



**PAN-AMERICAN GOJU RYU
KARATEDO SEIWA KAI
NEWSLETTER**

全米剛柔流空手道

誠和会社内報

Dedicated to Traditional Goju Ryu Karatedo

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All issues of the Pan-American Seiwa Kai Newsletter can be found online at:

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Hasui, Kawase: *Full Moon at Izu-ura* 1952

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Omagari Seiwa Kai Seminar 2016



The 2016 Seiwa Kai Goju Ryu Karate Seminar was held on July 20th through the 26th. The training is always fantastic and detailed giving you a plethora of things to go home and work on. After the daily 6 hours of training comes plenty of opportunities to socialize with old friends and to make new ones from your own country and from around the world. The tasty meals are always exquisitely prepared and presented. Then after a restful night of sleep, it is time to get up, clear your mind, and start the whole cycle over again.

Thanks to all of the Seiwa Kai members who contributed photos via their Facebook pages.



You train.



You socialize.



You eat.



You sleep.



Then you start the cycle all over again with a clear mind.



MIND OVER MATTER

The Development of Spirit Through Intensive Training

By Jim Pounds



“Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night long, and the body was never tired...You’ve always got to make the mind take over and keep going.”

George S. Patton; US Army General and 1912 Olympian

Was Patton talking about *Gasshuku*? (Okinawan term, literally “under one roof” – an intensive karate training session of several days or longer) Probably not, but he and other athletes (and warriors) understand the importance of mind over matter if we are to prevail. There has always been that trial by fire...the rite of passage throughout history. It is an effort to face up to more than we think we can in order to emerge on the other side of the ordeal as stronger, more confident individuals.

Just as the best *katanas* (Japanese Swords) require the constant stresses of heating, cooling, and pounding during creation, certain physical/mental ordeals are necessary in true training in order to hone the will of the practitioner. From the intensity of these ordeals, a sense of spirit, or *shin*, grows and becomes as necessary to victory as the pragmatic technical side of our training. The Japanese swordsmith understood the importance of unwavering cultivation of the spirit, evoking Shinto rituals for purification of the soul to create the best blades in the world. It is curious that the Germans, known for their technical expertise, could never duplicate the essence of the katana blades by utilizing technical skill alone. Something more is also needed in the development of willpower - an essence that allows one to win (or survive) an encounter which common sense dictates should not be winnable.

The Marine Corps has always believed that demanding, realistic training makes better soldiers, and the Marines have always had the highest esprit de corps because of the rigors of their training. That belief in self and in their comrades has resulted in a litany of victories that makes them one of the most formidable fighting units in history.

In tune with this “*What doesn’t kill us makes us stronger*” school of thought are the super-endurance athletes – the marathoners, the triathletes, and the ultra-marathoners. **Renee Despres** writes that prior to her first Western States 100 Mile Endurance Run, she asked one of the veteran

runners “*Why? Why run a 100-mile race?*” The veteran replied “*Because during a 100-miler you go through the emotions of an entire lifetime in a single weekend.*” Which brings to mind the emotions I’ve felt during *Gasshuku* trainings.

Yamaoka Tesshu, founder of the *Muto Ryu* (No Sword) school of fencing in the 1880’s, developed his own unique method of developing will power among his disciples, which he termed *seigan*. (Seigan is a Buddhist term meaning “vow”) In this instance, it was a vow to literally challenge death in order to attain the ultimate principles of swordsmanship. There were three kinds of seigan. The first seigan was preceded by a 1000 consecutive day practice period. On the last day of the training, the candidate was required to engage in a 200 contest seigan with the other swordsmen of the dojo, facing fresh opponents one after the other.

Successful candidates were then eligible, after further training, for the second seigan: 600 matches over a three-day period.

The supreme test was the third seigan: a seven day, 1400 match marathon which taxed the outer limits of the swordsman’s physical and spiritual endurance. Tesshu wrote:

“Swordsmanship should lead to the heart of things where one can directly confront life and death. Recently, swordsmanship has become a mere pastime with no bearing on matters of importance. In order to counter this tendency, I have instituted a one-week, one-thousand-four-hundred-match training session. Initially, the swordsman will find the contests similar to regular training; however, as the number of consecutive matches piles up, it will assume the dimensions of a real fight to the finish - one must rely on spiritual strength. This is real swordsmanship. If single-minded determination is absent, one will never advance regardless of the years spent in training. Thus I have established this special training to test the resolve of my swordsmen. Fortify your spirit and throw yourselves into this practice!”

