

**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
ISSUE 20: September/October 2016**

All issues of the Pan-American Seiwa Kai Newsletter can be found online
at: <http://www.greatlakesseiwakai.com/usa-seiwa-kai-newsletters.html>

Send submissions to the USA Seiwa Kai Newsletter to
greatlakesseiwakai@gmail.com



Shuji Tasaki, Shihan: Seiwa Kai Founder

Seiichi Fujiwara, Shihan: Seiwa Kai President

**Vassie Naidoo Shihan: Seiwa Kai International Director and USA Seiwa
Kai President Appointed by Shuji Tasaki, Shihan**

Des Tuck USA Seiwa Kai V.P. & Seiwa Kai International Special Advisor

USA Seiwa Kai Officers:

Vassie Naidoo: President
Des Tuck: Vice President
Jim Pounds: Secretary
Brian Burdick: Treasurer



Goshukan Seiwa Kai Canada

Craig Vokey: President
Vassie Naidoo: Liaison

Seiwa Kai Mexico

Marcos Madrid: President
Vassie Naidoo: Liaison and
Official Representative for Latin America
Appointed by Shuji Tasaki, Shihan

Seiwa Kai Colombia

Vassie Naidoo: Liaison



Table of Contents

1. Hasui, Kawase: Lake Chuzenji, Nikko – Page 3
2. Upcoming Events – Page 4
3. The IOC Votes to Include Karate in the 2020 Olympic Games – Page 7
4. Pan-American Seiwa Kai and Sport Karatedo
 - Mexico Seiwa Kai – Page 8
 - Seiwa Kai Goshukan Canada – Page 10
 - The USA National Championships and Team Trials – Page 13
5. *Oss*: Its Precise Meaning and Proper Usage – By Mark Cramer – Page 15
6. Seiwa Kai Humor – Page 17
7. Meditations on Grading – By Jim Pounds – Page 18
8. Vassie Shihan Goes Down Under – Page 19
9. Visalia Seiwa Karatedo Gasshuku – Page 20
10. Seiwa Kai Around the Globe
 - London Seminar – Page 21
 - Seiwa Kai Goshukan South Africa Seminar – Page 24
 - Iran Seiwa Kai – Page 27



Hasui, Kawase: Lake Chuzenji, Nikko

Upcoming Events

**The USA Seiwa Kai Goju Ryu Karatedo Seminar
JKF Goju Kai Shinsa and Seiwa Kai Shinsa
With Fujiwara Shihan and Vassie Naidoo Shihan
In Monica, California on November 4, 5, & 6
Save These Dates!
*New Venue this Year***



Great Training and Great Fun

**USA Goju-Ryu Karatedo Seiwa Kai Training Seminar
With JKF Goju Kai Shinsa and Seiwa Kai Shinsa
Santa Monica, CA USA
Friday-Sunday, November 4, 5, & 6, 2016**



Open to ALL Karate Practitioners.

Three days of training in sunny Santa Monica, California with **Seiichi Fujiwara Hanshi**, 8th Dan -- President and Head Instructor of Goju-Ryu Seiwakai and Head of the JKF Gojukai Overseas Committee; **Vassie Naidoo Shihan** 7th Dan – President of Seiwakai USA; **Desmond Tuck** 7th Dan – Vice President of Seiwakai USA; and **other Senior Instructors** from the US, Canada, Mexico and Australia. The emphasis on kihon waza, kata, and practical applications of Goju-Ryu Karate-do.

You will leave this seminar with new insight on proper kata performance, kata bunkai, Goju-Ryu style kumite, and a deeper understanding of Karatedo.

