



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 10/06

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From the editor

As I have just been back from SRKHIA Gasshuku in Lilleshall UK. I have in my bag a lot of interesting news for the Academy members. The course itself was very interesting and successful thanks to a very good organization by our ESA colleagues. Shihankai met and took important decisions on the way ahead of our organization, the most important being the agreement of the Statutes of the Academy and the decision to register the Academy in Brussels, as the center of Europe. Undoubtedly this is going to strengthen the Academy and be an important step in its way forward. More on these evolutions will be given as they will be developed.

Another point that I want to bring forward is the member's contribution to this Newsletter. Without your contribution cannot be Newsletter. All of us participate in various seminars or other activities. Why not share your impressions with other members. Why not to share other information regarding budo on the technical and spiritual aspect? I think that the Newsletter is the proper place to do so; therefore your contributions are expected.

New website for Kase sensei

A new website on Kase sensei, www.senseikase.com was initiated last month. Administrator of the site is his daughter Sachiko. The site focuses on personal information and pictures from the sensei, leaving the technical aspect of his art to other websites.

The site contains very good information on Kase sensei, from his early days till his death, which makes it worth of frequent visits by all of us.

Academy Fall Gasshuku 2006

The SRKHIA Fall Gasshuku took place on 30 September and 1 October 2006, at the Lilleshall National Sport Center in Great Britain. The event was organized by the English Shotokan Academy. 85 karateka from Sweden, Finland, Germany, Belgium, France, Greece, Serbia, Portugal, Ireland, Scotland and England participated in the event. Training sessions were led by Shihankai members.

On Saturday at the first training session Petrella sensei explained the use of breathing in karate and how it may help performance.

The second training session was conducted by Martin sensei. Martin sensei taught the bunkai of Gojushiho dai kata. Participants went through the different bunkai movements and then practiced them in pairs.

On Sunday morning, first session was taken over by Dimitrijevic sensei who continued on the subject of breathing. He explained how breathing should be used in techniques application and movement, in order to enhance kime. Participants went through different drills, which allow a better understanding.

In the last session, Lecourt sensei directed the group through the different forms of Nijushiho kata –omote, ura, go, ura go- to conclude with bunkai application. Again participants worked on bunkai with partner, thus allowing the better apprehension of the kata.

On Saturday evening a Sayonara dinner took place, where all participants socialized in a relaxed mood, strengthening in this way bonds among members.

On Sunday afternoon, participants left Lilleshall with a satisfaction of having participated in a training activity well organized and conducted. They set their appointment in 12 – 15 July 2006 in Tampere, Finland.

Closing it is necessary to thank English Shotokan Academy and in particular Mike Cowburn, Alan Armstrong and Mike Fedyk for their work to organize a successful training event.

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

4.6: Training Schedule

4.6.1: Macrocycle Weeks 7 - 21

- ❖ **Monday** - Endurance a.m. & Flexibility.
- ❖ **Tuesday** - Strength a.m. - Skill p.m.
- ❖ **Wednesday** - Speed a.m. & Flexibility - Rest ½ day.
- ❖ **Thursday** - Endurance - Strength p.m.
- ❖ **Friday** - Endurance a.m. - Skill p.m.
- ❖ **Saturday** - Strength a.m. & Flexibility.
- ❖ **Sunday** - Rest day.

4.6.2: Week 3 - Session Examples

Warm up:

- ❖ General as described in conditioning section reduced time to 10 minutes.
- ❖ Use specific exercise as an additive i.e. practice in a slow mode the five heian kata, both left and right sides as a long consecutive exercise, approximately 10 minutes duration, maintain deep stances throughout.

Strength -Weight Circuit:

- ❖ Refer to the training protocol / schedule as described on page 32.
- ❖ Basic routines utilising the same exercises in different training formats dependent on and as described for each phase of the training cycle.

Flexibility:

- ❖ Make sure that adequate body heat is maintained throughout the stretching routine. Warm up again if required.
- ❖ Prior to the PNF stretching perform in relaxed and slow manner the five-heian kata in deep stances, this will help to prepare the lower limb area.
- ❖ Apply PNF stretching exercises appropriate to the development of the main limiting muscle groups and major joints associated with kicking skills.
 1. **Hamstrings** x 5 right & left legs.
 2. **Quadriceps** x 5 right & left legs.
 3. **Psaos Major** x right & left legs.
 4. **Adductors Short** x 5.
 5. **Adductors Long** x 5.

(McAtee, 1993) suggests adaptation of the safer CRAC / PNF method, a full descriptive methodology for each exercise is available in (Appendix 12).

