

**PAN-AMERICAN SEIWA KAI
NEWSLETTER**

**全米誠和会
社内報**

**Dedicated to Traditional Goju Ryu Karatedo
ISSUE 10: January / February 2015**

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Woodblock Print by Kawase Hasui 1924 – *Nakayama Seven League Road, Hida*

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Happy New Year

正月



In Japanese astrology, 2015 is the year of the Sheep or Ram. The traditional lunar year begins on February 19th 2015 and ends on February 9th 2016. Although it is still celebrated on these dates in China and Korea, ever since 1873 the Japanese New Year has been officially celebrated according to the Gregorian calendar, on January 1 of each year.

The Year of the Sheep **未年 Hitsuji Doshi**

The sheep is the eighth symbol in the Japanese Zodiac. Since sheep live peacefully in flocks, they are considered as the symbol of a happy family. May all of our Seiwa Kai family and friends enjoy a harmonious new year.

Additionally, the Japanese believe that people who are born in the same year share a similar personality and possess similar character traits. People born in the year of the sheep are believed to be highly accomplished in the arts. May all of our Seiwa Kai family and friends endeavor to polish our skills in the art of Goju Ryu Karatedo.

Seiwa Kai Mexico
From: La Unión de Morelos
Submitted by Sabby Madrid
Enviado por Sabby Madrid



ENGLISH

Throughout 2014, the karateka of Morelos, Mexico have been featured in national competitions.

One of the most promising athletes in the state of Morelos is Angélica María Martínez Madrid. Known for her discipline, responsibility, and attitude Angélica María

Martínez Madrid has spent the past 12 months preparing for national venue with the firm idea of being the protagonist. Sometimes she has reached her goal and other she has been close. However she is always thinking that in the future a national Championship may be obtained.

Angélica María Martínez aspires to achieving the goal of winning state awards just as her parents José Luis Martínez and Cristina Madrid and her coach Solís have done.

Another goal is to be with the young Mexican national team in competitions of 2015. She showed the people of Morelos that she can compete at this level after the Pan American Championship and the International Shotokan Karate Federation ISKF (an event took place in Nuevo Vallarta Nayarit, Mexico).

Angélica María Martínez is part of a new generation of practitioners of karate and she has prospects of much many successes in the future. She is already a good example to children and young people who want to enter the sport and the art of karatedo.

The young karateka has had a very successful year not only is sport karate but also in her personal life and her studies.

"In sports, achievements have been important because it demonstrates to one's self that you can get where you want. You have to be tough to achieve these goals. Within this path, you have to go step by step and make the most of opportunities. In my case, my goal is to be in the World Championships."

In the past state tournament, the school showed strong and has been preparing for competitions to come the next year after winning first place in kata and kumite. Angélica María Martínez has been practicing karate with great passion it is something that is in her blood and is something that she has observed since childhood. Effort and parents who support you are the key to achieving your goals.

Moreover, her mother, the Sensei Cristina Madrid Solís, recently tested for and received her Yon-Dan (fourth degree black belt) from the Japan Karatedo Federation (JKF) Goju Kai.

ESPAÑOL

A lo largo del 2014, la karateca morelense ha destacado en competencias nacionales.

Una de las deportistas que más prometen en el estado de Morelos, por su disciplina, su responsabilidad, por su actitud, entre otras cosas, es la karateca María Angélica Martínez Madrid; quien a lo largo de estos 12 meses se ha estado preparando para justas nacionales con la firme idea de ser protagonista, en algunas ocasiones ha alcanzado su meta, en otras ha quedado cerca, pero siempre piensa que en el futuro la podrá obtener.

María Angélica Martínez tiene que corresponder a este deporte del karate que se ha destacado conquistando logros importantes, obteniendo premios estatales, uno de los objetivos a los que aspira, ya que sus padres, José Luis Martínez como entrenador y Cristina Madrid Solís como deportista, ya se han adjudicado.

Otro de los objetivos que tiene en mente esta karateca es estar con la selección mexicana juvenil en competencias del 2015; la morelense ya demostró que puede, luego de que en el Campeonato Panamericano de la International Shotokan Karate Federation ISKF, evento que se llevó a cabo en Nuevo Vallarta Nayarit, en agosto, lograra medalla de oro.