Please plan on joining us for insightful instruction, beach training, camaraderie at the **Rustic Canyon Recreation Center 601 Latimer Rd. Santa Monica, CA 90402**
Special room rates are available at the *Travelodge Santa Monica*

3102 Pico Blvd., Santa Monica, CA 90405 (800) 450-5766



USA Seiwakai

REGISTRATION FORM
Santa Monica, CA, USA
Friday-Sunday, November 4 – 6, 2016

Name: _____ **Address:** _____
City: _____ **State:** _____ **Zip:** _____ **Country:** _____
Dojo: _____ **Current Rank:** _____
Main Phone: _____ **Secondary:** _____ **Email:** _____

Seminar Schedule:

Friday, Nov. 4, 2016	6:00pm – 9:00pm	Rustic Canyon Rec. Center
Saturday, Nov. 5, 2016	9:00am – 11:00 am	Beach Training – Guard Station 26
	1:00 – 4:00 pm	Rustic Canyon Rec. Center
Dinner Enkai	7:00 pm -- 9:00 pm	Location T.B.A.
Sunday, Nov. 6, 2016	9:00 am	JKF Gojukai Shinsa -- Hombu Dojo
	1:00 -- 3 pm	Rustic Canyon Rec. Center
	3 pm – 4 pm	Seiwakai Shinsa

<u>Please check activities attending:</u>		<u># Attending:</u>	<u>Total:</u>
<input type="checkbox"/> 3-Day Training	\$185.00 (\$200 <u>after</u> Oct. 20th)	_____	\$ _____
<input type="checkbox"/> 2-Day Training	\$150.00	_____	\$ _____
<input type="checkbox"/> Single day Training	\$100.00	_____	\$ _____
<input type="checkbox"/> Saturday Dinner Enkai	\$30.00 (Includes 2 drinks)	_____	\$ _____
<u>TOTAL FEE:</u>			\$ _____

PLEASE MAKE CHECKS PAYABLE TO: KICK (Karate for Inner City Kids)
CREDIT CARD (Circle which one): VISA/MASTERCARD

CREDIT CARD #: _____ **EXP. DATE:** _____

Mail Registration to: KICK 2202 Pico Blvd. Santa Monica, CA, USA 90405

For further information, contact Vassie Naidoo @ 310-399-6955

RELEASE OF LIABILITY TO PARTICIPATE

In consideration of your accepting my fees, I intend to be legally bound on behalf of myself, my heirs, executors, assigns, and administrators, I do hereby waive, release and discharge any and all rights and claims for damages which I may have, or which may hereafter accrue to me against the Japan Karate Federation Gojukai, USA Goju-Ryu Seiwakai Karatedo, KICK, Karate of L.A., YWCA Santa Monica, Vassie Naidoo, other instructors, participants, sponsors and contributors, their representatives, affiliates, successors, and assigns for any and all injuries arising from my participation in the 2014 USA Goju-Ryu Karate-do Seiwakai Training Seminar & JKF Gojukai Shinsa . I attest that I am physically fit and sufficiently trained for this event. I understand karate is a demanding physical activity and I enter into this Release knowing and accepting there is a potential for injury.

Signature (Parent if under 18 yrs)

Printed Name

Date

The IOC Votes to Include Karate in the 2020 Tokyo Games



On August 3rd, the International Olympic Committee unanimously approved the proposal to include Karate in the 2020 Olympic Games. The 2020 Olympic Games which will be held in Tokyo, Japan will include male and female individual kata divisions as well as three male and female kumite divisions. A total of 80 athletes (40 male and 40 female) will compete in the games. The other sports to be included in the 2020 Games are baseball/softball, roller sports, surfing, and sport climbing.

Let us endeavor to ensure that Karatedo remains a budo with a sporting component, and that it does not become a sport that has forgotten its budo origin.

PAN-AMERICAN SEIWA KAI and SPORT KARATEDO

Now that Karate is an official Olympic sport, let's take a look at some of the Pan-American Seiwa Kai sport programs.

Seiwa Kai Mexico 2016 By Cristina Madrid

Below is a quick summary of Seiwa Kai Mexico's contributions to sport Karatedo so far this year. Additionally, Vassie Naidoo Shihan will be teaching a Seiwa Kai Seminar in Guadalajara on November 18,19, & 20, 2016 and all members of Seiwa Kai are invited to attend.

Teaching in Mexican Karate Federation

Cristina Madrid has been demonstrating Seiwa Kai Karatedo in seminars for examiners of the Mexican Karate Federation during the past four years (2013-2016)



The National Tournament of the Mexican Karate Federation February 2016 Ecatepec, Estado de México



- Fernando Madrid 2nd Place Adults
- Kumite+ 84 Kg and National Team Place
- Samuel Rivas Madrid 4th Place Sub 21 Kumite + 84 Kg and National Team Place

**The National Championship of the Mexican Karate Federation June 2016
La Paz, Baja California Sur**



Fernando Madrid placed 2nd Place in Adult Team Kumite
Samuel Rivas Madrid placed 6th Place Adult Kumite + 84 Kg.



