



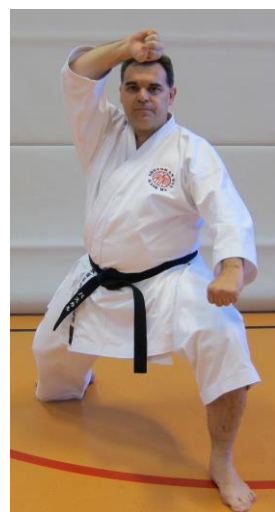
Kase-Ha RENSHU



*26th -29th June 2020
Zoom- Online Training
for 3rd Kyu and above*

Sensei Dirk Heene 9th Dan, Belgium

Chief-Instructor KSK-Belgium
President Kase-Ha-Academy
Head of KSKA Shihankai
Assistant to Shihan Kase



Sensei Pascal Petrella 7th Dan, Germany

Founder Kase Ha Germany
Member of KSKA Shihankai
Assistant to Shihan Kase



Sensei Arie Farkash 7th Dan, Israel

Chief Instructor Kase Ha Israel & Australia
2 years Australian Kumite National Coach
10 years Isreal Kumite National Coach
Student of Shihan Kase

Sensei Nico Ibscher 5th Dan, Germany

Chief Instructor Kase Ha Germany
KSKA Shihankai
Student of Shihan Kase



Sensei Juan-Pablo Delgado 5th Dan, Spain

KSKA Shihankai
Student of Shihan Kase

26th -29th June 2020

Venue: Online with zoom meeting

Friday: 6.30-7.45pm	Sensei N. Ibscher
ID 853 4603 4298	Password 26 28 67
Saturday: 10-11.15am	Sensei D. Heene
Saturday: 11.30am-12.45pm	Sensei J.-P. Delgado
Saturday: 1 pm-2pm	Train-the-Trainer
one ID and Password for Saturday	
ID 899 1951 7859	Password 81 00 51
Sunday: 10-11.15am	Sensei A. Farkash
ID 815 8282 9609	Password 52 04 35
Monday: 6.45 pm	Sensei P. Petrella
ID 814 1397 7163	Password 59 66 00

Cost Free training as a support in Corona times

Liabilities

The host declines liabilities of any kind for injuries and damages through use zoom software. All participants are responsible for their own safety and only follow the instructions, if they think the exercises is not hurting their body. Participants must also make sure their training environment is save in order not to hurt themselves. Everybody must adapt the exercises to their home dojo environment. The training is for advanced and experienced karate only.

Meaning of Renshu: 練習 training, polishing and refining, sorting things, only keeping the good things

Train-the-Trainer with sensei Arie Frakash

Certified Lecturer: Science of Training, Israel Ministry of Education,
The Wingate Institute

The lecture will focus on the didactic aspect of a training session, what are the parts a session should include, how to balance the load in a session, how much information we can digest and how should we train to increase the power or the speed

This are the topics of the 1 hour lecture

The recommended structure of a karate session

- The parts of session
- How much information a session should include
- Learning -> Practicing -> Training
- The duration of parts of a session
- The punch line / The peak of the session
- The art of conditioning
- The stimulus in training
- The principle of the right load
- How to keep the body and mind worm during the session
- The importance of the recovery part
- Single session/Gashuku
- Safety

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