María Angélica Martínez es integrante de una nueva generación de practicantes del karate, que cuentan con cualidades; y que augura muchos éxitos, además, de que seguramente ya será un ejemplo para niños y jóvenes que quieren incursionar en este deporte, que es una de las modalidades de las artes marciales.

La joven karateca señaló que fue un año muy fructífero, tanto en el deporte como en su vida personal, ya que en sus estudios también ha podido sumar buenos resultados.

“En lo deportivo los logros han sido importantes porque se demuestra uno mismo que se puede llegar a donde uno quiere, hay que ser tenaz para alcanzar las metas que uno mismo se propone

dentro de su camino, donde hay que ir paso a paso, hasta lograr lo máximo, en mi caso es estar en campeonatos del mundo”.

En el pasado torneo estatal, la representante de la escuela Dogo Karate Do, mostró que se ha estado preparando fuerte para las competencias que vendrán el año que entra, ganó el primer lugar en kata y en kumite; y para ella manifestó no ser algo que sufra, porque practica el karate con gran pasión, es algo que trae en las venas, que observó desde pequeña y que le ha gustado; su esfuerzo lo hace pensando siempre en las personas que la apoyan al igual que sus padres.

Por otra parte, cabe mencionar que está orgullosa de su madre, la sensei, Cristina Madrid Solís, que este año recibió la distinción de la Federación Internacional de Karate Do de Japón, con el cuarto grado cinta negra, después de haber cumplido los exámenes, el protocolo y las evaluaciones correspondientes.

La destacada entrenadora ha recibido distinciones especiales en su natal Guadalajara, así como en Morelos, entre ellos el Premio Estatal del Deporte y La Mejor Deportista que otorga La Unión de Morelos. Además de tener alumnos muy destacados, ahora en su faceta de instructora.



Fujiwara Shihan, Lipinski Shihan and Members of Seiwa Kai Mexico, Seiwa Kai USA, and Seiwa Kai Goshukan Canada taken in November 2013

Fujiwara Shihan , Lipinski Shihan y miembros de Seiwa Kai México , Seiwa Kai EE.UU. , y Seiwa Kai Goshukan Canadá tomadas en noviembre 2013

Goshukan Seiwa Kai Canada

Karate Canada Names Craig Vokey as the New Sport Organizing Chair for Karate at the 2015 Pan American Games

Editor's Note: The Pan American Games are the third largest multi-sport event in the world. Only the Asian Games and the Olympic Games are larger. Nearly 7000 athletes from 41 countries will compete in Toronto this coming July and August in the 36 Pan American and 15 Parapan American sporting events. The overall budget for the games is \$1.4 billion Canadian Dollars.



Karate Canada recently announced that Mr. Craig Vokey has been named as the new Sport Organizing Chairperson for Karate at the 2015 Pan Am Games.

Mr. Vokey is a well-respected member of the Canadian karate community and is currently the Vice President of Karate Canada. He was Vice President of Karate Ontario from 2008 to 2013. While on the Board of Karate Ontario, Mr. Vokey has headed the project to place Karate into the Ontario Summer Games, and has acted as OSG Convener in both 2010 and 2012.

Living in Sudbury for the last 20 years, Mr. Vokey has served in a number of volunteer capacities, including as President of Big Brothers of Sudbury and District. Possessing a BA in Psychology, Mr. Vokey teaches Karate as a volunteer at Laurentian University. Moreover, he is also the head of Goshukan Seiwakai Canada.

Mr. Vokey has the full support and confidence of both Karate Canada and Karate Ontario, and will undoubtedly ensure a smooth transition to continue the work of the previous representatives. Please join us in sincerely congratulating Mr. Vokey for his new appointment!

Goshukan Seiwa Kai Canada

Submitted by Benoit's Martial Arts

Best Wishes To Our Teens Who Qualified For The Nationals This Upcoming January End Weekend. John, Marissa, Disal, Bradley. Shown Here With Shihan Benoit and Sensei Ian. Best of Luck.



Seiwa Kai Canada

By John Passmore

Below: Yabunaka Shihan and students at a Christmas training session and party in the Ingersoll Dojo.



Correction: In the last issue it was mentioned that Shihan Yabunaka had celebrated 25 years of teaching in Canada. The celebration was actually for the 25 years that he has been teaching at his current location in Ingersoll, Ontario.

Yabunaka Shihan has been teaching in Canada for more than 40 years. He started his first Dojo in British Columbia when he first emigrated from Japan.