Samuel Rivas Madrid
In a Sport Karatedo Kumite Seminar with Junior Lefevre in Guadalajara, Jalisco.



Angélica Martínez Madrid
Angélica won the silver medal in the Junior National Olympic Championships, August 4, 2016

She is part of the Mexican Karate Federation team in the Pan American cadet karate championship PKF Junior-Cadet August, 22-28.

Seiwa Kai Goshukan Canada

Sudbury's Meandro looking forward to represent Canada at Junior Pan-Am Games in Ecuador – CBC News Sudbury, Canada.



As the Olympics wrap up in Rio, one Sudbury teen is getting ready for competition in the Junior Pan Am Games in Ecuador.

15-year-old Marissa Meandro will be representing Canada in karate, and said she's looking forward to the experience.

"I'm excited to compete against some of the most elite athletes in the world from the Pan-American countries, that's what I'm most excited for," Meandro said, "I have very big expectations going into this, but, win or lose, I'm still very proud of myself no matter what."

Meandro, a grade 10 student at St. Benedict Catholic Secondary School, has been training since she was four, and credits the preparation she's received from Don Benoit and conditioning training from Troy Beauregard at RHP with preparing her for the event.

"I kind of look at it as, it's a go-to thing, where I can just be myself," she said, "if I've had a bad day, I go there and I just let it all go. And it's something where I feel comfortable."

"It's a lot of long hours, a lot of hard work," she said, "I put my heart and soul into it."

The average day for her, she said, involves training, school, homework, and more training.

In her career, the first-degree black belt has so far visited Ireland, Italy and Croatia to compete. She guesses her father, Chris, has travelled 30,000 kilometers just by car in the last year alone. "It's a go-to thing, where I can just be myself..." - *Marissa Meandro, first-degree black belt*

If things go well for Meandro, she aims to train for competition in the 2020 Olympics.

Marissa's event in the Junior Pan-Am games is scheduled for August 24.

Editor's note: Marissa placed 7th in the Pan-American Karate Championships in Ecuador. That is a tremendous accomplishment.

Seiwa Kai Goshukan Canada at the Pan American Games



From left to right: Zvonko Celebija (PKF Referee Committee), Trevor Walmsley, Valentyna Zolotarova, **Doug Smereck** (Pan American A Referee and Seiwa Kai Goshukan Canada), Yoshie Furumoto, and **Craig Vokey** (President of Karate Canada and Seiwa Kai Goshukan Canada)

Seiwa Kai Goshukan Canada

By Craig Vokey

The Gohsukan Canada Fall Camp
Oct 14-16 in Sudbury at Laurentian University.
Save those Dates!

Ten Goshukan Canada members attended the Seiwa Kai training in Japan, and four students successfully passed their Shodan exam. Congratulations to Victoria Hossack, John Rodger, Connor Smyth, and Alex Robillard.

Goshukan Canada would also like to congratulate Carolyn Bleech for being promoted to Third Dan and Caitlyn Young and Daria Dzubia for their Shodan accomplishments from the Spring seminar in May with Fujiwara Sensei.





Great Lakes Seiwa Kai Competes at the USANKF National Championships and Team Trials

By Sydney Pfeiffer

This past July 14 – 17, three members of Great Lakes Seiwa Kai competed in the USANKF National Championships and Team Trials in Pittsburgh, Pennsylvania. The experience was enlightening for first-time competitors Sydney Pfeiffer and Josh Neeb. Their first experience was supported by some of the other Great Lakes Seiwa Kai members (Emily Mata, Abby Reau, their parents, Josh Neeb’s parents and Sydney Pfeiffer’s parents).

**Below – Right to Left and Top to Bottom
Sidney Pfeiffer (ao); Josh Neeb (aka); Abby, Sydney, Cramer Sensei, and Emily; and Cramer Sensei (aka)**





Above: Great Lakes Seiwa Kai Competitors, Students, and Parents at Dinner

Sydney Pheiffer, a Toledo (Ohio) School for the Arts student, competed on Friday in kata and received a silver medal performing Geki Sai Dai Ni. She had a free day Saturday, and then competed again on Sunday in Kumite and received another silver medal.

