedy boat to see the Tonle Sap on the way .  
Lunch at PNH , after lunch transfer to Kompong Som. Dinner and accommodation at hotel .

**Tuesday 02<sup>nd</sup> – Wednesday 03<sup>rd</sup> Jan 2006**

Kompong Som – Sihanouk-Ville Beach

Early Breakfast 1 hour (go to Island by boat, lunch with results of fishing or diving)

Dinner and accommodation at hotel .

**Thursday 04<sup>th</sup> Jan 2006**

Breakfast morning enjoy at beach, after lunch transfer back to PNH .  
Accommodation at Pacific hotel.

**Friday 05<sup>th</sup> Jan 2006**

Free day, Shopping and Shopping with cyclo-pousse ( jewels, souvenirs, in Phnom-Penh)

**Saturday 06<sup>th</sup> Jan 2006**

Last morning shopping.

Afternoon transfer to Airport for Departure to France, Germany, Spain etc...

**End of Program**

PROGRAM OF KARATE-DO WILL BE FIXED WITH CKSA/SHIHAN-KAI/CKF  
(CAMBODIAN KARATE-DO SHOTOKAN ACADEMY – SHIHAN-KAI – CAMBODIA  
KARATE-DO FEDERATION)

**IMPORTANT**

TOUR FEE AS BELOW WITHOUT YOUR AIR-TICKET, CHECK WITH YOUR  
RESPONSIBLE COUNTRY GROUP

Group 03- 05 persons : 683 USD / person at PNH

Group 06- 08 persons : 596 USD / person at PNH

Group 09- 11 persons : 553 USD / person at PNH

Group 12- 15 persons : 519 USD / person at PNH

Price includes: Hôtel \*\* ( breakfast ), lunch, dinner-spectacle, bus, visit of Royal  
Palace, visit of National Museum, visit of temples, boat, guide in  
French.

Price does not include: Visa.

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](http://www.bksa.be) the site of Belgian Karate Shotokan Academy, leaded by Dirk Heene:

[www.vebodo.com](http://www.vebodo.com) the site of Velibor Dimitrijevic, 6 dan and Shihankai member;

[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.the-esa.info](http://www.the-esa.info) of the English Shotokan Academy;

[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 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

"Senri mo michi mo ippo kara"

-A journey of 1000 ri long, starts with a small step-  
[Learning karate starts with a small step too]

The next Newsletter will be edited in the first week in October 2006. Stay strong, train hard and enjoy life.

## SRKHIA FALL GASSHUKU 2006 PARTICIPATION

No	Applicant	Member / Guest	Training /Guest / Shihankai	Nationality	Deposit / Final payment	Room Allocation
1	Dirk Heene	M	S	Belgium	OK	Single
2	Jim Martin	M	S	Scotland	OK	Single
3	Pascal Lecourt	M	S	France	OK	Single
4	Velibor Dimitrijevic	M	S	Serbia	OK	Single
5	Mike Fedyk	M	S	UK/England	OK	Twin
6	Pascal Petrella	M	S	Germany	OK	Single
7	Alan Armstrong	M	E	UK/England	OK	Single
8	Spiros Drossoulakis	M	E	Greece	OK	Single
9	Alexandra Laurence	G	G	UK		Twin
10	AL partner / parent	G	G	(Singer)		
11	Tim Harte	M	T	Ireland	OK	Single
12	Tadhg O'Mahony	M	T	Ireland	OK	Single
13	Barry O'Connell	M	T	Ireland	OK	Single
14	Joe O'Mahony	M	T	Ireland	OK	Single
15	John Merritt	M	T	Ireland	OK	Single
16	Ray Merritt	G	T	Ireland	OK	Single
17	Tommy Ryan	G	T	Ireland	OK	Single
18	Willie Ryan	G	T	Ireland	OK	Single
19	Dwayne Smith		T	Ireland	OK	Single
20	Jerome Dupuch	M	T	Ireland	OK	Single
21	Leslie Fedyk	M	T	UK/England	OK	Twin

