



**Kissaki-Kai  
Karate-Do**

# Newsletter

November 2020

## **1<sup>st</sup> 2021 Seminar?**



### **Combined seminar in Germany under controlled Covid 19 conditions!**

Hello again. In this edition we offer a ray of hope to all who are suffering from compromised training during this pandemic.

Having carefully assessed the conditions which allowed a number of Kissaki members to train safely on a seminar in Germany recently, there is a good chance that, if the situation there does not worsen. We will be holding a weekend seminar in Bruchsale - Saturday/ Sunday 24. / 25. April 2021

Giving this much advance notice should give everyone time to prepare by working on their physical fitness, studying the Videos, and if possible creating and training in a social 'Bubble' with fellow students so that during the seminar they can restrict contact to only those within their 'Bubble.'

If you can have a Covid 19 test prior to attending which is negative, that would be perfect.

If you come alone, rest assured that you will not be mixing close up with others and on my part I will not be calling you out as 'Uke' - as I shall be working mostly with Eva, as we train all the time together here at home.

Here is a short report on the seminar by German instructor Peter Russell:

*I think everyone can agree that 2020 has been a very unusual year. During these challenging times, where many of us gone without training in the dojo for some time, and where most seminars have been cancelled, it was a welcome relief to meet up with like minded Karateka from August 7th to 10th 2020 for a multifaceted karate summer camp on the Baltic island of Rügen in Germany. The camp was organised by the Verband für Gewaltprävention und Selbstschutz e. V., the International Goju-Ryu Karate Do Renmei IGKR e. V., Bushido Alfeld e. V. and the 1<sup>st</sup> Bruchsal Budo Club e. V.*

*Many of us were a little bit apprehensive about how and indeed if, this seminar could take place, but we were not be disappointed. Despite the Covid-19 restrictions, an ingenious training program had been carefully crafted for us. Every day began at 7am with a Kata session on the beautiful east-facing sandy beach of Juliusruh. Under the guidance of Hanshi Tokio Funasako, the early risers got an insight into the seminal Goju-Ryu Kata Sanchin. On the almost deserted beach we learned to breathe very deeply,*

*because according to Hanshi Funasako, "You should breathe in as much air as possible when it is this good". Sage advice in the current times. Some of us enjoyed an early morning dip in the sea after the early morning session. And some of us trailed off in smaller groups to enjoy the early morning sunshine at the outdoor breakfast bar.*



*From 2 pm every afternoon two more sessions took place outdoors on the sports grounds of the primary school in Wiek. Initial close combat was taken up with the mosquitoes. We met old friends and made new ones while debating the merits of the various available bug sprays. Shihan Werner Dietrich showed us how attackers (including mosquitoes) can be overpowered using a stick. Training partners were able to work well with each other at the required social distance thanks to the metre long sticks, which served as an extension to the human arm. The lessons with Kissaki member Shihan Dietrich offered a whole range of effective self-defence techniques, which brought us demonstratively closer to the motto of 'Reality instead of Ritual'.*

*The afternoons were further supplemented with a Kumite session under the excellent guidance of Shihan Antonio Leuci and Sensei Daniele Leuci. We learned ingenious kumite strategies that will keep us busy for a long time. We learned to stay relaxed and to find and keep the right distance from the opponent. A really worthy moment, and one of*

*the highlights of this course, was the appointment of Antonio Leuci as Shihan by Hanshi Tokio Funasako. He was awarded this honorary title for his decades of coaching activity, including as a national coach, and for his services to karate. We would like to take this opportunity to congratulate him for this award.*



*The beautiful days on Rügen were all over much too quickly. We sweated and laughed a lot - time flies when you're having so much fun. The trip to Rügen was definitely worth it. We'd love to be there again next year!*

*Many thanks to the trainers Hanshi Tokio Funasako, Shihan Antonio Leuci, Shihan Werner Dietrich and Sensei Daniele Leuci.*

*I thought Werner's seminar ideas were incredibly well thought out, especially the idea of working with one partner only (although in a seminar we'd need to keep reminding the Ukes to go through various stages of non-compliance).*

*I have also seen videos of Boris and his guys (in Belgium Kissaki-Kai) training with well-fitting masks over the mouth and nose.*

*Werner has suggested splitting into smaller groups for indoor sessions, which limits any possible spread (we are doing something similar in the bank Dojo). As it stands my own Dojo will be allowed to restart at the end of the month under very heavy restrictions – we moved training online in March, although we have recently started training in a park in Frankfurt.*

So, we may be having a similarly Covid aware seminar next April!

