

International Shotokan Ryu Kase-Ha Summer Course, 31.7.-4.8. with Sensei Dirk Heene (8.Dan)



It is almost tradition that Kase-Ha Finland hosts the annual Summer Course under the direction of Sensei Dirk Heene (8th Dan). Every year the course takes place at a different location somewhere throughout Finland. This year's venue was Solvalla, a Sports Camp, surrounded by Finnish nature next to a picturesque lake just about 45 Minutes by car from Helsinki International Airport. The proximity to the Airport made arrival and departure easy. So a small but fine international group of about 40 Karateka coming from Sweden, Poland, Germany, Kuwait, Scotland, Estonia and Luxembourg met to train, to relax and to party together with our Finnish hosts in a wonderful ambience.



Shotokan Ryu Kase Ha stands for traditional Shotokan Karate practiced according to the ideas of Shihan Kase who sadly passed away in 2004. Kase Ha Karate strongly emphasizes the Budo Character of Karate. Shihan Kase had interpreted and diversified traditional Shotokan Karate in a very special and different way ("reality instead of formality"). One import aspect was for example an as realistic as possible interpretation and application ("Bunkai") of our well known Shotokan Kata which would lead to a deep understanding of a Kata.



Sensei Dirk Heene is one of the most senior and most experienced students of Shihan Kase and the Kase-Ha School. Didactically very well built up, Sensei Dirk took us through a set of different Kihon and Kumite drills which are characteristic for the Kase-Ha School. Furthermore, Sensei Dirk focused on Bunkai variations of the Katas Heian Sandan, Tekki Shodan and Jiin. His explanations and comments provided many inspirations and interesting input for further study.

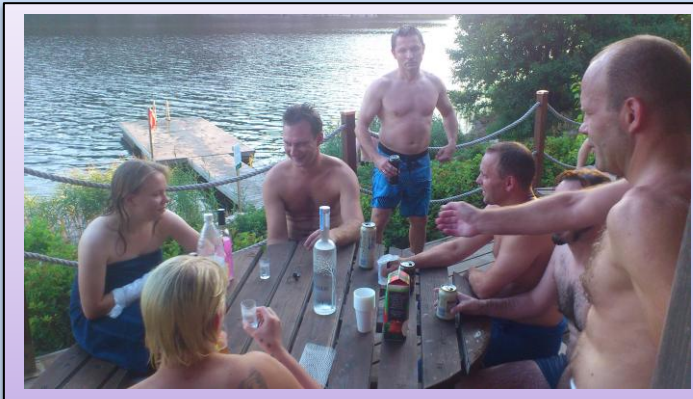
No trip to Finland without Sauna!

The long and mild Finnish summer nights gave good opportunities to relax in the Sauna followed by a refreshing swim in the nearby lake. A couple of sausages on the BBQ and a few cold beers afterwards completed the perfect evenings.



Some of the course participants also took the chance to take the next belt grading.

Celebration of successful Dan gradings (2 x Shodan, 2 x Nidan, 1 x Yondan) took place according to Finnish tradition after some extensive Sauna and consumption of the odd bottles of Vodka and Whiskey.



A great course in an impressive environment came to an end far too fast. Next year the summer course will take place in Lapland, north of the Arctic Circle. I might see you again then?

Last but not least my warm thank you to our Finnish friends for their hospitality, enthusiasm and the as always perfect organization.

Kiitos!

Ulrich Holzhäuser