Josh Neeb, a Bedford, Michigan Seiwa Kai student, competed in both Kata and Kumite and did very well in some very tough divisions.

Mark Cramer, Chief Instructor for Great Lakes Seiwa Kai, also competed. He received two Gold medals in 55+ Kata and 35+ Long Weapons Kata.

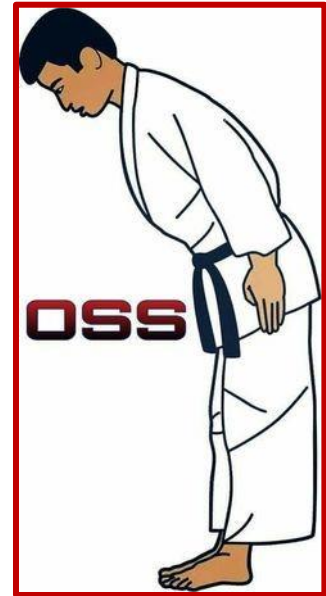
Sydney Pheiffer expressed the feelings of a competitor who is new to the national stage: “My experience at Nationals was both equally terrifying and exciting. I had never competed at a tournament that big and with that many spectators. But as soon as I got up to the mat to do my Kata or a match in Kumite everything went muffled and I was concentrating on what it was I had to do, even though I was shaking. When I was in staging everything went by slow, but when I was in the competition area everything went by super-fast. The last thing I have to say is I am going to be back next year.”

***Oss*: Its Precise Meaning and Proper Usage**

By Mark Cramer

Over the years, I have observed many martial arts myths and much misinformation being told in dojos and karate circles. Now that we have entered the internet-age, the myths and misinformation have become more wide-spread than ever. I have found this to be the case in the use of the term *Oss*. (It is also written *Osu* or *Ossu* with the “u” sound being truncated.)

There seems to be two extremes in the misinformation that has been taught and discriminated about this term. With some people and in some dojos, *Oss* is used constantly for almost everything – a greeting, an affirmation, an exclamation, a farewell, and more. For other people and in other dojos, *Oss* is a forbidden expression – a crude and coarse utterance that is used primarily by drunken Japanese sailors.



I can remember being in a dojo where *Oss* was used for just about anything and everything. I was greeted by *Oss* as I entered. The sensei introduced me, and there was another loud *Oss* offered by the class presumably exclaiming their appreciation of my presence. At some point, the sensei asked if everyone understood a particular concept, and *Oss* was the affirmative response. As I left, I was given a farewell *Oss* by many members of the dojo. The expression was used often and in a wide variety of situations.

A quick internet search confirmed the aforementioned usage of *Oss*. A U.S. based karate dojo explains: “In our school of karate, ‘OSU’ is a greeting, and is used to replace words and phrases such as ‘yes, good, I will, and excuse me.’” The online Urban Dictionary tells us something nearly identical about the definition of *Oss*: “A term used in karate or mixed martial arts schools meaning yes, hello, goodbye, and I understand.” I found these type of explanations and definitions over and over again on my internet search of U.S. dojos and organizations. Unfortunately, these definitions and usage of *Oss* are entirely incorrect.



On the opposite side of the coin, there are dojos and karate instructors who forbid the use of *Oss* claiming that it is unsuitable for polite company. I know an instructor in an Americanized Goju organization who chided anyone who dared to say *Oss* in his presence. I once observed an unsuspecting instructor make that mistake in front of him at a karate get-together. That instructor was immediately ridiculed with: “Only you and drunken Japanese sailors use that expression.”

