

**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 25: July/August 2017**

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Hasui Kawase –Asahi Bridge, Ojiya

Pan-American Seiwa Kai Newsletter

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From the Desk of the Editor



You may have noticed that this issue of the Pan-American Seiwa Kai Newsletter has been sent out early. Since I am headed to Japan to train at both the Seiwa Kai Seminar and the JKF Goju Kai Seminar, I felt that this issue needed to be sent ahead of schedule.

I felt that it would be too difficult to train at the seminars, get the photos, write an article, format the newsletter, and email it from Japan. Additionally, these two seminars span the time (July 31st) when I would ordinarily email the newsletter to you. “Sticking to the schedule” would cause me to cover the Seiwa

Kai Seminar in one issue and the JKF Goju Kai Seminar in another. Consequently, you have received Issue 25 a bit early, and the next issue will have news about both the Omagari and the Wakayama seminars.

I hope to see many of you in Japan and share some training time and social time with you, my Seiwa Kai Family.



Seiwa Kai Goshukan Canada

Karate Canada President Craig Vokey Elected to The PKF Executive Committee

During the Pan-American Karate Federation (PKF)'s Congress held May 24th, Karate Canada's President Mr. Craig Vokey was elected by acclamation to the position of Assistant Treasurer, thereby becoming a member of the Executive Committee of the PKF for a 4-year term. This represents a significant honour, and it is the first time in many years that a Canadian representative has held such a position and been entrusted with such an important role within the PKF's Board of Directors and Executive Committee. We sincerely congratulate Mr. Vokey for this achievement.



Mr. Craig Vokey, President of Seiwa Kai Goshukan Canada, with PKF President Mr. Josè Garcia Maañòn

The Relevance of the Karate Sensei

By Jim Pounds



In a world notoriously bereft of defined routes for right living, there are fewer opportunities for youth to find mentors, who through their actions offer concrete examples of character and integrity. Too often, hard work and personal discipline are downplayed in favor of gimmicks or seeking the easy way. Staying the course is for suckers. Parents are too preoccupied or too busy to parent. The good teachers leave the profession seeking better pay and opportunities. Religion has lost relevance for many. This lack of mentors and wise elders leaves a vacuum for young people who are trying to figure life out, leaving them to raise themselves – a task they are ill-prepared for. Without wise leadership, they are likely to enter adulthood without valid goals or respect for others. They become stuck in adolescence. All youth are susceptible but young men seem most at risk.

In Richard Rohr's noteworthy book *Adam's Return – The Five Promises of Male Initiation* [i], he provides a great analogy about mentoring from the animal kingdom. Not long ago in a park in Africa, the young male elephants were acting strangely out of character – antisocial and aimlessly violent. They were stomping VWs, pushing over trees for no reason, and even killing other smaller animals and baby elephants. Park Rangers, brought in to study the situation discovered there were no older bull elephants in that area. All the older bulls had either died or been poached for their ivory, which left the teenaged males to roam and forage out of control. Their solution?

They brought in some older bulls from other areas by helicopter, lowering them onto the scene, and in a matter of weeks, amazingly, the whole situation had changed. Apparently, all the old bulls did was wave their ears and make various sounds and small charges, and somehow the younger elephants understood through these communications that their behavior was not the way good elephants should act. It seemed to be just that simple. *Things soon returned to normal once the elders operated as elders.*

In other words, the elders were being the Sensei. This example is not meant to be overtly male oriented – male initiation was Rohr's topic. Young women need strong female elders, and young males need their presence too. Without mentors of both sexes, youth lose their way and have to improvise, often erroneously,

For this reason, traditional martial arts are more relevant than ever. The Sensei/Kohai relationship is mentoring at its best, where character and leadership by example, not entitlement, lights a path

in which honest effort, dedication, and respect are passed down from generation to generation. All work. Nothing is free. All start at the bottom. The good of the group is paramount and personal achievement is encouraged. There are no gimmicks and no easy way. The character of young karateka who have continued training through those hard years of adolescence is often obviously better than their peers who have not and have struggled. The discipline of training and the mentorship of a Sensei is often a critical factor in character development and their sense of right and wrong.

Yogi Bajan, the one who brought Kundalini yoga to the west, and himself a warrior priest, summed up very succinctly the result of disciplined mentoring. He called it the five C's:

*“Caliber will make you deliver.
Character will sustain you.
Consciousness will carry you.
Courage will bring you honor.
Commitment will bring you trust.”*

The Karatedo Sensei



Providing a Moral Compass

Ossu!
James Pounds
July 2017

[i] Rohr, Richard. *Adam's Return – The Five Promises of Male Initiation*. The Crossroad Publishing Company, New York. 2004.

The Emptiness of Goju Ryu

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The concept of *Emptiness* is important in any discussion of the Japanese martial arts, and this is particularly true of Karatedo. In this context, *Emptiness* “does not imply something lacking, but rather the elimination of what is superfluous.”[i] This is precisely why the name of Karate was changed from *China-hand* to *Empty-hand*.