Tesshu’s comment about “*swordsmanship becoming a mere pastime with no bearing on matters of importance*” brings to mind the overall state of the martial arts today. As schools water down the training intensity in order to create more mass-market appeal an intrinsic martial value is lost. Without overcoming hardship regularly in order to develop one’s spirit, a martial art does become a mere unimportant pastime.

Similar to the true martial philosophy of quality over quantity, Tesshu’s *Muto Ryu* style is very small in number, which critics attribute to its intensive training methods and deep principles. Tesshu was never interested in making the Way of the Sword a sport or pastime. To Tesshu, one good swordsman was worth 10,000 mediocre trainees.

Although very few records survive of the successful contestants, one is notable. **Yanagito Ganjiro** undertook the three day, 600 match seigan, having trained for an additional 500 consecutive days since his 200 match siegan. Despite being bruised dreadfully and reporting that his *“urine was dark red and he had no appetite”* he nevertheless *“passed the final day’s contests with a clear mind. I felt as if I was floating among the clouds.”*

Clearly, a breakthrough had been achieved. This breakthrough was *mushin* (no mind), the prevailing truth behind Tesshu’s Muto Ryu school. To Tesshu, the prime requisite of a swordsman was unyielding determination. When students complained of a lack of progress after a year’s training Tesshu would thunder, *“You’ve just begun!”* Pointing to his abdomen he would say, *“You must experience swordsmanship here.”*

Renee Despres writes *“The limits I’m interested in are those of sheer endurance. How long can you go, and what happens when you push beyond the place where you thought you needed to stop?”* Tesshu would respond that it is the only way to understand the essence of true warrior spirit. Despres puts it into a more modern perspective: *“Breaking through expectations creates confidence, provides courage, and fosters an ability to change. When you go as far as you think you can and then keep going farther, you accomplish something great.”*

Ultrarunner **Norm Klein** said *“I knew that if I could run the Western States 100, I could do anything.”*

Hard training sessions, especially the ones that cover a span of contiguous days, such as Gasshuku, build spirit by enlarging the very idea of what we perceive ourselves to be. There is that awesome feeling of *“floating among the clouds”* that comes after running your first marathon, completing airborne jump school, or attending Gasshuku. After experiencing breaking old barriers, we can never go back to what we once were. Nor would we want to.

References:

The Quotable Runner, edited by Mark Will-Weber. Breakaway Books, 1995.

The Sword of No-Sword - The Life of the Master Warrior Tesshu, by John Stevens. Shambala Books, 1994.

“When Enough is not Enough - What Drives the Mind of the Ultra-Endurance Athlete? Redefining Limits. Defining a Lifetime,” by Renee Despres. Women’s Sports & Fitness, Nov/Dec. 1997

Sad News



Dear Friends & Karate Practitioners,

On Saturday June 23, 2016 we lost one of our own. Armando Martin Huerta, a Black Belt ranked in Sewai Kai and the JKF Goju Kai made his passing. I am sure that some of you have seen the postings on Facebook and responded. Armando was a very strong Karateka and an amazing individual. Even though we had known that he had been diagnosed with cancer, losing him didn't seem possible. Armando was strong, brave and loving to the very end. He was our brother and we surround his family with our love and support.

We are taking a collection to help support his family. Please send checks to our studio [2202 Pico Blvd. Santa Monica CA 90405] made out to K.I.C.K noting that this is a donation for the Huerta Family. Those at the Santa Monica School may give cash. You may also donate with Master Card or VISA. All proceeds will be delivered to the Huerta Family.



Thank You for Your Love and Support,

Vassie Naidoo

Benoit's Martial Arts From the *Sudbury Star*



From most of the United States of America to Bolivia, Argentina, Peru, Ireland, Italy and a couple of provinces in Canada, Bradley Chaput, thanks to his illustrious karate career, has traveled the world.