My internet search also found the reference to *Oss* as a crude utterance. Although this second view was a bit more difficult to locate than the first, it was nonetheless available on the internet. On the All Gojuryu Network, the writer of an article tells us that he was given this explanation of *Oss* by a childhood friend’s Japanese grandmother. He tells us: “Ossu is considered impolite in general Japanese language.” The author goes on to explain that at one time “anything military was the cool

thing to do and drunk military men were common. Exiting the bars at all hours of the morning these men would mumble ‘Onegaishimasu’ whenever upon [seeing] their comrades... however the words never did quite come out that way. If you or I poured out of a bar at 3:00 am and stumbled upon a group of comrades, how would ‘Onegaishimasu’ come out of our mouths? But of course, as a garbled ‘Ossusussss’ or possibly worse.” Additionally, the author goes on to point out that when he has trained in Japan, he has not heard *Oss* used by the Japanese. Certainly, this view of the use of *Oss* lends credence to the idea that it is the crude utterance of drunken sailors.

Even though this article from the All Gojuryu Network comes closer to the actual meaning and acceptable usage of *Oss*, it too is not completely accurate. In order to get a definitive answer about the precise meaning and the proper usage of *Oss*, one should not rely on the usage of the Japanese language by instructors of Americanized karate, or the explanation of a friend’s Japanese grandmother.

Instead, one should turn to an expert in the martial arts who possesses a consummate understanding of the Japanese language and culture. No one could be more appropriate for this than Shuji Tasaki Sensei. After all, he is the founder of Seiwa Kai Goju Ryu Karatedo, and he lived in Japan his entire life. Consequently, he should be able to define the precise meaning of *Oss*, and explain its proper usage within the context of the martial arts.



In an interview conducted by Leo Lipinski Shihan, Tasaki Sensei explained the meaning and proper usage of *Oss*. He told us: “It is an important Japanese value. OSS means ‘Endure and suppress yourself.’ It should not be used frivolously. Often I ask people if they know what they are saying. It is an abbreviation of Oshi Shinobu.”