The Seiwa Kai Visalia Goju Ryu Karatedo 14th Gasshuka

By Dan Taylor



The Visalia Karatedo Gojuryu 14th Gasshuka is over! What a great time was had by all. Our guest instructor was Desmond Tuck Sensei. Tuck Sensei is Vice-President and Co-Founder of the USA Seiwakai. He is a 7th Dan with the Gojuryu Karatedo Seiwakai International. His Gojuryu Kumite instruction was very good and left us with much to consider. Thank you to all our guest participants for your support. From the Bakersfield Seiwakai we were honored to have Robert DaLessio Sensei and his students; Wayland Louie, Greory Rader, and Gail Oblinger. Our special guest participant was John Crose from Tri-Valley Karate Pleasonton. We were excited to have him join us! Thank you to all our local students for your hard work and participation in this event. Thank you too, to the parents, wives and families for your continued support.

Tri Valley Seiwa Kai Tournament Results

By Sanjit Mandal



(left to right)

Back Row: John Crose and Sanjit Mandal

Ramya Ayyagari (12):

- 2nd Kata
- 2nd Paddle Kumite

Aditi Sharma (12)

- 1st Kumite
- 3rd Kata

Nitya Ayyagari (10):

- 2nd Kata

Emajee Summers (21)

- 1st Kumite
- 2nd Kata
- 3rd Blind Fold Kata

Neela Mandal (5)

- 3rd Kumite

- **Yezen Alwari (13)**
- 1st Blind Fold Kata
- 2nd Kata
- 2nd Kumite

What a fantastic way to end 2014!

Omedetou! Congratulations!!

Each may have won a medal, but they understand that win or lose, they all come away winners.

In order to compete, one must manage their time to work or attend school and complete their homework on time while attending karate classes. Then, they spend time preparing themselves for the tournament and spending almost 9 hours at the tournament to perform for maybe 5 minutes. This entire process is part of one's training, it does not end at the dojo.

One competitor voiced his disappointment after he lost his kata match "I lost to myself." This is a true demonstration of what we teach at the dojo, it is not about trying to get as many medals as possible, it is about improving who we are as people and the world around us.

Also, a thank you to the parents for driving and supporting everyone during the long Sunday.

**Vintage Photo:
Teacher and
Student
By Des Tuck**

(This photo of Shihans Leo Lipinski and Des Tuck was taken in 1999 at the first USA JKF Goju Kai Seminar.)



Perfection

By Jim Pounds



We had a grading exam earlier this month for several students at our university club. These were lower kudansha ranks, and I'm quite proud of them and of their efforts. I asked one of our other yudansha, a recent transfer whose ranking is in another style, to help out. He graciously accepted, and although he has no recognized rank in Goju-Ryu, he knows martial arts, and when evaluating a style different from his own, he certainly knows what is good from what is not so good.

After the grading, he said something quite profound, which I'll paraphrase: "I've always been such a perfectionist, I usually won't accept anything short of that, to which my wife and children can attest. But these students weren't perfect, and somehow that seemed okay to me. I could really tell how hard they have worked and that they were doing the best they were capable of."

That was obviously one of those cathartic realizations, and it made me think about the nature of perfection, and how striving for it can both help and hinder us. It helps to have a standard to aspire to, even while knowing it is a non-attainable standard. But it also hurts when we are forever dissatisfied by our efforts because we cannot attain it. We can set ourselves up for disappointment by setting unattainable standards for ourselves and our students. If a pole vault competitor set the bar at 7m when the current record is 6m that would be an exercise in futility and would ultimately lead to disillusionment and de-motivation. Quite simply put, the bar was set too high. Now don't get me wrong. I'm not talking about permission to do less than what one is capable of. Sometimes we simply need time to grow into becoming the best we can be.



When watching a grading, it is obvious that some students of the same rank are much more proficient at the syllabus than others. It may also be true that they are both doing the best they are capable of at that point in time. Their effort factor is almost equal. Should one be graded higher than the other?

In a competition the answer would be a resounding **YES!** Someone has to win. But in a grading, I would be proud of, and no doubt promote them both. I want them both to win in such a situation. My desire is to motivate them to want to learn and assimilate more. Typically, I see this “unequal skills” scenario more in the lower ranks. The further up the grading ladder they advance and skills increase, the less diverse in abilities they appear. So I don’t think I should penalize a practitioner early on and risk demoralizing them for future endeavors. At this point, I’m looking as much at effort as excellence.

