



SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

NEWSLETTER 12/06

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Commemoration ceremony for Kase sensei

Friday, November 24th 2006 marked two years since Kase sensei passed away. On that day a commemoration ceremony took place in his house in Paris, organized by his family. Together with his wife and younger daughter Sachiko, in their home in Paris, a number of family friends of the family and the closest students of our sensei were present. From the Academy, sensei Dirk Heene, Velibor Dimitrijevic, Pascal Lecourt, Pascal Petrella, Alan Armstrong and Milo Bajractari attended the ceremony. Also present, among others were sensei Hiroshi Shirai and Jean Pierre Lavorato.



Commemoration ceremony included a Buddhist ceremony, paying tribute to the name and sensei's heritage.

Kase sensei is not among us physically; however his spirit remains alive among his students, deshi. Besides his distinguished Karate-Do style, his cordiality, his open minded character and his amazing positive energy will eternally be a driving force and an example to follow. And is our duty, giri, to train our students in the spirit of our master.

Coaching and Training Principles

by Fedyk Michaylo 6dan, Shihankai member

5.2.2: Training Schedule Weeks 22 - 44

Week 22

As per usual test all components of fitness and assess gains made against past results. Use the remainder of the week to run through the exercises that will be applied in the plyometric and isotonic power sessions.

Weeks 23 - 30 - Plyometrics

Application of a basic plyometric circuit will take place. This will be used to ensure the subject is gradually progressed to physical adaptation for more intense and specific exercises during the next stage of the macrocycle.

Circuit x 3 - (1 x 30 seconds - 1 x 15 seconds - 1 x 10 seconds per exercise).

- 4 way forward/back/side cross-jump.
- Hexagonal jumps from centre point to each fixed point and back to centre.
- Bench - side to side jumps travel along the bench length turn and repeat.
- 20-metre 1 leg hop - jogs back and repeats opposite leg.
- 25-metre long high striding - jogs back and repeats exercise.

After each circuit use specific stretching exercises to aid recovery between circuits.

On week 26 and 30 the recovery sessions only apply one circuit of 30 seconds.

Weeks 31 - 38

Continue sessions twice per week.

- Lateral Barrier Jump - 30 seconds maximum x 3 sets as many jumps as possible.
- Standing Pike Jump - Jump and raise legs together using hip flexion to bring legs to high position in front of body 6 reps x 3 sets.
- Depth Jump / Barrier - Jump of 20" box land and clear 10" barrier 6 reps x 3 sets.
- Bounding - 25 metres high lift stride try to hold extended leg position in air 3 sets.

The number of exercises has been slightly reduced to accommodate exercise intensity. Gradually increase the number of reps to increase the intensity as the macrocycle progresses, but do not sacrifice quality for quantity.

At recovery weeks 34 and 38 revert back to the circuit exercise used during recovery weeks 26 and 30.

Weeks 39 - 44

Karate specific plyometric exercises.

- Dynamic Stance Lunge - from a half squat feet together position, explode into a full front stance position, slowly move forward into half squat position and repeat action on the opposite leg repeat x 6 reps and x 3 -5 sets. A punch action may be made with each rep simulating specific skill application.
- Half Step Mae geri (front kick) - from a front stance position make a half step forward, moving the back leg to front leg and then moving the front leg forward to front stance position. Immediately the front foot lands make a forward stepping maegeri from the back leg, land in front stance and repeat the action from this finished position 6 reps x 3 -5 sets.
- The same format as above may be used for Yoko Ke Komi geri (side - kick) and practice from Keba-dachi (side stance).
- Front Tuck Jump and Front Kick - two preparation bounce jumps are to be followed by a double knee tuck jump to the chest followed by application of a front kick from this position. On landing make two preparation bounce jumps and repeat the jump kicking with the opposite leg x 6 reps x 3 -5 sets.

The intensity of these specific exercises may be increased by performing more repetitions, remember quality should always override quantity, these exercises are extreme, tiredness may increase the possibility of injury which would be disastrous at this stage of the training programme.

Week 42 recovery week revert back to the circuit as weeks 26,30, 34 and 38.

Weeks 43 and 44 revert back to the circuit of week 23 - 30 and make two circuits per session only, using them as a gradual wind down of exercise intensity.

Weeks 23 - 30 - Isotonic Training

The exercises applied during the basic strength macrocycle for upper limb development will be simulated but gradually reduced to 30% of 1RM and an increase speed of repetitions.

Throughout this training macrocycle continue to use the **bench press, alternating inclined dumbbell press, shoulder press** and introduce a free weight **power clean**.

Weeks 23 - 30 apply the exercises at 50% 1RM x 4 reps and 3 -5 sets as adaptation takes place increase the reps and sets.

Week 26 and 30 is recovery time return to the reps and sets applied at the beginning of week 23. These weeks could also be used to retest strength against 1Rep Max's.