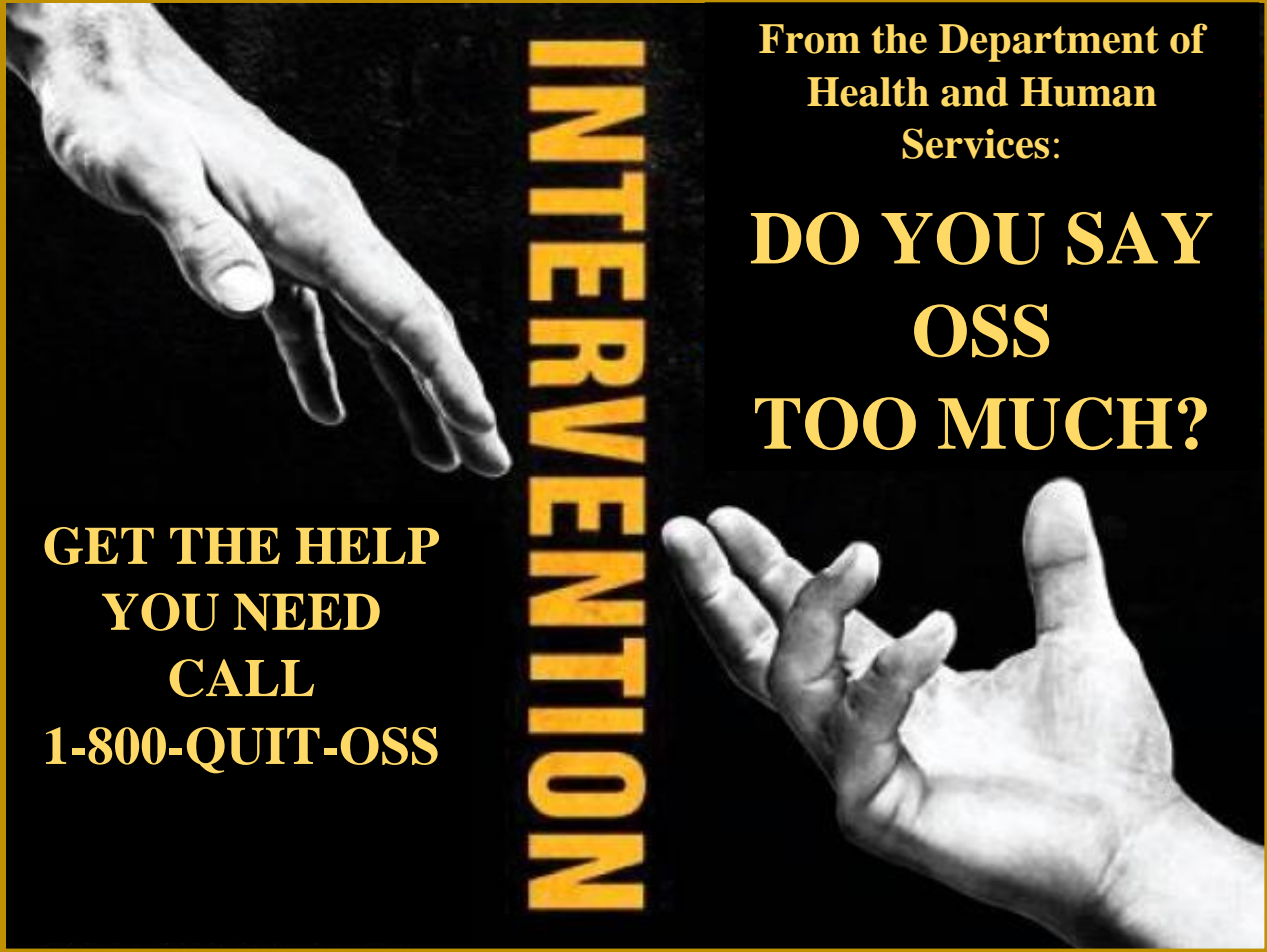
押忍

Kanji for Oss or Oshi Shinobu

It is important to note that Tasaki Sensei’s definition and usage of *Oss* is also available on the internet although it was somewhat difficult to locate. In an article written by Wendell E. Wilson, it is defined as “persevering while suffering” which is essentially the same as Tasaki Sensei’s definition. The article also makes reference to the meaning of the kanji characters above, and it warns that *Oss* is not a substitute for *Yes* (*hai*) or *I understand* (*wakarimasu*).

Consequently, we can see that *Oss* is not an indiscriminately used catch-all phrase, and it is not a drunken sailor’s unspeakably rude corruption of the greeting *Onegaishimasu*. Instead, we are told by Tasaki Sensei that the concept of *Oshi Shinobu* – enduring hardship and suppressing oneself – is an important Japanese cultural value. If you use the expression *Oss*, it would be wise to use it appropriately, and only with the spirit and the dignity of Tasaki Sensei’s explanation.

Seiwa Kai Humor



**From the Department of
Health and Human
Services:**

**DO YOU SAY
OSS
TOO MUCH?**

INTERVENTION

**GET THE HELP
YOU NEED
CALL
1-800-QUIT-OSS**



Meditations on Grading By Jim Pounds

- You cannot afford to lose your mind by giving in to your emotions in kata or kumite . . . Or in everyday life.
- An almost Zen-like detachment comes from repetition. That detachment allows us to think and see clearly on a level above the fray of actions and emotions.
- Being detached does not mean you lose the fire in your belly. You simply control and compartmentalize the emotions.
- Technique is what wins fights – not power. Technique begets power . . . and speed.
- A good training day or a bad training day is simply another day. Do not overly invest in the idea of good or bad. You trained. That's the important thing. Now do it again tomorrow.
- Kata is to kumite as the canvas is to a painting. Kata is the underlying structure -- seldom seen yet always supportive of your karate from beneath the surface.
- Everyone has different learning modalities – auditory, visual, experiential -- and they change according to biorhythms and other subtle factors. Just because you got it by seeing it once doesn't mean the other guy will. It's not necessarily about native intelligence. That other guy may kick your ass tomorrow.
- Don't overly compare your progress to others. The race is not always to the swift. Learning deeply lasts longest.
- Do not make excuses for your performance. Putting on your gi signifies you are ready to train with 100% effort. If you cannot commit to that, do not put on your gi.
- Gradings expose your weaknesses as well as your strengths. Learn from both. One shows how far you've come. The other shows that the road is long.

Vassie Shihan Goes Down Under

Vassie Naidoo Shihan was vacationing in The Great Down Under, and while he was in Brisbane, he stayed at the home of Jamie Duggan Sensei. Jamie is a senior member of Seiwa Kai, and he invited Vassie Shihan to teach at his Dojo.