Of course, anything may happen before then, and I am determined not to place anyone who attends in jeopardy - including myself and Eva!

Meanwhile, consider getting

together in a 'Bubble' with one or two training partners who would also attend, and continue to take every precaution.

I will be keeping you all up-to-date as time goes by.

**Please be aware - this seminar will only go ahead if conditions are such that it can be done ensuring the safety of all those taking part!**

**Stay in contact, and you will be informed of what the situation is at the time, and if there is any doubt, it will be postponed!**

In the meantime, a few thoughts about what sort of training you can do to keep in shape and not lose your skills if you cannot train regularly with a partner.

Of course, it does depend upon what sort of equipment you have available, but even with the minimum you can still have a good workout to maintain our cardio efficiency.

I'll tell you about some of my own training and you may be able to get some ideas from that.

First of all, I'm lucky, because I have Eva with me all the time. This means I have someone to encourage me (or kick my butt when I really don't feel like working out!

OK. So, I recommend a daily session or at least 5 times a week, of short high intensity workouts lasting no more than 30 - 40 mins.

For overall fitness and stamina I suggest working with a Tabata download APP on your tablet or iphone. I use a free one. If you are not aware of these, they allow you to set a specific number of high intensity exercises for a specific interval, repeated as many (or as few) times as you like.

As an example, for one of our sets we aim for 10 repetitions of 1 minute with a 15 second recovery time between them. 1st Warm up.

Some of the **1 minute sets** comprise:

1. **Fast as possible** - left stance, gyaku-zuki maegeri kick
2. Follow with right stance, same sequence, kick
3. Push-ups
4. Wide stance full squats - fast
5. Using bench - step up - step down. Fast as possible
6. Repeat but include front or side kick, Keep going!
7. Hold plank position
8. Hold chair back if necessary - Front, side & back kick
9. Repeat on other leg
10. Hand & knees mountain climbers, keep going!

Replace with other exercises and repeat as many times as you can, but no more than 40 minutes at high intensity.