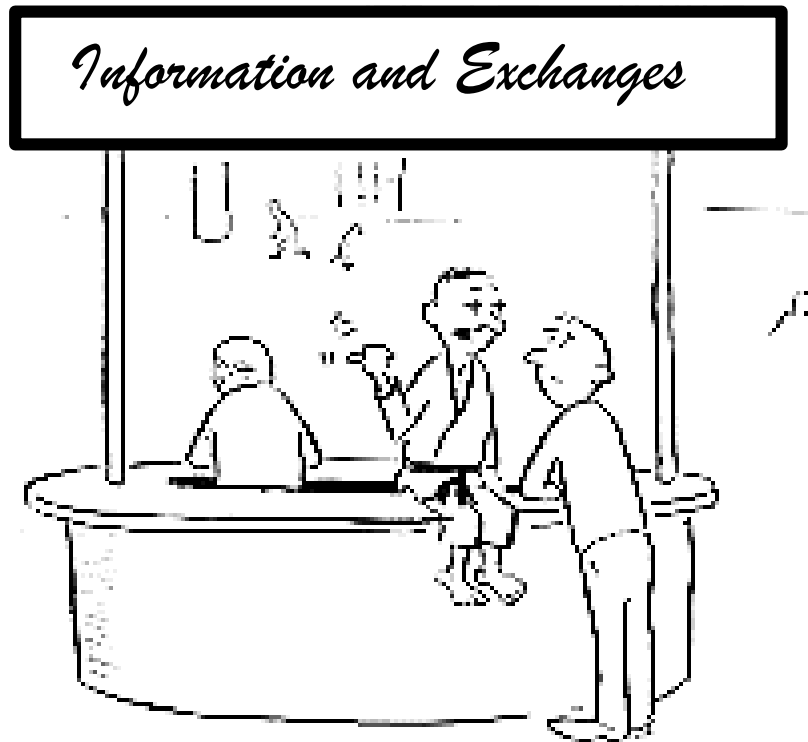
Let me confess that I have firsthand experience. I have never been the classic uncoordinated klutz, but for some reason, in my early years in both alpine skiing and karate, I always seemed to be one of the last to master a technique. That was hard for me to swallow because I’m usually pretty adept, but I gained a valuable lesson from my personal experiences. I learned that I can’t be constantly comparing my progress to others. Sometimes I’m a faster learner, sometimes I’m not. But another thing I learned was that although it may take me a little longer to assimilate a technique, when I do, I *own* it. It is *in* me, not only on a superficial level. So I also learned patience and persistence because I realized there was a payoff. I might have been slower to learn, but I became good.

Learning modalities differ. I can’t tell you how many times I’ve tried to correct a student’s technique in kata or kumite, and they continue to repeat the same “mistake.” Of course, my first inclination is there must be something wrong with them, not my teaching skills! Then one day I say or demonstrate something a bit differently and it all suddenly clicks for that student. It’s like opening a combination lock. When the correct combination is dialed up, the tumblers align, and voila! The lock opens.

The problem was that up to that point, I simply hadn’t discovered the way to communicate to the modality that worked for them. With some people their learning modality is visual – they need to see it. For some it is auditory – they have to hear it said a certain way. Still others have to do and do and do – experiential learning -- until they reach a synchronicity of effort and understanding. I often don’t know what modality to use in every occasion, but if I can keep a student engaged and coming back so they can work *toward* perfection, they invariably seem to get it.

The important thing is to encourage students to give one-hundred percent of their efforts and over time, the idea of perfection will take care of itself.

SEIWA KAI HUMOR



He handles the exchanges. I handle the nasty customers.