22	Mike Cowburn	M	T	UK/England	OK	Twin
23	Anita Cowburn	G	G	UK/England	?	
24	Ashley Cowburn	G	T	UK/England	?	Single
25	Mike Cooper	G	T	UK/England	?	Single
26	Adam Reynolds	G	T	UK/England	OK	Single
27	Ian Gillis	M	T	UK/England	OK	Single
28	Sandie Hopkins	M	T	UK/England	OK	Single
29	Norman Gomersall	M	T	UK/England	OK	Single
30	Slater Williams	M	T	UK/England	OK	Single
31	Bob Willis	M	T	UK/England	OK	Single
32	Geoff Beasley	M	T	UK/England	OK	Twin
33	Gail Newton	G	T	UK/England	?	
34	Frank Adams	G	T	UK/England	?	
35	Ali Bourne	G	T	UK/England	?	Single
36	Paul Sharpe	M	T	UK/England	?	
37	John Speed	M	T	UK/England	OK	Single
38	Chris Tegerdine	G	T	UK/England	?	
39	Chandu Patel	G	T	UK/England	OK	Single
40	Paul Barron	M	T	UK/England	OK	
41	Geoff Dixon	M	T	UK/England	?	Single
42	Dave Wilson	G	T	UK/England	?	Single
43	Peter Duggan	M	T	UK/England	-?	Non-residents
44	John Duggan	M	T	UK/England	-?	
45	Paul Sammy	M	T	Scotland	OK	Twin
46	Ciara McGrath	G	T	Scotland	OK	
47	Ian Fisher	M	T	Scotland	OK	Twin
48	Zander Fisher	M	T	Scotland	OK	
49	Michael Collins	M	T	Scotland	OK	Twin
50	Gerry McGeogh	M	T	Scotland	OK	
51	Peter Holmen	M	T	Sweden	OK	
52	Thierry Dewez	G	T	Sweden		
53	Mona Pfaus	M	T	Sweden	?	Single
54	Dan Soderburg	G	T	Sweden	?	Single
55	Dirk Schnieder	G	T	Germany	OK	
56	Petra Gilgin	G	T	Germany	OK	Single
57	Sandra Wangler	G	T	Germany	OK	Single
58	Gerhard Scheuriker	M	T	Germany	OK	Single
59	Oliver Sprinz	M	T	Germany	OK	Single
60	Miguel Rocha	M	T	Portugal	OK	Single
61	Reinaldo Portas	M	T	Portugal	OK	Single
62	Henrique Carrico	M	T	Portugal	OK	Single
63	Joaquim Pacheco	M	T	Portugal	OK	Single
64	Jean Pierre Clemence	M	T	France	OK	Single
65	Jaques Torquato,	M	T	France	OK	Single
66	Christopher Parlati,	G	T	France	OK	Single
67	Jani Somppi	M	T	Finland	?	Single

68	Jaako Poikkimaki	M	T	Finland	?	Single
69	Toni Gallen	M	T	Finland	?	Single
70	Pasi Nettamo	M	T	Finland	?	Single
71	Juan Pablo Delgado	M	T	Spain	?	
72	Miguel Rodriguez	G	T	Spain	?	
73	Manuel Crespo	G	T	Spain	?	
74	Andre Lallemande	M	T	Belgium	?	Twin
75	Noella Pire	G	G	Belgium	?	
76	Lorenzo Moruzzo	G	T	Belgium	?	
77	Franky De Rue	M	T	Belgium	?	
78	Annti Kovalainen	G	T	Belgium	?	

Cancellations							
1	17/8/06	Arie Farkash	M	T	Israel		
2		Raimo Lappalainen	M	T	Finland		Single
3		Markku Nieminen	G	T	Finland		Single
4							

Intended Coach Users					
		29/9/06 Flight arrival BIA	1/10/06 Flight departure		
1	Mona Pfaus	10.10am	Monday	Sweden	
2	Dan Soderburg	"	"	Sweden	
3	Pascal Le Court	16.50	?	France	
4	Pascal Petrella	N/A	N/A	Germany	
5	Dimitrijevic Velibor	1305	1750	Greece	
6	Drossoulakis Spiros	1305	1750	Greece	
7					
8					
9					
10					
11					
12					