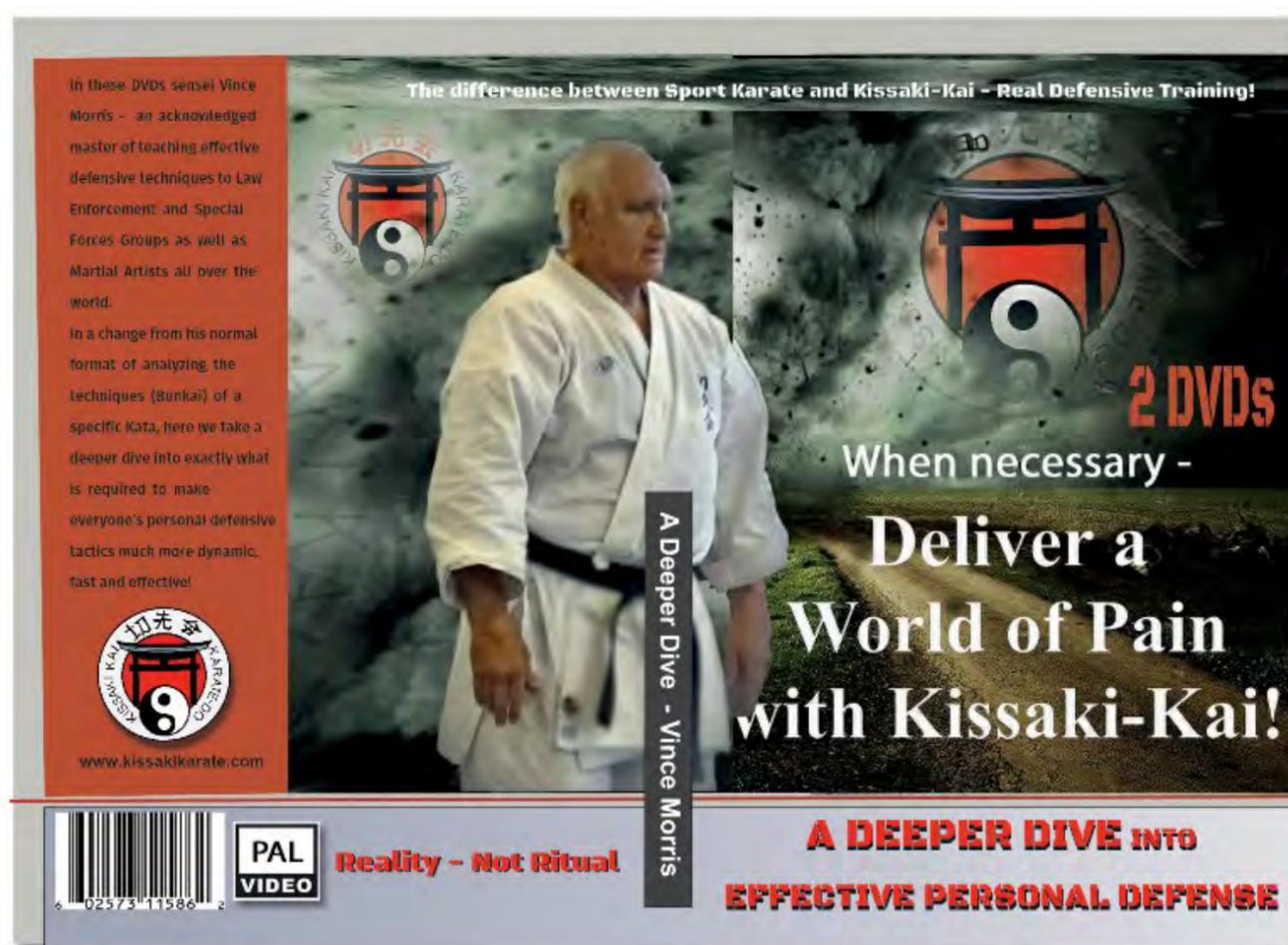
**Exciting news!**

# USBs are back, bigger and better!

Now in stock, larger 16 gigabytes credit-card thumb drives for the Video (current DVD) collection!

We have kept the costs of the DVDs and USBs the same, but have *quadrupled* the size of the USBs! This means we can include more video than ever, with the bonus clips, so that you can - if you want - copy everything to your computer and then keep the USB for your own file uses!

## FOR EXAMPLE - THE LATEST DOUBLE DVD —



This is now available on one of the new credit-card USBs, of much larger capacity, which gives us room to provide you with a number of FREE extras.

Each USB will come with different Bonus extras. For example, this one also contains the 2 original DVDs, plus and extra video 'Predictable' and 3 short 'Promo' videos.

Each USB also comes with the "Play DVD on PC" program, and 'READ ME' simple instructions.

You can - of course - order DVDs just as before if you prefer.

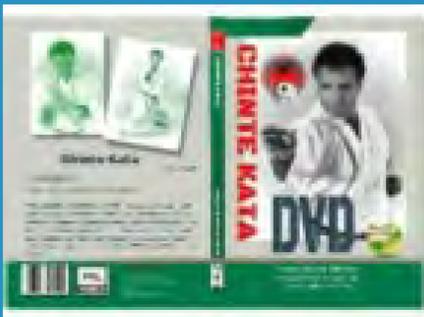
**The prices have been kept the same! Order from:**

