

**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 26: September/October 2017**

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 Pan-American Seiwa Kai Newsletter to:
greatlakesseiwakai@gmail.com



Chojun Miyagi: Goju Ryu Founder

Shuji Tasaki, Shihan: Seiwa Kai Founder

Seiichi Fujiwara, Shihan: Seiwa Kai President

**Vassie Naidoo Shihan: Seiwa Kai International Director Appointed by
Tasaki, Shihan and Pan-American Seiwa Kai President & Chief Instructor
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Jim Pounds: Secretary
Brian Burdick: Treasurer

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Appointed by Shuji Tasaki, Shihan



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Goshukan Seiwa Kai Mexico

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Seiwa Kai Canada

Peter Brown: Official Representative
Isao Yabunaka: Senior Member



Hasui Kawase –Fuji from Hara 1942

Pan-American Seiwa Kai Newsletter

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Upcoming Events

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



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 10,11, & 12, 2017**

藤原誠一

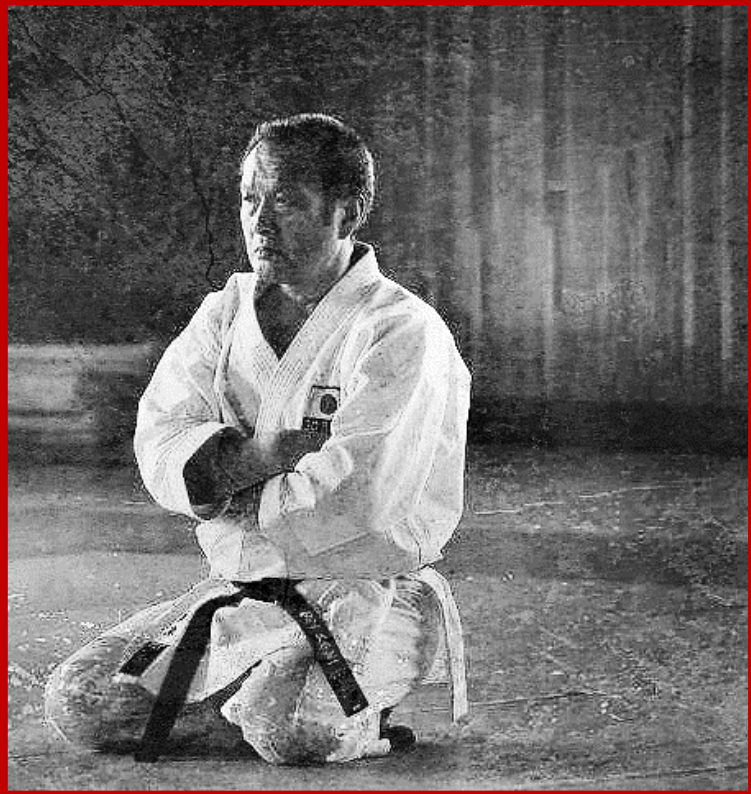
Seiichi Fujiwara

Hanshi

Hachi Dan

Seiwa Kai President

**JKF Goju Kai Overseas
Director**



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 Director of the JKF Gojukai Overseas Committee; **Leo Lipinski Shihan 8th Dan** – President Seiwa Kai Europe and Vice President Seiwa Kai International; **Vassie Naidoo Shihan 8th Dan** – President of Pan America Seiwa Kai; **Desmond Tuck 7th Dan** – Vice President of Seiwa Kai USA; and **Jim Pounds Shihan 6th Dan** – Seiwa Kai of Texas. 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:

Friday: John Adams Middle School GYM 1651 16th St. Santa Monica, 90404

Saturday Beach Training – Guard Station 26

Sat. and Sunday: Rustic Canyon Recreation Center 601 Latimer Rd. Santa Monica, 90402

Special room rates are available at the *Travelodge Santa Monica*

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

Goju Ryu Karatedo



USA Seiwakai

REGISTRATION FORM
Santa Monica, CA, USA
Friday-Sunday, November 10 – 12, 2017

Name: _____

City: _____ State: _____ Zip: _____ Country: _____

Dojo: _____ Current Rank: _____

Main Phone: _____ Secondary: _____ Email: _____

Seminar Schedule:

Friday, Nov. 10, 2017	6:00pm – 9:00pm	John Adams Middle School GYM 1651 16 th St. Santa Monica, 90404
Saturday, Nov. 11, 2017	9:00am – 11:00 am 1:00 – 4:00 pm	Beach Training – Guard Station 26 Rustic Canyon Rec. Center 601 Latimer Rd. Santa Monica, 90402
Dinner Enkai	7:00 pm -- 9:00 pm	Venice Church – Venice, CA
Sunday, Nov. 12, 2017	9:00 am 1:00 -- 3 pm 3 pm	JKF Gojukai Shinsa -- Hombu Dojo Rustic Canyon Rec. Center Seiwakai Shinsa

Please check activities attending: # Attending: Total:

- o 3-Day Training \$185.00 (\$200 after Oct. 20th) _____ \$ _____
- o 2-Day Training \$150.00 _____ \$ _____
- o Single day Training \$100.00 _____ \$ _____
- o Saturday Dinner Enkai \$30.00 (Includes 2 drinks) _____ \$ _____

TOTAL FEE: \$ _____

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

Leo Lipinski Shihan

By Vassie Naidoo

As President of Pan American Seiwa Kai and Director of Seiwa Kai International, I would like to extend my congratulations to Leo Lipinski Shihan. He was recently awarded JKF Goju Kai Hachi Dan. His life time achievements in Karatedo are impressive. However, before I touch upon his achievements, I would first like to tell you about my teacher and my friend.

Below: Leo Shihan in the late 1960s



I began my Goju Ryu Karatedo training with Leo Lipinski Shihan in South Africa in the late 1960s, and he has been my teacher ever since. This was during the period of apartheid where people of different colors were separated socially, economically, and politically. I have always been impressed that Leo Shihan openly flouted these laws. In his dojo whites, blacks, Indians, and colored trained together. Leo was risking quite a bit by defying the law, and the South African Police were always on the lookout for violators. Additionally, Leo Shihan and I would hang out together after practice, and this too was illegal. He would sneak me in the back doors of establishments where I wasn't allowed by the Apartheid Laws, and I would do the same for him. We had some great times together, but I'll omit the details.

In the late 1970s Leo Shihan moved to Santa Monica, California, and in 1981 I went there to visit him. Shortly thereafter, I moved my family there so that we could escape the Apartheid laws. Leo Shihan and I trained daily at the park, and our daily kumite sessions began to attract the attention of others. However, in 1983 Leo Shihan moved to England. Perhaps he got tired of the sunny warm weather of southern California, and wanted to live where it is perpetually cool and lacking sunshine.

Below: Leo Shihan and me in Japan

In 1993, Leo Shihan returned to Santa Monica for a visit and invited me to join the Seiwa Kai, and of course I did. In 1994, I traveled to Japan with Leo Shihan, and we trained for two months. It was Leo Shihan, two South Africans, and me. This was the beginning of the Seiwa Kai Omigari seminar – just four people. It certainly has grown since then, and Leo Shihan has been instrumental for that growth.



Some of Leo Shihan accomplishments are as follows: President of Seiwa Kai Europe, President of JKF Goju Kai Europe, and Vice President of Seiwa Kai International. In addition to the 16 countries in Europe who are members of the Seiwa Kai or JKF Goju Kai, Leo Shihan also oversees both of these organizations in Iran, India, and Africa. Thanks in large part to Leo Shihan the Seiwa Kai has grown to 60,000 members world-wide, and 90% of the JKF Goju Kai members are from the Seiwa Kai. These are certainly commendable achievements.

Earthquake in Mexico and our Seiwakai Family

By Vassie Naidoo

Dear Seiwakai Family,

There are times when we need to come together and support each other. As you are aware there were two recent earthquakes affecting Mexico City, Mexico. I have been informed that a number of our Seiwakai family members were affected along with major damage to their dojo.