As we are all aware, Karate was originally called *China-hand*. Then round 1905, Hanashiro Chomo began referring to Karate as *Empty-hand* by changing the kanji for China [唐] to *empty* [空]. Whereas both characters are pronounced *Kara*, their meaning is very different. This change in meaning was designed to stress the concept of becoming *Empty* of delusions about and attachments to superfluous things through the practice of Karate.[ii] Mr. Gichin Funakoshi believed in the same principle, and in the 1930s he lobbied other members of the Okinawan and Japanese Karate community to officially change the name of Karate from *China-hand* to *Empty-hand*. [iii]

I recently came across a discussion by some instructors of an American offshoot of Goju Ryu, and was reminded of something that Miyamoto Musashi’s said about the concept of *Emptiness* in his treatise on martial strategy. In the *Book of Five Rings* [五輪書], Musashi explains: “In the Way of strategy, also, those who study as warriors may think that whatever they cannot understand in their

craft is the void [*Emptiness*]. Someone like that will continue to be distracted by irrelevant things.”[iv]

It appears that this is the case with some of the instructors in this American karate organization. At some time in the past, they were probably practitioners of orthodox Goju Ryu, but none of them have experienced any direct training with their roots in Japan for many decades. Over the passage of time, many of them have drifted further and further away from the mainstream teachings of orthodox Goju Ryu Karatedo.

Several instructors in their organization are now teaching that *Go* and *Ju* are mutually exclusive principles, and they tell their students that *Go* or the hard element of karate is the only element that is contained in the kata of Goju Ryu. According to their teachings, *Go* is relatively easy to learn and is taught through the repetition of kata and drills. On the other hand, they claim that *Ju* or the soft aspect of karate cannot be taught. Instead, they portrayed *Ju* as some type of force that can only be felt, and they must get in touch with this force in order to use it in karate.



All of this is asserted without an explanation of who or where these ideas came from. Nowhere in my research of well-respected Goju Ryu literature is there anything to corroborate these claims, and nowhere have I seen this taught by well-respected Goju Ryu instructors from around the globe. So, wherever these “irrelevant distractions” came from, it was not from the instructors of orthodox Goju Ryu Karatedo. Let’s take a look at what the research of orthodox Goju Ryu literature says about the concept of *Go* and *Ju*.

As we know, Miyagi Sensei was the founder of Goju Ryu, and named his style of Karatedo after a poem from the Bubushi. This poem, *Ho go ju donto*, is frequently translated into English as: “*The way of inhaling and exhaling is hardness and softness.*”[v] However, we must ask what this meant to Miyagi Sensei, and why he chose this concept to describe his Karatedo.

Left: “*Ho go ju donto*” from the Bubushi

To answer this, we will first turn to Eiichi Miyazato, who was a direct student of Miyagi Sensei and Technical Advisor to the JKF Goju Kai. He explains that *Go* and *Ju* is “the bujutsu principle upon which the style is based. *Go* and *Ju* are akin to day and night and one cannot be without the other.”[vi] Furthermore, Japanese instructors tell us that the kanji for *Ju* 柔 doesn’t necessarily mean soft: “this character is generally understood by Japanese people to imply ‘yielding,’ thus suggesting pliability.”[vii]

As we can see, Miyagi Sensei believed that *Go* and *Ju* encompass more than just a method of breathing. Together they form a mutually inclusive principle of combat. Additionally, *Go and Ju* cannot exist independently of one another just as one cannot inhale without exhaling. Furthermore, *Ju* refers to pliability. Consequently, one is to train to become hard and strong yet pliable in combat. The well-informed martial artist understands this principle.

The research also tells us that Miyagi Sensei named his style of Karatedo after this poem because he felt that the “oneness” of *Go* and *Ju* epitomized his Karatedo. Furthermore, the research is unambiguous in explaining that Miyagi Sensei believed that the key to understanding this principle is found within the kata of the Goju Ryu Karatedo.[viii] The diligent practice of these kata under the direction of a knowledgeable instructor who possesses a deep understanding of the Goju Ryu kata and bunkai allows the student to understand this principle.

All of this is precisely what Fujiwara Shihan is teaching, and precisely why Seiwa Kai Goju Ryu Karatedo is *Empty* of superfluous and irrelevant distractions. The drills that he has us practice come from sequences that are repeated over and over in many of the kata of Goju Ryu. We are instructed to be pliable by moving into our “comfort zone.” Then as we redirect our opponent’s attack, we unleash attacks on our opponent. This is also what Vassie Shihan has demonstrated to us. Consequently, by having students practice the Goju drills that are taught by both Fujiwara Shihan and Vassie Shihan, students will eventually come to understand the principle upon which our style is based – Goju.

Those who suggest that the kata of Goju Ryu contain only *Go* or hard elements of Karatedo or that *Go* is the only aspect that is taught by the teachers of orthodox branches of Goju Ryu Karatedo are filled with confusion about what they clearly do not understand in their craft. Unfortunately, their teachings also sow the seeds of confusion into the minds of their students.

Additionally, those who teach that *Go* and *Ju* are separate and exclusive principles are being distracted by superfluous ideas and irrelevant definitions. They are confusing a fractured Go Ryu and Ju Ryu with the *Emptiness* of orthodox Goju Ryu.