Weeks 31 - 38

Adapt the same training methodology as above reducing the load intensity to 40% 1RM x 4 reps x 3 sets and gradually increasing number as adaptation takes place, the reps should at this stage be produced faster.

Weeks 34 and 38 are recovery periods as above return to the reps and sets applied at the beginning of the cycle at week 31.

Weeks 39 - 44

Apply the same training methodology and now reduce the load to 30% 1RM again starting with 4 reps x 3 sets and gradually increasing work rate over the cycle. Maximum speed of exercise is the target at the end of this cycle. Week 42 is recovery period, reduce training level to that of week 39, for the next two weeks continue in this mode utilising the maximum speed of movement but taking care to avoid unnecessary injury especially with the power clean exercise. Testing against 1RM could also be taken again during this period.

Budo themes: Shikai, the four negative spiritual minds

Everybody knows that winning a fight is not a matter of physical strength only. It more associated with the mind status. Without the proper mind setting, victory cannot be achieved.

Shikai is a lesson basic to all budoka. It teaches that, in fighting your mind must not be occupied by any negative spiritual minds. The four spiritual minds which affect negatively your performance are, surprise, fear, suspicion, perplexity.

1. surprise - when the opponent attacks, you will become stiff if you surprise.
2. fear - if you think the opponent is stronger than you, you will be frightened and cannot show your ability.
3. suspicion - you cannot use any techniques if you are suspicious what techniques the opponent uses.
4. perplexity - when you attack, you cannot hit drastically if you are irresolute.

In order to not fall into these minds, do not think about victory or defeat. Facing the opponent try to keep an empty mind, mushin and believe what you have learned. Then, a result will come out by itself. But do not forget, mushin will come out of hard, long and sincere training.

Membership status:

As 2007 is approaching, the time has come for the renewal of our 2007 annual memberships for, as well as for the acceptance of new members.

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: 60-05-16

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.

Applications for new memberships should reach SRKHIA Secretariat, namely me, by 31st December 2006. 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 2007.

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

Karate Course in Cork Ireland, report by Lehrer Philip, 3 dan, BKSA

This was the first time I'd been to Cork and I must say, that it was an uplifting experience, mainly due to the fact that my feet left the ground so many times, following the good, hard contact on my abs.. Jokes aside, as is his usual wont, sensei Dirk Heene gave a fantastic course. Fantastic, because he gave so much in those 2 days, that I had to sit down afterwards with him, so that he could help me to recapitulate everything we had learnt, without forgetting anything.

First day:

Morning session:

1. Breathing exercises based on some Yoga principles of DARUMA, which are QI GONG routines.
2. Then we did HEIAN GODAN, KANKU DAI and KANKU SHO in slow motion in OMOTE and URA modes.
3. KIHON: (a) Body dynamics in FUDO DACHI to support blocking and attack techniques (b) Partner work; controlled attacks (UCHI KOMI) in slow motion first and then at full speed. The 3 techniques used were OI ZUKI, GYAKU ZUKI and MAE GERI (c) Then we did partner drills in SANBON the same 3 attacks (GO NO SEN), with blocks. (d) Same attacks in JIU IPPON KUMITE, with free counters.

End of first session.

An important point to be made about this course was the way Dirk made us conscious of WAI DAN or exteriorising of motion and NEI DAN or the inner projection of it, i.e. the imagination while practicing KATA that one is facing an opponent.

Afternoon session:

1. We started with BUNKAI of TEKKI SHODAN
2. Followed by doing the KATA, so as to see the connection between the two.
3. We then trained on slow and fast KERI WAZA: MAE, YOKO, USHIRO, MAWASHI and URA MAWASHI GERI.
4. Partner work (UCHI KOMI) on MAE, YOKO, MAWASHI and URA MAWASHI GERI (no USHIRO)
5. JIU IPPON KUMITE based on GERI WAZA with blocks and counter attacks, while trying to improve HENTE and SEITE technique (very spectacular).
6. We then did BASSAI DAI split into 3 sequences: (a) Technical -counting and sensing techniques- (b) Split sequences with power, to improve stability and impact (c) Then fluid way; accent being on rythm, coordination and good transition of movement (d) Normal execution.
7. Two BUNKAI on BASSAI DAI
8. Then KUMITE sequence for 2nd. dan level (based on Nidan syllabus).

It was now 4 p.m. and time for 8 of us to grade for Shodan, Nidan and Yondan, since two members of the SHIHANKAI, were present (sensei Dirk Heene and Jim Martin). The exam went duly ahead. Four of the candidates passed immediately. The other four must redo, the part where they did not reach the required level, within the next 3 months, therefore having the opportunity to attain the aimed for level. To those who got through, well done; to the others, courage and you'll make it soon.

At 8 p.m., we met up to have dinner at a very good restaurant called ISAACS. Our congenial host, sensei Tim Harte, had chosen wisely. Apart from the food, the drinks and the fine company contributed to the feeling of camaraderie, growing by the drink (I mean the hour). Apart from Dirk and me from Belgium, there were contingents from

Dublin, Portleish, Thurles, Glasgow and London; a really nice group. We then popped into a pub for a well deserved nightcap before retiring for the night.