He's able to travel the world because he's talented at his craft. Many medals and championships are held by the 15-year-old Chaput. He's a member of Team Ontario, he graces the Junior National Team roster and he's a first degree black belt. He runs as much as he can, trains at Benoit's Martial Arts, trains at Melbrook Muay Thai Academy for strength and conditioning and he trains at home. He just trains, basically. That's life for him, even as a Grade 10 student at College Notre Dame. But this is the life path he has chosen for the past six years.

"I remember going to my first tournament and I lost," Chaput said, not long after finishing a six kilometre run. "From that moment on, I just wanted to keep getting better and better. It eventually, after the course of six years, brought me to where I am today."

And where he is today is on the verge of attending the Austrian Junior Open in Sazburg, Austria. And, along with Marissa Meandro, will be participating in the ninth WKF Youth Training Camp and Karate 1 WKF Youth Cup in Umag, Croatia.

"If I have school, I go to school, I'll usually workout at school, and if I have time after school I'll go for a run," Chaput said, explaining his daily regimen. "After that, I'll either have muay thai and karate, or I'll have both some days. Some days I'll also teach. Normally, my days are pretty full with training and teaching and school work. I only get a couple days, maybe Saturday and Sunday, off.

"I really try to maintain my social life, too, though. I'm a very social person. Sometimes it gets frustrating because you have those moments where you get super frustrated and say, 'I just want to be a kid and hang out with my friends,' and a lot of my friends ... I have a lot of hockey friends, like Damien Giroux (a 44th overall selection by the Saginaw Spirit in 2016 OHL Priority Selection), so he understands how I feel about it, but I also have friends who just don't do sports who just hang out with their friends, and sometimes I wish I could just do that."

But if he just hung out, Chaput is well aware the many accolades to his name wouldn't exist.

"But then I remember I'm getting to travel the world, getting all these experiences because of this," Chaput said.

He's got another experience coming in Austria and Croatia. The Austrian Junior Open takes place from June 25-26, while the ninth WKF Youth Training Camp and Karate 1 WKF Youth Cup is held from July 27-31.

"Hopefully I do well because I train a lot," Chaput chuckled. "I'm excited to see the competition from there. I've never really competed in that part of Europe. There's Sweden, Switzerland, Germany, I've never competed against kids from there."

Chaput will compete in the male cadet kata division. Other competitors in his division are from Egypt, Italy, Switzerland, Austria, France, Sweden and Finland. For the WKF Youth Training Camp and Karate 1 WKF Youth Cup, there is a three-day training camp prior to the Youth Cup, which includes instructors such as world kata champion Rika Usami and World and European kata champion Luca Valdesi.

"I'm looking forward to the experience," said Meandro, 15, and a Grade 9 student at St. Benedict who is also a member of Team Ontario, trains strength and conditioning at RHP, and is also a first degree black belt. "There's going to be a lot of athletes from around the world there. They're very good, and they train hard, like I do. I train very hard all of the time. But the thing is, you don't know what to expect. Every tournament is different. National, provincial, regional, they're all different, but you know what, if I make Top 10, I'll be very proud because I know I worked really hard. I don't expect to come home with hold or a Top 3 finish, but I'll give it my all."

Just like she has since the age of four when she started in the sport. Back then, karate was something she did for fun. Now, as Meandro says, it is the very fabric of her life. Awards, even to this day, mean everything, because it signifies why she has given up so much for the sport.

"Every trophy and every medal I've received is all of the times I've sacrificed everything, it (signals) the times I've lost, the times I've been on the mats training," said Meandro, who also said she has aspirations to participate in the Olympics on day.

That's a possibility since karate may be included in the 2020 Olympic Games in Tokyo.

"They way I look at it, karate tournaments are a plus of my karate life. That's what I've learned. It's a plus for everything I do, everything I train. It's an extra bonus point on a test, an extra bonus point in life. It's all the times I've given up things, sacrificed, worked hard. It's like an ice berg. You see the top of the ice berg, it's a success, the bottom is all of the times I've cried and wanted to give up, but I didn't. I gave that 110% and put the time in. That's what it is. It's an iceberg."