KARATE'S PERIOD OF SECRECY

BY Mark Cramer

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Until the early twentieth century (well into the Meiji period 明治) there was a governmental ban in Okinawa which precluded the teaching of karate which was still referred to as Chinese-hand.[i] As a consequence, karate was taught secretly and selectively to individuals who had applied to and been accepted by a teacher. Until the early twentieth century a prospective student had to be introduced to a karate teacher by a well-trusted individual and then had

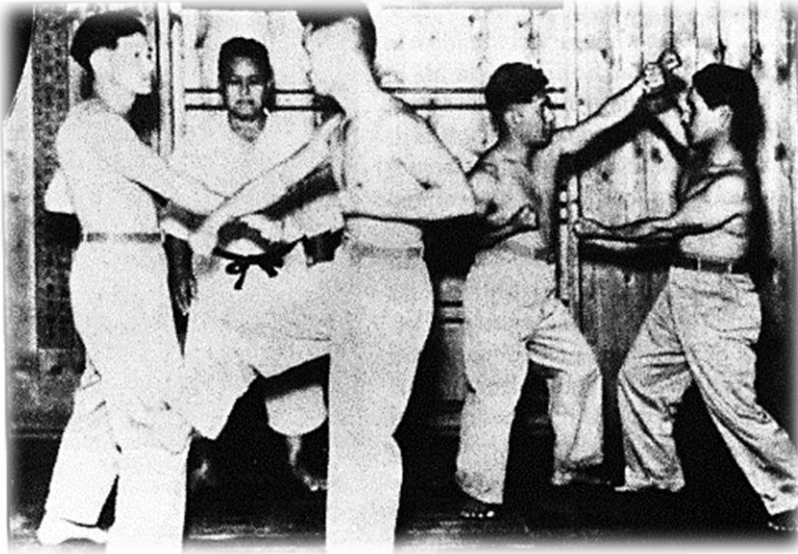
to request to train under his tutelage. Eiichi Miyazato explains: “Without such an introduction prospective students were turned away.”[ii]

Mr. Eiichi Miyazato goes on to explain the extent of the selectivity of the karate teachers in Okinawa: “The common practice of the time was to keep the art veiled in secrecy, and the more famous a house [a teacher and his students] was, the more pride they took in this secrecy.... [Teachers] expelled students with violent characters... [and] refused students with such tendencies who wished to join his classes.”[iii]

After a student was initially accepted for instruction, he would receive training only in the basics and would be required to perform chores around the dojo. During this time, the sensei would make observations on the character of the applicant and would evaluate whether that individual possessed the potential to become a worthy student. Only if the person was assessed as possessing a sufficiently sound character would he receive any in-depth instruction in karate. Consequently, only the most trusted students were given the opportunity to learn the secrets possessed by their teacher. Others were taught only the basics or were given incomplete instruction.[iv]

It is not difficult to imagine that the number of people who trained in karate at this time was quite small. Due to the tremendous scrutiny that one had to endure in order to train in karate only those men who possessed the best characters were allowed into the houses of the great masters. Mr. Gichin Funakoshi relates to us how few students some of these masters had: “When I studied under

Master Azato, considered to be the greatest karate expert of his time, I was his only student; and when I trained under Master Itosu, he had very few students, fewer than even the poorest neighborhood dojo today [1940s].”[v]



Karate was practiced secretly in small groups under the watchful eye of an instructor.

Other factors which further limited who could practice karate were one’s social and economic status. Commoners could not afford to practice karate. Only the nobility of Okinawa could afford this luxury. Charles Goodin explains: “Karate was something that only the rich

(meaning the nobility) could afford to learn. Commoners arose before dawn and toiled in the fields farming or on the sea fishing all day long... There was no time for midnight karate lessons at a family tomb, nor was there any money for tuition.” [vi] Consequently, only the most interested and deserving members of Okinawa’s upper crust were socially and economically able to train.

Mr. Funakoshi describes his days of practicing karate in this secretive and selective environment: “At that time karate was banned by the government, so sessions had to take place in secret, and students were strictly forbidden by their teachers to discuss with anyone the fact that they were studying the art.”[vii] As a consequence, karate students and teachers had to practice under the stealth of darkness. Every evening, Mr. Funakoshi would leave for practice in the dark and return just before sunrise. He tells us that “the neighbors took to conjecturing as to where I was going and what I was doing. Some decided that the only possible answer to this curious enigma was a brothel.”[viii] Mr. Funakoshi was caught in a dilemma and was unable to dispel this rumor. If he had spoken and defended his reputation, he would have unveiled his secret. Consequently, he said nothing.