Endurance:

- ❖ 20 minute run - unmeasured distance at 70% MHR.
- ❖ Interval speed - ups - every 2½ minutes increase TRH to 85 -90% of MHR.
- ❖ Maintain pace at 70% MHR between interval speed-ups.
- ❖ On completion of run jog for 5 to 7 minutes to a recovery rate of 45 - 50% of MHR.

Skill

- ❖ **Kata** application - Break down each kata practised into four specific sections and make slow and fast repetitive practice of each section x 5 right and left.
- ❖ **Kata** application - Practice each complete kata x1 slow - x1 medium - x1 fast.
- ❖ **Kata** application - Run through each kata at slow and relaxed pace, maintain good form throughout.

Speed:

- ❖ **WarmUp** -3 x 400 metres jog to moderate speed.
- ❖ **Warm Up** - Thorough static stretching of hamstrings.
- ❖ **Sprints** - 10 meter running start - sprint 40 meters and 10 to 20 metre speed reduction, walk back to start position A and repeat x 6.
- ❖ **Sprints** - 10 metre running start - sprint 40 meters and 10 to 20 metre speed reduction, turn and start the exercise again at start position B to A repeat x 6.
- ❖ **Sprints** - Carry a light weight in each hand -10 meter running start - sprint 30 meters and 10 to 20 metre speed reduction, walk back to start position A and repeat x 6.
- ❖ Finish session with another 3 x 400 meters jog and further stretching of the hamstrings.

Cool Down:

- ❖ A gentle recovery down to normal R.P.R.
- ❖ A reversal of the warm up procedure may be applied at a lower intensity.
- ❖ Apply five-heian kata in a very relaxed and slow manner emphasising deep stances to aid stretching.
- ❖ Hot shower and rest.

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.

SRKHIA News

SRKHIA Executive Committee

The Executive Committee of the SRKHIA is the body responsible for the day to day running of the Academy business. According to the Statutes of the Academy the Exec Comm is composed by the President, Vice President, Secretary and Treasurer. Today these positions are held by Heene Dirk as President, Martin Jim as Vice President, Drossoulakis Spiros as Secretary and Armstrong Alan as Treasurer. It should be brought to the attention of the members that, according to Academy Statutes, members of the Executive Committee are proposed by the Shihankai and approved by the General Assembly. All Academy members are eligible for these positions, so in the future members who want and are able to serve the Academy's purpose may be called upon to assume these duties and offer their services to our common aim.

Reports

SRKH Course in Colombia, directed by Marco Gomez, 5th Dan.

By HECTOR M. LIMAS C. 4th Dan, Instructor SRKH Colombia, Seminar Assistant.

On the 4th of August and as part of the program of activities of our Association, we had the opportunity, as it has become traditional, to have the visit of our Technical Director Sensei Marco Gómez, active member of the SRKH Instructors Academy Europe, who did drive the Technical Seminar for instructors and Kyu grades of our Association.

For our Association this seminar was a great moment considering the big difficulties legal/ administrative that we had to face in order to get from the Department of Education, the official recognition as Cultural Association of Traditional Budo, dedicated of the study of Karate as educative discipline.

With this recognition we have achieved one of our objectives that, is to rescue our discipline from the sport meaning, the way it has been known in our country; and to bring back the traditional values of our art as it was transmitted in our time by master Yoshitaka and master Kase.

The seminar did begin with the study of the Dachi and mobility. The usage of the Tandem and the breathing was explained due to its importance.

Sensei Marco Gómez did emphasize the principles of action- reaction when generating and transmitting the energy using as the base the foot, and its paper as generator of the bodies dynamic.

Another point studied was the unnecessary usage of muscles that make the movements less efficient. The usage of the muscles of the neck and of the up part of the body does not give more dynamic when Dachi techniques are executed. Sensei Marco, did apply during the Kihon these principles, pointing out the advantages during the execution of uke or tsuki.

It was also studied during the seminar, the action of the Tandem in the Koshi sabaki and its application for the actions of tsuki and uke.

For the study of the dynamic, muscular action and breathing, the work in pairs was used. The oi tsuki was broken in four steps in order to understand the movement.

During Saturdays afternoon, it was studied the open hand techniques from natural position, studying o-waza, ko-waza and chu-waza, characteristics from Shotokan Ryu Kase Ha. The work was very interesting considering the mental and physical requirements in ko-waza, in which the kime has to be at the same level than in o-waza.

During the Sunday the work was prepared in order to study TAIKYOKU NO KATA and TEN NO KATA. The concepts of DEAI and GO NO SEN were studied. Practice of kumite was done following the techniques of these Katas.