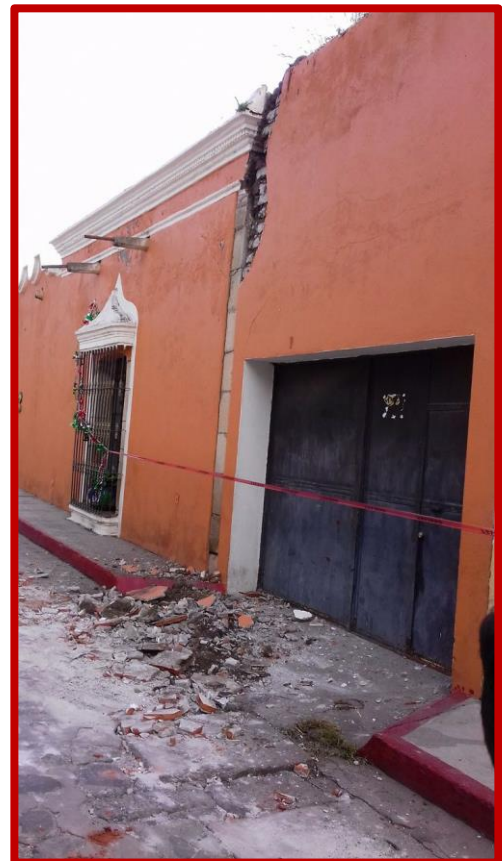
The annual seminar has been shifted to Guadalajara, Mexico instead of Mexico City. This seminar was not canceled because this is a strong statement about the resilience of the Mexican people and our Seiwakai family. I ask that you please send donations to our Hombu Seiwakai USA Dojo and we will forward to our Mexican brothers and sisters of Seiwakai to add in the dojo repair and financial assistance to some members.

You may make you donations to our K.I.C.K. (Karate for Inner City Kids) organization and receive a tax deduction in the United States.

Thank you for supporting our family.

Best Regards,

Vassie Naidoo





Flair vs. Substance

By Jim Pounds

I've seen too much sport karate lately. Perhaps I'm a curmudgeon, because I used to defend some amount of sport karate as a part of training. I still support competition for youth. Make no mistake, sport *kumite* can be beneficial in helping us improve our performance in one-on-one competition. There are benefits from preparing for competition such as improved action/reaction time and better use of distancing. All of that is fine. Yet despite these benefits I see subtle detrimental effects when sport competition is the primary focus.

Here's the deal. Everyone starts to look the same. No longer do I see Goju-Ryu fighters fighting Goju style. Not that they necessarily fight like Shotokan stylists (who probably don't either) or anyone else. It is more that the *kumite* in sport competition has become a muddle of limited techniques that rely on speed alone, rather than the multiple strikes, *kime*, unbalancing, and the effective blend of circular and linear power Goju-Ryu karate emphasizes. Too often I witness a fighter darting in with an overextended punch, barely touching the opponent, and then turning his back and calling his own ineffective point with a raised arm. Not only is it out of line with the precepts of karate protocol, but the lack of *zanshin* is an undesirable habit that could get you killed in a true altercation. Lots of medals do not necessarily make you a badass.

Additionally, the emphasis on kicking and sweeping techniques for increased point values (in an attempt to make matches more dynamic) has made it obligatory to master techniques such as *jodan kake geri* or be left behind in the score. Yet Goju-Ryu is particularly effective against *jodan* kicks because of its fighting strategy of closing distance and unbalancing the opponent. The Goju response against a *jodan* kick would be to attack the opponent's knees or groin, illegal in sport *kumite*. Another Goju response would be to move in and off-balance the kicker by trapping the foot on the ground while getting inside the kicking leg, then upend and finish. This can work in sport *kumite*, but we've already eliminated two-thirds of our defensive responses. These 'illegal' defensive responses are built into our *katas* and *bunkai*. But since Goju fighters now fight like everyone else, the techniques are seldom executed, or are not allowed. The more typical response today would be to answer with your own *jodan kake geri* or dance away to evade the technique, thus resolving nothing defensively.

I suppose it is this dancing away that most disturbs me about too much practice of sport *kumite*. The good thing is that you evaded being struck. The bad thing is that you evaded and didn't strike your opponent. As Miyamoto Musashi wrote in his *Book of Five Rings*, "Regardless of posture, the intent should always be to cut the enemy." Shuji Tasaki Shihan, the founder of Seiwakai Goju-Ryu, was a formidable fighter -- his skills formed in the streets of post-war Tokyo as well as in Gogen Yamaguchi's dojo. His philosophy, in brief, was to never back up, often letting his opponent close the distance with a linear attack while Tasaki countered from a slight angle with a

circular first counter strike. Then came a continuous sequence of both liner and circular strikes and kicks – the essence of Goju-Ryu fighting strategy: close distance (he let the opponent close), overwhelm the opponent, (with his continuous blows from all angles to all levels), and finally putting the opponent on the ground (usually through a final devastating *kin geri*). His strategy worked in the street and in the hard-contact ring fighting of his era.