**[www.kissakikarate.com/shop](http://www.kissakikarate.com/shop)**

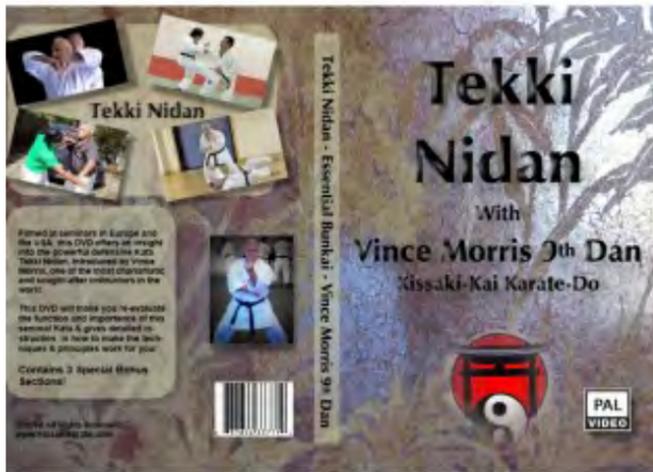


Check Facebook and [www.kissakikarate.com](http://www.kissakikarate.com) for forthcoming seminars!

Just a few of the Books and DVDs by sensei Vince available on the Website:  
[www.kissakikarate.com/shop.htm](http://www.kissakikarate.com/shop.htm)



Special NEW LOWER PRICES and BARGAIN BUNDLES - Check them out! You can also see many Promo videos on the Kissakikai Youtube Site. Also FREE One Minute Dojo episodes on [www.kissakiusa.com](http://www.kissakiusa.com)



This DVD will make you re-evaluate the

Importance of this seminal Kata!

Make it work for you!

[www.kissakikarate.com/shop](http://www.kissakikarate.com/shop).

For years Kissaki-Kai offered an On-Line, Distance-learning Website which, for a small sum, gave members monthly downloads of video training in all elements and levels of the basics which comprise the system.

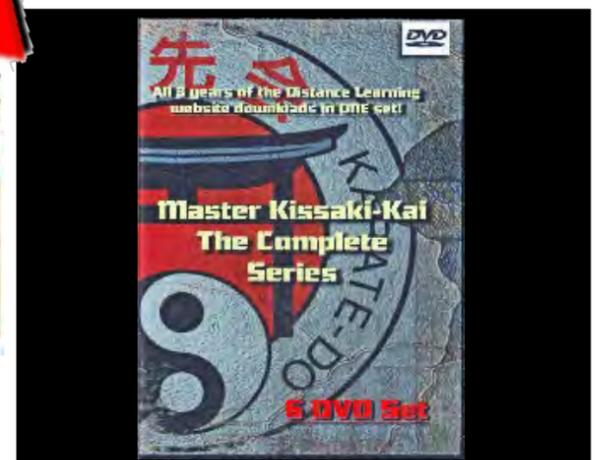
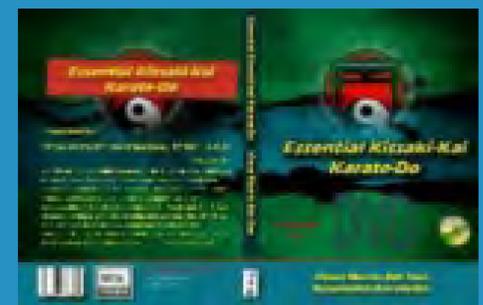
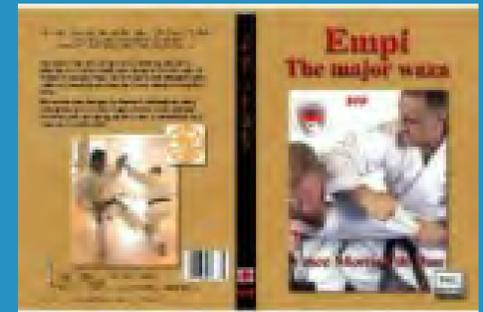
Each session concentrated on some of the elements which make Kissaki-Kai special, going more deeply into exactly how to make the techniques work for you!