Seiwa Kai Humor

How many karate instructors does it take to change a lightbulb?



One Hundred –

One to change the bulb and 99 to say: “It won’t work in the street.”

Martial Arts Movies in Popular Culture

By Michael Rawding

Editor's Note: The following article contains links to the movies being discussed. It is definitely worthwhile to follow those links in order to fully appreciate the article's content.

Martial arts as shown in popular culture movies is a far cry from what actually happens in the dojo. Movies about the martial arts show the student at the height of their powers and gloss over the 10 000 repetitions it takes to achieve competence. This is because a movie has a limited amount time and must keep the story interesting. Consequently, it glosses over the training and focuses on the fight scenes. However, cinematic exposure to the martial arts, no matter how inauthentic or unrealistic it may be, frequently brings new students into the dojo. From *Billy Jack* to *Oong Bak*, *Muay Thai Warrior*, many martial arts movies will make someone in the world say: "I'd like to learn how to do that."

Hollywood first gave us a taste of karate in *The Manchurian Candidate* from 1962. This was the first large American production with a karate fight scene. Frank Sinatra is pretty deadly with that snake style! <https://www.youtube.com/watch?v=j6SQfoirS1s> Earlier films had Judo (Blood in the Sun, 1945 with James Cagney) and Peter Lorre used jiu-jitsu in the Mr. Moto films from the 1930's, but none of these movies caused a widespread migration of students into the dojos of the land.

Billy Jack, released in 1971, was one of those movies that made people say "I'd like to learn how to do that." <https://www.youtube.com/watch?v=aVX-voqWuwY> It was definitely one of those films that caused a bump in karate enrolment. The movie looks believable – fast, but legit. By comparison, the fight scene in *The Manchurian Candidate* looked staged. However, people were likely attracted to the idea of being a karate master after mere minutes. There is also the military connection since both of these previous movies featured American characters who received their martial arts training while fighting wars in foreign countries. I have a hunch that many North American students of the martial arts from the 1950's to the late 1960's were either Korean or Vietnam War vets, or at the very least their instructors were.

The 1970's ushered in a boom of martial arts movies in North American cinemas. Bruce Lee's *Enter the Dragon* (1973) is a prime example. https://www.youtube.com/watch?v=zBsP8ch_-Tg Bruce Lee's untimely death, six days after the release of this movie, helped to turn *Enter the Dragon* into an international box office sensation. Also, it created many martial arts students. One lasting legacy of Bruce Lee is the insistence that you didn't have to be Asian to study the martial arts. Kareem Abdul Jabar, himself a student of Lee, stated that Jeet kun do was a profoundly American invention. Bruce Lee's students were an amalgam of skin colours and nationalities. Martial arts had broken racial barriers by this decade, thanks in part to outliers like Bruce Lee, who would teach what he knew to non-Asian students.

In the early 20th century, Chinese movie studios began adapting well-known Peking Opera storylines into films. It should be noted that Peking Opera is a form of traditional Chinese theatre

that combines music, dance, and acrobatics. It arose in the late 18th century, survived Mao's Cultural Revolution, and is still going strong today.

In the later part of the 20th, Chinese movie studios began using martial arts history as source material. The Five Venoms is a prime example of this type of martial arts movie. It was directed by Chang Cheh, and starred several well-known Taiwanese and Chinese Peking Opera performers. <https://www.youtube.com/watch?v=znPXIUgcMWA> The first time that I saw one of these movies, I was hooked. I watched every one that they would show on weekends. Some of these movies made me realize that with the right teacher, I could learn these techniques. It made me stop and think: I'd like to know how to do that.

Kung Fu from the early 1970's told us: "When you can snatch the pebble from my hand, it will be time for you to leave." Many people in North America enjoyed the philosophy and the fight scenes of this series starring David Carradine and subsequently began training in the martial arts. But nothing lasts forever, and the show was cancelled. The Kung Fu genre came and went.