THE KARATE of an OLDER TIME

Karate training in Okinawa at this time was quite different from the training that would later evolve. Students did not wear the karate uniform (gi) or utilize the colored and black belts (kyu and dan obi): “In Okinawa, Karate practitioners wore ‘han hakama’ (short pants above the knee) until the beginning of the Showa era, which began in 1926. The top was usually bare. As karate

gradually spread to other prefectures, Judo ware was copied until the use of present day Karate ware became popular.”[ix] Additionally, the colored and black belt system, which was already in use in judo, was not formalized in Japanese karate until sometime around 1935.[x] In Okinawa this kyu and dan grading system was adopted somewhat later.

It is interesting to note that some of the terminology which we use in karate today was not used during this period. For instance, the term *kata* (formal exercise) was not used in Okinawa at this time. The common practice in Okinawa was to refer to a kata by its name followed by the word *di* (hand in Okinawan). Zenpo Shimabukuro explains: “The use of the word ‘kata’ did not become widespread until after the war [1945]. My father used terms like *Seisan-di* [thirteen-hand].”[xi] Hence, even the terminology that we use today in traditional karate was not used during this period.

Additionally, since the culture of Okinawa had been greatly influenced by Chinese Confucianism, it is not surprising to discover that this social and moral philosophy permeated into the curriculum of karate training. The curriculum was not standardized and was tailored toward transforming the whole person through a comprehensive education in a variety of areas. In other words, one did not go to the dojo to study only karate. One went to the dojo to receive a broad education and to improve one’s character. For instance, we are told that Mr. Chojun Miyagi’s instruction during this era “stressed the importance of acquiring an understanding of society in general, over and above the martial arts topics. To this end he invited guest speakers to lecture... The invited guests would include top instructors in calligraphy, music, literature, poetry, as well as medical doctors.”[xii]



Furthermore, the curriculum of the vast majority of the karate teachers was in a constant state of flux, and it was intended to be that way. Choshin Chibana explains the purpose of this constant change in the training and the curriculum of the teachers of this time: “Karate, as it is transmitted, changes every few years... It happens because a teacher must continue to learn and adds his

personality to the teachings. There is an old Okinawan martial arts saying that states that karate is much like a pond. In order for the pond to live, it must have fresh water. It must have fresh streams that feed the pond and replenish it. If this is not done the pond becomes stagnant and dies. If the



martial arts teacher does not receive an infusion of new ideas/methods, then he, too, dies. He stagnates.”[xiii]

Left: Training bare-chested in han hakama

Since a karate instructor’s curriculum, teaching methods, and kata were in a constant state of change, there was no such thing as a style in karate. In fact, it was not until 1926, well after the secrecy surrounding karate ended, that karate was generally referred to by the Okinawan city where it was practiced. Hence instead of using the original term *Chinese-hand*, names like *Naha-te*, *Shuri-te*, and *Tomori-te* were used and corresponded to the *te* (hand) that was being practiced in the general areas of Naha, Shuri, and Tomari. However, these general references were misleading and have led to the mistaken notion that several different “styles” of karate were being taught. The truth of the matter was that most martial artists on Okinawa practiced together whenever they

were able, and they blended the teachings of one group of practitioners with the teachings of others. As a result, there was nothing resembling three separate styles of karate in Okinawa at this time.[xiv]

We can see that during this period of time, karate was a secretive martial art which had been adopted from the Chinese and altered by the Okinawans. It possessed little of the organization that we now associate with karate-do. There was no unified curriculum, no official manner of dress, no ranking system, and no standardized styles.

END NOTES

- [i] Funakoshi, Gichin: *Karate-do My Way of Life*: page 4
- [ii] Miyazato Eiichi: *Okinawan Den Goju Ryu Karate-do*: page 22
- [iii] Miyazato Eiichi: *Okinawan Den Goju Ryu Karate-do*: pages 20 and 21
- [iv] Funakoshi, Gichin, *Karate-Do Nyumon*: page 23
- [v] Funakoshi, Gichin, *Karate-Do Nyumon*: page 23
- [vi] Goodin, Charles: *Dragon Times*: Vol.19 page 9
- [vii] Funakoshi, Gichin: *Karate-do My Way of Life*: page 4
- [viii] Funakoshi, Gichin: *Karate-do My Way of Life*: page 6
- [ix] Miyazato Eiichi: *Okinawan Den Goju Ryu Karate-do*: page 34
- [x] Funakoshi, Gichin: *Karate-do My Way of Life*: pages 83-84
- [xi] Chotoku Kyan, *Classical Fighting Arts*, Vol. 2 No. 15 (Issue #38) page 55
- [xii] Higaonna, Morio: *The History of Karate*: page 64
- [xiii] Cook, Harry: *Shotokan Karate*, page 36
- [xiv] Cook, Harry: *Shotokan Karate*, page 16