Second day:

Morning session:

1. Warm up, based on the 12 fist techniques of DARUMA for about 20 minutes.
2. Open hand techniques: JODAN SHUTO against OI ZUKI, CHUDAN TEISHO against GYAKU ZUKI, SHUTO BARAI against MAE GERI.
3. JIU IPPON KUMITE based on these techniques, slow then fast. We also used them as feints, suddenly moving from open to closed hands in HENTE, which is very difficult to stop.
4. TEKKI SANDAN: (a) classic way (b) then in open hand.

We worked on this KATA specifically, because the YONDAN candidates didn't have sufficient knowledge of the basics necessary for their grading level.

Afternoon session:

1. SANDAN level: (1) Mixing different strategies from GO NO SEN via YOKERU KOTO to SEN NO SEN
2. Partnering up with four opponents: four different attacks four different blocks open and closed hands (TOTEMO spectacular).
3. Then worked on SOCHIN in four sequences in the same way we had worked on BASSAI DAI.

And that was the end of GASSHUKU. There were about 32 people at this course, which made it possible for Dirk to give his full attention to everyone.

Once again I should like to thank Tim and all his crew for the warm reception that we received. Dirk remarked how good these courses are for me, as I love the atmosphere; the renewing of old and discovering of new friendships, as well as the feeling of physical wellbeing after a hard session. I believe that we have the best level in what we do, thanks to our SHIHANKAI, worthy disciples of Kase sensei. Hopefully we'll meet again soon. In the meantime I should like you to reflect upon this poem in HAIKU form that I wrote after the GASSHUKU.

He thought he was
Invincible. Was it
Visible or was he
Just a pussycat?

OSS,
Philip

Editor's note: Thank you Philip for your comprehensive report. It would be great if your example is followed by all members.

Kase Memorial Course 2007 in Paris

With 2007 ante portas certain dates should be marked in our calendar. The week end 29 and 30 September 2007 is one 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 Summer Gasshuku 2007 will take place from 12 – 15 July in Tampere, Finland, organized by the Kase ha Finland; the Fall Gasshuku 2007 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 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.

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 : Dick & Gertjan Fieret, e-mail: dfieret@zeelandnet.nl tel: 0031 -115-696383 or 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 tourist 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.

Heene Dirk sensei, 7 dan and Martin Jim, 6 dan, Shihankai members will teach the Kangeiko course, organized by BKSA on 5-7 January 2007 in Hasselt Belgium. It is important to note that the special character and the spirit of the trainings, requires a participating in all sessions; so participation in only one session is not possible. For more information please contact Honbu Dojo, Herkenrodebosstraat 40, 3511 Hasselt, Belgium, tel / fax.: 0032/11.72.70.68, e-mail bksa.honbudojo@pandora.be

Lecourt Pascal, 5 dan and Shihankai member, will teach a course on 13-14 January 2007 in Luxembourg organised by Shotokan Karate EC Luxembourg. The training is open to every karateka irrespective of grade or style. For more information please contact Alan Morgan tel: (00352) 4301 32569, email: alan.morgan@ec.europa.eu

Heene Dirk sensei and Dimitrijevic Velibor sensei, Shihankai members will teach a course organized by Centro de Karatedo de Aveiro, on 3 & 4 March 2007 in Bustos-Aveiro, Portugal. For more information contact Miguel Rocha, miguel.d.rocha@ptprime.pt

Heene Dirk, 7 dan, together with Van Binst Francois 6 dan and Petrella Pascal, 5 dan, will teach at the 17 International Karate Course in Arlon Belgium, from 17-18

March 2007. The course is organized by SeiSen Karate Club Arlon. For more information contact Lallemand Andre, 70 rue de Toernich, 6700, Arlon, tel/fax 0032 63 223468, e-mail andre.lallemand@skynet.be

If you want to combine Karate with holidays here is the case. Petrella Pascal 5 dan and Shihankai member and Wilkins Dave, 5 dan, will conduct an international karate course in Tenerife, Canary Islands from 31 March to 2 April 2007. For more information: www.leicesterkarateclub.co.uk or email: karate@talk21.com

Dimitrijevic Velibor 6 dan and Shihankai member will direct the 3rd International Athens Karate do Camp 2007, from 6-10 June 2007, in Loutraki Sport Camp (75 km from Athens). Note that Loutraki Sport Camp apart from training facilities, provides accommodation facilities as well, for the participants to the course. For more information contact Dimitrijevic sensei vebodo@gmail.com

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 Favourites list; www.oxfordshotokan.org Site of the Oxford Shotokan Ryu Kase-Ha Club

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

"Control your emotion or it will control you"

Chinese adage

The next Newsletter will be edited in the first week in January 2007. Stay strong, train hard and enjoy life.