I know from my own experience how hard it is to train the body and brain to either move forward or to stand your ground in the face of an attack. We *want* to back away. It's self-preservation. But that is also why moving in is so effective. The attacker *expects* you to move back. The first precept of Goju-Ryu fighting strategy is to close distance – whether we let the opponent close distance or we close distance by moving inside. We must spend countless hours in partner drills, *randori*, and actual kumite to overcome our own instincts to retreat.

At the same instant, we move in we have to strike. We strike to distract – to stop the opponent's mind, so to speak. In this brief instant, the momentum shifts from the attacker to ourselves. That is where victory is attainable, not in dancing *away* with the opponent still in front of us. In the ring, we score. In the street, we live. The longer an altercation continues, the more chance we have of getting hurt or killed. Practicing too much sport karate takes us away from the roots of Goju-Ryu fighting strategy and leaves us vulnerable in real self-defense. The Goju-Ryu techniques that can counter an adrenaline-fueled opponent's imperviousness to pain – attacks to knees, groin, and joints, throat attacks, elbow and knee strikes are illegal (understandably) in sport karate, and that is compounded by always using the lighter contact needed for sport kumite. Light kime becomes habitual.



Sport kata can be just as much a culprit in diluting our art. Competition kata allows us to take liberties in the performance in order to “personalize” the kata. The primary opportunity to personalize kata is in the timing we interject. Pauses add punctuation, so to speak and the best competitors do this beautifully. The problem, however, is that these

personal pauses are often interjected by the non-experts for dramatic effect into places that disrupt the *bunkai* (application) of the techniques. Techniques are often held in time and space like a pose for a photo shoot. Over time, other non-experts believe this is proper kata. In the street, that momentary pause can spell trouble if your opponent is one who will take a shot to give one. All real fights are adrenaline fueled. What might normally drop an opponent may have no immediate effect in a real fight, so continuous techniques with no “photo op” moments are necessary. This was the strength of Tasaki Shihan's kumite. Musashi called this “holding down a pillow” – once you attack, you must overwhelm the opponent and give him no chance to raise his head again. If

you absolutely need that photo, use a motor drive camera! Don't hold a pose unless you are ready to eat a fist.

Chinen Teruo Sensei's worst criticism of a kata performance by a practitioner was to mutter, "Hummm...too much tournament kata." What I believe he meant was karate that has been subject to too much focus on competition that looks good, yet lacks depth. The techniques are more about flair than substance. He also likened kata to an iceberg, in which 90% of the strength and solidity was invisible to the eye -- beneath the surface, so to speak. An observer (or opponent) feels the strength of what is invisible to the eye, which is enhanced in true kata understanding and practice. If one can maintain that idea in competition kata you will be successful in every sense.

There are some practitioners who perform kata beautifully without embellishing it, and I believe what makes it so beautiful is that you are seeing the inner strength and true intent of the techniques. When done correctly, kata really doesn't need to be changed to add flair. The beauty already exists, but it takes a practitioner many years to dig deeply enough, and to be proficient and graceful and strong enough to do it justice. The same is true of kumite. A very few karateka fight the same way regardless of the arena or the situation. But it works!

I'm always reminded of a quote by Anton Geesink, the first non-Japanese world Judo champion. After he won, everyone wanted to know what were his secret training techniques that allowed him to beat the very best judoka at that time. He replied, "I have no secret techniques or training methods. All I ever did was go to the dojo daily and train judo as Dr. Jigaro Kano taught. I won *because I knew judo better than my opponents.*"

I won't deny that Olympic level sport requires special training techniques geared for competition performance. Most of those special methods are to enhance speed, flexibility, and endurance. All good things. For power, we need to also employ *kigu undo* (supplementary training with implements) even if your implements are more modern in nature. Other training methods are to improve ring generalship, to coin an old boxing term. All of this is good, until we forget our roots and look at karate only as sport. It can be a difficult balance, but we must work for balance to be truly complete practitioners.