Membership and Grading

By Leo Lipinski, Shihan

I am writing to all Seiwakai members as well as those who wish to take Dan tests in May, 2015 in Portugal, in July 2015 in Japan or in London in October, 2015 and any future Dan testing for either Seiwakai or JKF Gojukai. If you do not already have JKF Gojukai membership, it is time for you to become a member if you are a brown belt considering JKF Gojukai Dan testing.

From now on, ALL brown and black belts in Seiwakai are required to take out Seiwakai Japan Life Membership. Please speak to your instructor or your National Representative about how to do this.

Regarding preparation for gradings: Many teachers/instructors of karate consider teaching to be “training”. IT IS NOT. It is teaching. School teachers do not get a Master’s degree or Doctorate for time spent teaching – doing their job. They have to go back to a university to intensively study for 2-3 years and more – many hours of special, high level, tuition. The same applies to karate. We, including those of us who are “seniors”, need to be coached/taught – this means attending classes and seminars where it’s possible. We also need regularly engage in self -training in addition to our teaching.

Gradings take place at special seminars offered in Europe, usually twice a year for JKF Gojukai and Seiwakai and in most of the European countries at least once a year for Seiwakai testing. Of course seminars/gradings also take place in our other regions such as Pan America, Africa and Australasia. To take a Dan test, attendance of a minimum 2 days at the seminar is required. This usually this consists of 10-12 hours training plus the test – in fact the seminar is part of your test. After observation, some seminar students have been denied the right to test because they were not considered to be of adequate standard.

With regard to JKF Gojukai Dan gradings in Europe: Countries (i.e. Branches), with the required testing committees, can organize Branch testing once a year for anyone eligible to test for 1st to 3rd Dan.

Regional testing, for example Europe is one of the regions, takes place once a year, usually in England. Testing for 4th and 5th Dan in JKF Gojukai is possible at Regional examinations. I also would like to once again inform you about the timescales for testing for all Seiwakai members in both Seiwakai and JKF Gojukai. You should already know about this from your instructor or National Seiwakai Representative.

Zero to 1st Dan – 3 years

1st Dan to 2nd Dan – 2 years

2nd Dan to 3rd Dan – 3 years

3rd Dan to 4th Dan – 4 years

4th Dan to 5th Dan – 5 years

5th Dan to 6th Dan – 6 years

6th Dan to 7th Dan – 7 years

7th Dan to 8th Dan – by invitation of Fujiwara Shihan with a minimum of 8 years.

Please note, these are minimum time periods and are NOT automatic. It depends on how much you train. There is a huge difference between training twice weekly (or twice a month or less as some do) and 6 times per week. It will usually show if you are doing very little training. Please note: the examiners depend on the honesty of instructors who put their students forward for examination concerning the amount of training someone has done. Our goal in Seiwakai is to raise standards and build a great organization – one that you are proud to be part of.

Surgery Cancels Several of Fujiwara Shihan's Seminars **By Leo Lipinski, Shihan**



I wish to let everyone know that due to recent surgery, Fujiwara Shihan will not be teaching until the end of June. He has been advised to take a 6 month recuperation and has therefore cancelled all seminars. I hope you all join me in wishing him a speedy recovery. Please note that the seminar in July this year carries on as planned as do all seminars in the second half of the year. London will be in October as planned.

Seiwa Kai Around the Globe:

Seiwa Kai Iran Kata and Kumite Team



Mehdi Abdolhosseiny with Ebrahim Esfandyari and Nabi Ebrahimi – The Iran Goju Ryu Seiwa Kai group will participate in the Iran Karate League 2014-2015.

Gojuryu Karate-do Seiwakai: Cheyyar, Tamil Nadu, India



Elangovan Srinivasan wrote: We had two days of Holiday special class for the students of the club of Gojuryu Karate-do Seiwakai, Cheyyar, Tamil Nadu, India.

Seiwa Kai and JKF Goju Kai Greece

By Dimitris Tsakatanis



**For 8 Consecutive Years --
1st Place in Kata in the Hellenic Senior
Championships.**