The final enrolment boom came from movies aimed at a younger audience. And guess what? Younger audience meant younger students. Thanks to *The Karate Kid* (and later, *Teenage Mutant Ninja Turtles*, and *Mighty Morphin Power Rangers*), dojos all over North America saw a groundswell of youth enrolment. I daresay that this became the new economic model of dojos: attract young members to stay solvent. <https://www.youtube.com/watch?v=eWMtUDJQfYs>

In the end, I offer myself as living proof of my thesis. I saw *Enter the Dragon* at the theatre when I was six or seven on a double bill with *Five Fingers of Death*. My first Shaw Brothers movie, and my first Golden Harvest film in one night! I knew something special was happening on that screen, even at such a young age. *The Karate Kid* and later *Bloodsport* got me to start my own training regimen of kicking telephone poles until my shins were sore. It would take another decade and a half before I enrolled in an actual dojo, but it was the movies that got me to the front door.

My discussion about the influence of popular culture movies on the martial arts ends here, but the media influence continues. Since the early 1990's, the rise of professional mixed martial arts has been followed by rising numbers of new rollers on the mats. You might even say that the success of Royce Gracie is the reason that Brazilian Jiu Jitsu classes in North America are so full of students. I've missed many titles in this writing that surely got someone somewhere to enroll in a martial arts class. Every style has a herald that calls students to the nearest training hall. Kung fu has Bruce Lee, Muay Thai has Tony Jaa, aikido has Steven Segal, karate has Ralph Macchio and Jaden Smith, MMA has a pro-wrestling like stable of personalities, and Tae Kwon Do has...*The Foot Fist Way*: the story of a man who teaches people how to kick other people in the face. I haven't seen it, but I'm sure it has many would-be kickers round-housing their way into the nearest dojo.

For some foot in the face humor see: <https://www.youtube.com/watch?v=Z8VD4JXUozM>
The Frantics: Ti Kwan Leep

Upcoming Events

**The USA Seiwa Kai Goju Ryu Karatedo Seminar
With Fujiwara Shihan and Vassie Naidoo Shihan**

Monica, California on November 4, 5, & 6

Save These Dates!

New Venue this year



Great Training and Great Fun

Hawaii Open 2016

HAWAII
OPEN

SATURDAY, SEPTEMBER 3RD, 2016, MANOA VALLEY DISTRICT GYM

ORGANIZED BY KACHI KARATE HAWAII

DIVISIONS FOR KIDS,
CADETS, JUNIORS & SENIORS

WKF RULES

- KATA
- KUMITE
- TEAM KATA
- TEAM KUMITE

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KARATE INTO THE OLYMPICS

Hello Everyone,

It is my pleasure to invite you to Honolulu, Hawaii for the 2016 Hawaii Open. We have special hotel prices available for this event. Mark your calendars and reserve early. If you have any questions, please do not hesitate to contact me.

Robert Koncal

Seiwa Kai Around the Globe



Seiwa Kai Goju Ryu Karatedo International

Seiwa Kai Goju Ryu Karatedo Seminars

Seiwakai International has a very full seminar calendar with many opportunities for training. Regular participation in these seminars is the manner by which you keep your Karatedo skills sharp, and continue the learning process.

- Omagari, Japan– July 20, 21, 22, (23 rest day) 24, 25, 26
- London, UK – October – 21, 22, 23, 24 Total 16 hours training available.
- Santa Monica, California USA – November 4, 5, and 6

Additionally, Leo Lipinski Shihan will be conducting at least eight seminars this year in England which will be 2 days each. Please refer to the schedule on the bottom of the page for details. He will also be teaching in Belgium, Indonesia, Greece, Italy, Slovakia, Hungary, South Africa, Bulgaria, Australia and quite probably a few other countries.

Leo Shihan is also planning a seminar for seniors, those who run dojos, and instructors who run countries that will take place over 4/5 days. It is hoped that the first will take place in Europe with Fujiwara Shihan teaching starting sometime next year.

Registration information will be published as it becomes available.

Goshukan South Africa By Gary Mahnke



Goshukan's Reachout division is proud to announce the Opening of another 2 free dojos. We are changing lives through disciplined education.



“What an example for the entire world about how karate can benefit humanity when taught by the right people. Well done.” Des Tuck

Slovak National Championships

By Tomi Kumade

