



KUWAIT SHOTOKAN ACADEMY

SHOTOKAN RYU KASE HA  
KUWAIT SHOTOKAN ACADEMY

松濤館流加瀬派



Sensei Taiji Kase 9th Dan



Sensei Dirk Heene 8th Dan

Sensei Greg Konieczka 5th Dan

## Karate Historical Background

Martial arts including Karate have their original roots in India. Then it was introduced by monks to China. In China, it was practiced in the famous Temple of Shaolin. From there it was introduced to Okinawa and a new form of martial art was formed called “Kara-Te”. Between 1916 and 1957 a very famous Okinawan Karate master and educator named **Gichin Funakoshi** introduced and taught his Karate to Japan. Master Funakoshi is known as the Father of Modern Karate and his Karate Style is known as Karate-Do Shotokan.

## Karate-Do

The meaning of Karate-Do is the “**Way of the Empty Hand**”. It is not only a martial art, but also a way of life that teaches the individual how to behave in an ethical way, be more disciplined, to excel in his life and to avoid the use of violence.

## Karate and Karate Schools

There are many Karate schools, even in Okinawa and in Japan, that practice different types of Karate. Shotokan Karate is the most popular Japanese karate style, it is practiced world-wide by tens of millions of people. Other known styles of Karate include Shito Ryu, Goju Ryu, Wado Ryu, Kyokushinkai etc.

## Shotokan Ryu Karate-Do Kase Ha

O-Sensei Gichin Funakoshi and his son, **Yoshitaka (Giko) Funakoshi**, trained many Japanese Karatekas and an elite group was generated. One of these excellent breed that was generated is Sensei Taiji Kase. His Karate Style is Known as Shotokan Ryu Kase Ha which means “Karate Do Shotokan : the Taiji Kase Way”.

## Kuwait Shotokan Academy

Shotokan Ryu Kase Ha Kuwait follows the way of traditional Shotokan Karate taught by Master Gichin Funakoshi (1868-1957), Yoshitaka Funakoshi (1906-1945) and Sensei Taiji Kase (1929-2004).

Kuwait Shotokan Academy was established in 1996 by Grzegorz Konieczka (5th Dan) after moving to Kuwait from Poland. Kuwait Shotokan Academy is affiliated to Belgian Karate Shotokan Academy since 1999.

Kuwait Shotokan Academy organizes international courses with:

- Sensei Dirk Heene (8th Dan) assistant to late Sensei Taiji Kase 10 Dan, President of KSK Academy
- Sensei Marc Stevens (6th Dan) assistant to Sensei Hiroshi Shirai 10 Dan.

**Sensei Grzegorz (Greg) Konieczka** is a qualified PE teacher (**M Ed in Physical Education**), Karate (5th Dan) and Judo (3rd Dan) instructor. He is a member of Kase Ha Shotokan Ryu Karate Do Academy (former World Karate Shotokan Academy, Paris, France) and Shotokan Cultural Institute (Milano, Italy). Although far away from Europe, he has regularly joined courses with Sensei Taiji Kase and continues joining courses with Sensei Hiroshi Shirai, Sensei Dirk Heene, Sensei Marc Stevens and many other masters.

## Training at Kuwait Shotokan Academy for Kids

Classes of wide-ranging, developmental movements, in which simple, enjoyable physical exercises are used to enhance children's **ability to learn, process information and relieve the school stresses within their body.**

They are restoring the natural development and learning mechanisms to bring to optimal functioning and integration of:

- **Natural coordination systems** /hands-eyes, vision-hearing, whole body coordination, etc./
- **Motor-sensory processes** / flexibility, balance, muscular strength , reflex, stamina/
- **Left-right Brain activity** /concentration, study skills/
- **Emotional development** / self confidence, strong sense of "I can do it"/
- **Motivation and intellect development** / fairness, respect, self control, self discipline/

## Training at Kuwait Shotokan Academy for Adults and Teenagers

Professional classes adjusted to technical and fitness level of practitioners. Relatively hard physical workout with martial arts aspects as self defense, mental and breathing exercises.



**There are 2 venues where Kuwait Shotokan Academy sessions take place:**

- Kuwait English School: Salwa, block 11, street 9 (next to Salwa Park&Mc Donald's Restaurant)
- Radisson Blu Hotel, Balajat street(Gulf Road), Rumeitheyra, Royal Viking Club.

### Training Schedule:

	Kuwait English School			Radisson Blu
	Kids – Group A	Kids – Group B	Adults & Teens	Adults & Teens
<b>Sunday</b>	5.00 – 6.00 pm 6.00 – 7.15 pm		7.00 – 8.45 pm	
<b>Monday</b>		4.00 – 5.00 pm 5.15 – 6.30 pm		7 – 8.30 pm
<b>Tuesday</b>	5.00 – 6.00 pm 6.00 – 7.15 pm		7.00 – 8.45 pm	
<b>Wednesday</b>		4.00 – 5.00 pm 5.15 – 6.30 pm		7.00 – 8.30 pm
<b>Thursday</b>	5.00 – 6.00 pm 6.00 – 7.15 pm		7.00 – 8.45 pm	
<b>Friday</b>			9.00 – 11.00 am	

### Joining Kuwait Shotokan Academy

www.kuwaitshotokanacademy.com  
 greg.konieczka@kuwaitshotokanacademy.com  
 Sensei Greg Konieczka on 66473117



*In 1989 Sensei Taiji Kase founded the World Karate-do Shotokan Academy (WKSA) to further develop and spread the knowledge and deep insight he has gained during more than 50 years of practising karate and who has his roots in the Shotokan-Ryu of Sensei Yoshitaka Funakoshi. Sensei Kase has set his personal stamp on Shotokan-karate-do to such an extent that people in karate circles speak of Kase's karate, **Kase-ha**.*

*Gi, the ideogram of WKSA, means **duty**. This means that you promise always to continue the Do first started by Sensei Yoshitaka Funakoshi, to continue the development and spread the knowledge.*



*"Gi", calligraphy by Sensei T. Kase.*

## **Dojo Kun**

***First.** Seek perfection of character*

***First.** Protect the way of the truth*

***First.** Foster the spirit of effort*

***First.** Respect the principles of etiquette and respect others*

***First.** Guard against impetuous courage and refrain from violent behavior.*