This is invaluable to all who want to master Kissaki-Kai, but who do not live near a Kissaki Dojo!



**Available NOW as USBs!**

See FREE PROMOs of the DVDS on Youtube - Go to KISSAKIKAI and check them out .



Keep safe in this Covid crisis! It won't last forever so stay fit and ready to train together again. Meanwhile - time to study and learn from Books and Videos.

Support Kissaki-Kai

24 tracks of music by  
sensei Vince - 10 Euros  
+ post.

[www.kissakikarate.com/shop](http://www.kissakikarate.com/shop)

# Parallel Lines

Look what you missed!

- Your Cheating Heart*
- Blueberry Hill*
- Young Dreams*
- When it Rains*
- You win again*
- Walk you Home*
- Tomorrow Night*
- Teddy Bear*
- So lonesome I could die*
- I was the One*
- Mess of Blues*
- Make it thru the night*
- Love me Tender - new version*
- Lonely Man*
- That's the Right Momma*
- Doncha think its Time*
- Blue Monday*
- Loving You - original version*
- Loving You - new version*
- Steamroller Blues*
- This Love of Mine*
- I need you so*
- The Best I Can*

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MORRIS



Music CD



**SUPPORT KISSAKI-KAI - 10 EUROS**



**1. Bruchsaler Budo Club e. V.**

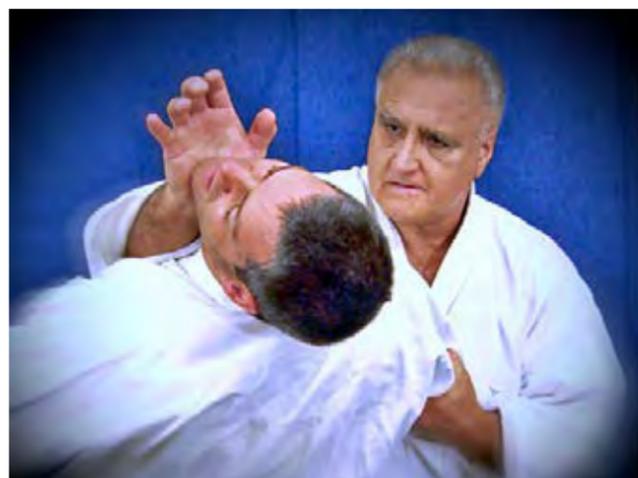
zu den Wurzeln des Karate Do

„Tradition ist nicht die Aufbewahrung der Asche,  
sondern die Weitergabe des Feuers.“



## **Vince Morris**

**9. Dan Kissaki Kai Karate  
Angewandtes Karate  
Kata und ihre Anwendungen  
mit Kampfkunsterfahrung  
von über 50 Jahren**



## **Werner Dietrich**

Ausbildungsreferent für  
Selbstverteidigung beim Verband  
für Gewaltprävention und  
Selbstschutz e. V. in Kooperation  
mit der Polizei Karlsruhe

## **Guy Janssens**

7. Dan Kissaki Kai Karate  
Ausbilder für Benelux Länder und  
Deutschland



**Samstag / Sonntag 24. / 25. April 2021**

### Trainingszeiten:

10:00-11:00 Uhr und 13:30-14:30 Uhr  
11:30-12:30 Uhr 15:00-16:00 Uhr

**Veranstaltungsort: Schwetzinger Straße 56, 76646 Bruchsal**

### Gebühren:

Samstag oder Sonntag 40.- €  
Kissaki Kai Mitglieder 35.- €

beide Seminartage 70.- €  
Kissaki Kai Mitglieder 60.- €

Infos unter: [www.bruchsaler-budoclub.de](http://www.bruchsaler-budoclub.de) oder 07251 / 83838

Zur besseren Planung bitten wir um Anmeldung unter:

[info@bruchsaler-budoclub.de](mailto:info@bruchsaler-budoclub.de)

**Der Ausrichter übernimmt keinerlei Haftung !**