[i] Musashi, Miyamoto: *A Book of Five Rings*: <http://www.bookoffiverings.com/emptinessbook.htm>

[ii] McCarthy, Patrick *Bubishi: The Bible of Karate*: page 56

[iii] Funakoshi, Gichin: *Karate-do My Way of Life*: page 35

[iv] Musashi, Miyamoto: *A Book of Five Rings*: <http://www.bookoffiverings.com/emptinessbook.htm>

[v] Higaonna, Morio: *The History of Karate*: page 68

[vi] Miyazato Eiichi: *Okinawan Den Goju Ryu Karate-do*: page 31

[vii] *Classical Fighting Arts*: Vol 3. No. 4 (Issue #54): page 11

[viii] Higaonna, Morio: *The History of Karate*: pages 141-142

Upcoming Events

**The USA Seiwa Kai Goju Ryu Karatedo Seminar
With Fujiwara Shihan and Vassie Naidoo Shihan
In Monica, California on November 10, 11, & 12
Save These Dates!**



Great Training and Great Fun



Seiwa Kai Around the Globe



Seiwa Kai Goju Ryu Karatedo International

Seiwa Kai Goshukan South Africa

By Gary Mahnke



It was a big day for Goshukan Goju Karate Academy as yesterday saw the opening of the first Gauteng permanent Dojo, in Boksburg, Gauteng. Well done to Marius and Tarry Madgwick who worked tirelessly with their team to make this dream come true! The new dojo is at Parkrand Piazza Shopping Centre, Boksburg.

Goshukan's new ReachOut dojo in Acacia Park, Cape Town is growing fast, filling with kids who normally would not be able to afford karate. Here they are pictured with Sensei Adeen Fillies going through Goju basics.



Seiwa Kai England

By Marie Tanabalan



Congratulations and well done to all those who passed their Seiwakai England Licences at the recent Judging and Refereeing course here in England. The weekend was split into two, with theory taking place on the Saturday followed by the practical assessments and examinations on the Sunday. It has been a learning curve for most (we had 33 attended) and an enjoyable (and sometimes stressful) experience.

The results were; 17 passed kata, earning them a Seiwakai England Licence Judge A. 18 passed kumite, earning them a Seiwakai England Licence Referee B. This can be upgraded to Licence A, after refereeing at Seiwakai tournaments, and a further assessment and examination.

We are pleased to see the standard of judges and referees lifting, with a number of attendees attaining over a 90% mark in their kumite practical. (Indran Tanabalan Carol Han Hong, Charlie Betts, Cheri stokes, and Mark Anderson.) We are confident that within a couple of years, we will be seeing many more attaining WKF standards and expectations. Everyone really put an effort in, from the beginners, to the young, and the experienced, everyone were there to learn and gain.

There has been requests for the next dates for the course, and we hope to have these ready once we have further news, and number permitting we may run one in November. Please get in touch with Marie Tanabalan if you would like to get involved. Everyone is welcome, including international members.

Once again, thank you to all of you who attended, helped and the students who fought or did kata. Finally, to Leo Lipinski Shihan and Ondrei Citenyi for helping to make this happen.

**Seiwa Kai Greece
Senior National Championships
By Dimitris Tsakatanis**



Sofia Livitsanou
Senior Female Kata 1st Place Gold Metal:
(5-0, 5-0, 5-0, 5-0 and Final 5-0)
Seiwa Kai and JKF Goju Kai Greece

Seiwa Kai South Africa

By Ben Mare

South African Protea Awards with Candice and Sahar receiving awards. Congrats to Candice Leslie placing 1st for kava and kumite at the South African Elite Championships this weekend. Also, congrats to Jarrod and Louriece Odendal both being placed in the South African Open Championships.



Upcoming Events
Seiwa Kai Seminar London 2017
October 20, 21, and 23

International Goju Ryu Kata and Kumite Seminar

London; October 20/21/22, 2017
Bishop Douglas School
Hamilton Road, London N2 OSQ

Fees
£ 40 per Day or
£ 85 for 3 Days

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



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

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 23rd October – There will be another 3 hours of training available at no extra charge for those who attend the main 3-day seminar.

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

Contact: Shihan Gurmit Singh Tel: 0208 737 9640 Time: 5pm – 8pm

Email: gurmit@blueyonder.co.uk

Seiwakai Test Information

Saturday: 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

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

Certificate Fee (Grade Registration)

- ALL CERTIFICATE FEES are in ¥ YEN ONLY (NOT EUROS or STERLING)
- 1st Dan: 5000 ¥ (Yen) Only
- 2nd Dan: 6000 ¥ (Yen) Only
- 3rd Dan: 7000 ¥ (Yen) Only
- 4th Dan: 15000 ¥ (Yen) Only
- 5th Dan: 20000 ¥ (Yen) Only

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.

Accommodation

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 Leo Lipinski: kenlee104@hotmail.com Seats must be booked in advance, first come first served. Please confirm by 8th October 2017 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