Additionally, some of the other Seiwa Kai groups came to train with Jamie Sensei, and Vassie Shihan taught a one-day seminar. These groups included Bernie Haughey, Scott Read, Chris McKenna, Matt Longmuir, Kain Johnson Sensei and some of their students.

Left: Vassie Shihan makes minute corrections in Kururunfa.



Above: Group Photo

Visalia Karatedo Gasshuku

By Kaumron Torabi



Visalia Karatedo with guest instructor Sensei Desmond Tuck.

Visalia Karatedo held its annual Gasshuku 合宿 on August 20 with guest instructor Desmond Tuck, 7th Dan, Kyoshi. The training centered around basic techniques and close distance Goju Ryu kumite. Afterwards, there was a catered dinner and a swim party at home of Sensei Kaumron Torabi who was recently made Director of Visalia Karatedo.



The Gasshuku was followed by a Shinsa with about 32 participants

Seiwa Kai Around the Globe



Seiwa Kai Goju Ryu Karatedo International

London Seminar October 21, 22, and 23



**SEIWAKAI SEMINAR
LONDON 2016**
INTERNATIONAL GOJU-RYU
KATA & KUMITE SEMINAR

DATES
21st / 22nd / 23rd
October 2016

VENUE
Bishop Douglass
School, Hamilton
Road, London,
N2 0SQ

PRICE
£40 per day or
£85 for 3 days

Instructors:
Seiichi Fujiwara 8th Dan
Satoru Takahashi 8th Dan
Leo Lipinski 8th Dan
Paul Coleman 7th Dan
Rastislav Mráz 7th Dan

Contact: Leo Lipinski:
kenlee104@hotmail.com
Mobile: +44 (0) 7803 015 404

Seminar Times

Friday

6pm – 9pm Training

Saturday

10am – 12:30pm Training

12:30pm – 3pm Lunch

3pm – 5:30pm Training

5:30pm – 7:30pm Seiwakai Black Belt
Tests

Sunday

9:30am – 12pm Training

12pm – 2:30pm Lunch

2:30pm – 5pm Training

5pm – 7pm JKF Goju-Kai Black Belt
Tests

Extra Training

Monday Night

On Monday 24th October there will be
another 3 hours training available at no
extra charge for those who attend the
main 3-day seminar.

Time: 5pm – 8pm

Venue: Berkley Primary School,
Cranford Lane, Hounslow, Middlesex,
TW5 9HQ

Contact: Shihan Gurmit Singh Tel: 0208 737 9640 Email: gurmit@blueyonder.co.uk

Tuesday Night

On Tuesday 25th October there will be another 3 hours training available at no extra charge for those who attend the main 3-day seminar.

Time: 6pm – 9pm

Venue: Oxford Brookes University, Harcourt Hill Campus, Westminster Institute of Education, Oxford, OX2 9AT

Contact: Shihan Paul Coleman Tel: 07956 902 101

Email: oxfordgoju@aol.com

Seiwakai Test Information

Day: Saturday

Time: 5:30pm-7:30pm

Transfer of grade is available.

Requirements for All Testing Students

Test Fee in Yen

Copy of any previous black belt certificates

Requirements for New Members

1000 ¥ (Yen) for Seiwakai Membership

2 Photos for Seiwakai Membership with name / date of birth written on back

Member of organization for one year or more

Test Fee & Certificate Fee (Grade Registration)

Please email Leo Lipinski for Seiwakai Test & Certificate Fees:

kenlee104@hotmail.com

Confirm Testing

Please send your name, instructor's name and country via email to Leo Lipinski to confirm testing:

kenlee104@hotmail.com

*Please have all fees and photos ready with you. If you fail the test, your test and certificate fee will be refunded.

**Please note no spectators other than your instructor.

JKF Gojukai Test Information

Day: Sunday Time: 5pm-7pm

Transfer of grade is NOT available.

Requirements for All Testing Students

Test Fee in Yen

2 Photos for Test with name / date of birth written on back

Copy of any previous black belt certificates.