With the work of Go Kata, Sensei Marco did show the real practice in self defense. Heian Shodan and Heian Nidan in Omote, Ura and Go were practiced, showing the need of practicing the both sides of the body, and its study for self defense.

During the afternoon the Kata Heain Oyo was studied. After the practice the work by three karatekas was done in order to study the bunkai.

At the same time the instructors did practice Niju shiho. It was corrected the execution of the technique (mawashi tekubi kake uke and the Hente techniques in the blockage of movements in which Age empi, Soto uke and Gedan barai with the same arm and in kiba dachi are used. The changes from smooth to quick movements in this kata were pointed out.

With this, the seminar did end with the compromise of our Association to go deeper in the aspects shown and keep with the diffusion of tradition karate.

We would like to thank Sensei Marco Gómez for sharing his experience and for his support.

Kase sensei Memorial Course 2007 in Paris

Although 2007 has not arrived yet it seems that certain dates should be marked in our calendar. 29 and 30 September 2007 are two of them. On that dates the 3rd Kase sensei Memorial Course will be held in Paris, organized by Amicale Kase. Shirai sensei and Lavorato sensei will normally teach at this course. Although more information will be provided in due time, please mark your calendar and plan your participation.

SRKHIA Gasshuku in 2007

The Shihankai at its meeting, during the last Academy Gasshuku in Lilleshall, decided that for 2007, the first Gasshuku will take place from 12 – 15 July in Tampere, Finland, organized by the Kase ha Finland; the second Gasshuku will take place from 13-14 October 2007, in Arlon, Belgium, organized by Sei Sen Karate Club Arlon with the support of Belgian Karate Shotokan Academy.

At this moment you may mark your calendars, while detailed information will be provided in due time.

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.

Lecourt Pascal, 5 dan and Shihankai member, will teach a course on 7th and 8th 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, web www.dokan.nl

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will conduct from 13-15 October 2006 the annual seminar for Honbu Dojo Athens members, at Sport Camp Loutraki, 70 Km from Athens, Greece. The course is open to every karateka. For more information please 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

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 3rd to 5th November 2006 and a Tasmanian seminar (Federal St, North Hobart) from 8th to 10th November. The Seminars are open to all karateka regardless of rank and style. For further Information look on www.bukonshotokan.com or may call Paul Fenech 0414 536533.

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will conduct from 18-19 November 2006 a course in Novisad, Serbia, for the members of Serbian Shotokan Academy. The course is open to every karateka. For more information please contact Dimitrijevic sensei vebodo@gmail.com or the organizers dodersport@yahoo.com

Lecourt Pascal, 5 dan and Shihankai member, will teach a course on 17th and 18th November 2006, in Dublin, Ireland, organized by Dublin Shotokan Academy. The training is open to every karateka irrespective of grade or style. For more information or enrolment please contact Jerome Dupuch, tel 00353 87-9893765, e-mail info@dublinshotokanacademy.com , www.dublinshotokanacademy.com

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will conduct from 25-26 December 2006 a course in St Helens, in England, Great Britain, for the English Shotokan Academy. For more information please contact Mike Fedyk sensei MichayloFedyk@sthelens.gov.uk

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, tel: 0031 -115-696383 of 695072.

Dimitrijevic Velibor sensei, 6 dan and Shihankai member, will conduct from 23 – 25 December 2006 in Nis, Serbia, the regular Instructors course of the Serbian Shotokan Academy. For more information you may contact Dimitrijevic sensei vebodo@gmail.com

You have been informed, in previous Newsletter, on the project of our friend and Academy member Samedy Sivathana, 5dan, to organize a visit which will combine training and tourism in Cambodia. However no plan survives contact with the enemy. And the enemy in this case is the finances. The air ticket, due to the touristic period in Cambodia is too high, so Sivathana was obliged to cancel the plan. Therefore if you were planning to participate in this trip, you have to wait for a future opportunity.

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.

SRKHIA Newsletter

The current Newsletter arrives at you on a monthly basis since January 2002. However due to certain circumstances the monthly issue cannot be continued any more. Therefore from January 2007 the Newsletter will be issued on a quarterly basis in January, April, July and October. I want to take this opportunity to ask you to contribute the Newsletter with news, reports, articles etc. After all the Newsletter belongs to Academy's members, so member's contribution is necessary for its proper issue.

Recommended Internet sites,

www.senseikase.com site with personal information on Kase sensei, www.bksa.be the site of Belgian Karate Shotokan Academy, led 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

“Only after the last tree has been cut down,
Only after the last river has been poisoned,
Only after the last fish has been caught,
Only then will find out that money cannot be eaten”

Big Chief Elk

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