Requirements for New Members

5000 ¥ (Yen) for JKF Goju-Kai Membership

2 Photos for JKF Goju-Kai Membership with name / date of birth written on back

Member of organization for one year or more

Test Fee

1st, 2nd & 3rd Dan 5000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)

4th & 5th Dan 10000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)

Certificate Fee

(Grade Registration) 1st Dan 5000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling) 2nd Dan 6000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)
3rd Dan 7000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)
4th Dan 15000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)
5th Dan 20000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)

Confirm Testing

Please send your name, instructor's name and country via email to Leo Lipinski to confirm testing:
kenlee104@hotmail.com

*Please have all fees and photos ready with you. If you fail the test, your test and certificate fee will be refunded.

**Please note no spectators other than your instructor.

Accommodations

Main Hotel Ramada London Finchley

Address: 3 Leisure Way, High Road Finchley, London, N12 0QZ GB Tel: 02084 466644

Email: reservations@ramada.london

Speak to David Lloyd for special price and quote "karate seminar".

Limited number, first come first served.

Other Hotels

The simplest way to find cheap hotels near the dojo is to use a comparison website. I recommend: <http://www.trivago.co.uk>

Use the school postcode, N2 0SQ, to find closest hotels within your budget.

Saturday Evening Meal

Five Bells – Flaming Grill

Address: 165-167 East End Road, Finchley, London, N2 0LZ

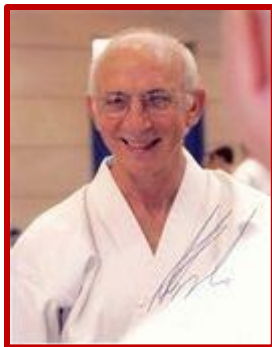
Tel: 02088831714

Time: 8:30pm

To confirm seating arrangements please email your name and country to Theresa Langworthy on: theresa.langworthy@btinternet.com

Seats must be booked in advance, first come first served.

Please confirm by 10th October 2015 at the latest.



I would like to see as many people as possible attending this seminar. Please pass this information to all of your students, friends and colleagues. We will have enough instructors to teach all levels of karate. Take this opportunity to train with other Seiwakai members.

My sincere regards to you all,

Leo Lipinski
Goju-Kai European President

Seiwa Kai Goshukan South Africa Seminar

By Gary Mahnke



Goju Ryu Seminar



With Shihan Leo Lipinski Hanshi 8th Dan Seiwakai, 7th Dan JKF Goju Kai



Goshukan is proud to be hosting our annual spring traditional Goju Ryu Karate Seminar with special guest instructor from the UK, Shihan Leo Lipinski Hanshi. Shihan Leo trained and graded under the wise Goju Masters, Gogen Yamaguchi and Shuji Tasaki and brings a wealth of knowledge and experience with him. You are hereby invited to attend this seminar and train under this exceptional instructor together with Shihan Rob Crawford Kyoshi, 6th Dan and Shihan Ben Mare Kyoshi 7th Dan

TRADITIONAL JAPANESE GOJU RYU KARATE

TABLEVIEW HOMBU DOJO | CAPE TOWN | 2 – 6 SEPTEMBER 2016

Friday 2 September: **10am – 12pm** - Instructors & Invite only
5:30pm – 7.30pm - All Purple belt and above, Seniors, Instructors
Saturday 3 September: **10am – 12pm** All Purple Belt and above, Seniors, Instructors
2pm – 4pm All Purple Belt and above, Seniors, Instructors
5pm – 6:30pm Brown & Black Belts & Invite Only
Sunday 4 September: **12pm – 2pm**: Brown & Black Belts & Invite only
3pm - Black Belt Grading test
Monday 5 September: **ALL DAY** – Goshukan Reachout Township dojo inspections

COST

Brown and Black Belts R350
Purple Belts and Junior Grade Adults: R250

Gary Mahnke | 0829247153 | info@goshukan.co.za | www.goshukan.co.za







Shihan Leo Lipinski did the official presentation of Japanese Goshukan Seiwakai certificates to our senior black belts who passed their grading seminars and tests earlier this year. Goshukan is a member of Seiwakai International and the JKF Goju Kai. Congratulations guys! You worked hard to earn these Japanese grades. Earning authentic traditional Goju grades from Japan is no easy achievement. You worked hard to earn these Japanese grades. – Gary Mahnke

Iran Seiwa Kai



All Iran Seiwakai Goju Kai Annual Championship 2016