So, if you compete, you have my respect and I wish you great success. But please keep in mind that true karate transcends sport. Remember those deep roots as you train. They will never fail you. When your competition days are over, you will have a solid base that will last a lifetime.

James Pounds
August 2017

The Art of Seiwa Kai

By Tiari Mayberry

Tiari Mayberry and 9 other female artists from the Los Angeles area traveled to Cholula, Puebla, Mexico. Abel, male photographer, documenting the entire visit. The motivation for this trip was to spread more women dominated art in a male dominated scene.



During the trip we painted houses, businesses, city walls, and a special needs school. The special needs school was my personal favorite because I believe art is motivation and I want to create a colorful place for kids to learn. Having worked with my mom, Mallica, with special needs kids at the Seiwakai Honbu Dojo in Santa Monica, I see how much the atmosphere impacted the kids; it kept them alert and motivated to come back.

This trip to Puebla was amazing, I never experienced anything like it before. Their culture was beautiful. I want to especially thank Yher and her family for giving us a true Cholula experience. I also want to thank Level 9 and 4 Elemento for sponsoring our paint and Mike Bricaire for providing us walls. The entire town treated us like family and was all very welcoming. It's breaks my heart knowing that the town is recovering from the earthquake. As a team, Women on Walls is creating fundraisers for Puebla. We feel so blessed for the time we stayed. I myself struggled because I only knew little Spanish, but they all still welcomed me. I loved my experience there and it hurts knowing the town is hurting.



Great Lakes Seiwa Kai at Toledo School for the Arts USA National Karatedo Federation National Championships and Team Trials



Member, U.S. Olympic Committee



Toledo School for the Arts is a publicly funded 6th through 12th grade school with an arts-centered curriculum. TSA students, Marcus Beck and Sydney Pfeiffer competed at the USA NKF National Championships and Team Trials in Greenville, North Carolina last July 19 – 22. The USA NKF is the US Olympic Committee’s National Governing Body for Karatedo and the United States’ representative to the World Karatedo Federation.

Sydney won two silver medals and a bronze in Kata, Kumite, and Kobudo while Marcus won a silver and a bronze medal in kata and kumite.

SEIWAKAI MEXICO A.C.

MIEMBRO DE JKF GOJUKAI

CONVOCA

AL XII SEMINARIO TECNICO INTERNACIONAL
DE KARATE DO GOJU RYU
17. 18 Y 19 NOVIEMBRE 2017

IMPARTIDO POR
SHIHAN
VASSIE NAIDOO
8vo. DAN DE
SEIWAKAI MUNDIAL



Au. Alamo # 109
Col. El Porvenir
Tels. (01-392) 922-66-20
922-66-18
Ocotlán, Jal.
www.elhongoclub.com

Club Acuático Deportivo



Antonio Madrid Villalobos
Madrid
SEIWAKAI MEXICO
Presidente



Seiwa Kai Around the Globe



Seiwa Kai Goju Ryu Karatedo International Goju Ryu Karatedo Seiwa Kai Omagari, Japan Seminar



Large Group Photos in the Gymnasium and the Budokan

At the seminar, there was a large number of countries in attendance: Australia, Canada, (China) Hong Kong, India, Japan, New Zealand, Slovakia, South Africa, United Kingdom, and the United States. With all of this political diversity, there was scant mention of politics of any type and no division by ethnicity or nationality. We were all united by the common purpose of increasing our knowledge of Karatedo and improving ourselves as individuals.

The Fact that nearly one hundred people from ten countries traveled to Omagari is a testament to the quality of instruction that is offered at this seminar. As always, the seminar included intense kata training with an emphasis on kata bunkai applications from the various kata. Sanchin, Tensho, Seisan, and Kururunfa were emphasized quite a bit this year in Omagari.



Fujiwara Shihan demonstrates some of the joint locks found within the Bunkai of Goju Ryu Kata. His seemingly effortless movements immediately drop much larger men to their knees.





Fujiwara Shihan's young students from Japan gave an impressive demonstration some of Goju Ryu's advanced kata.

Seiwa Kai Banquet



Group Photo



Dinner and Libations



Mr. Keith Williams began his Karatedo training in 1978, and has had a life-long ambition of training in Japan. Despite some physical limitations, Keith fulfilled that ambition this year and was recognized for his efforts in making this year's trip. Congratulations to Mr. Keith Williams.



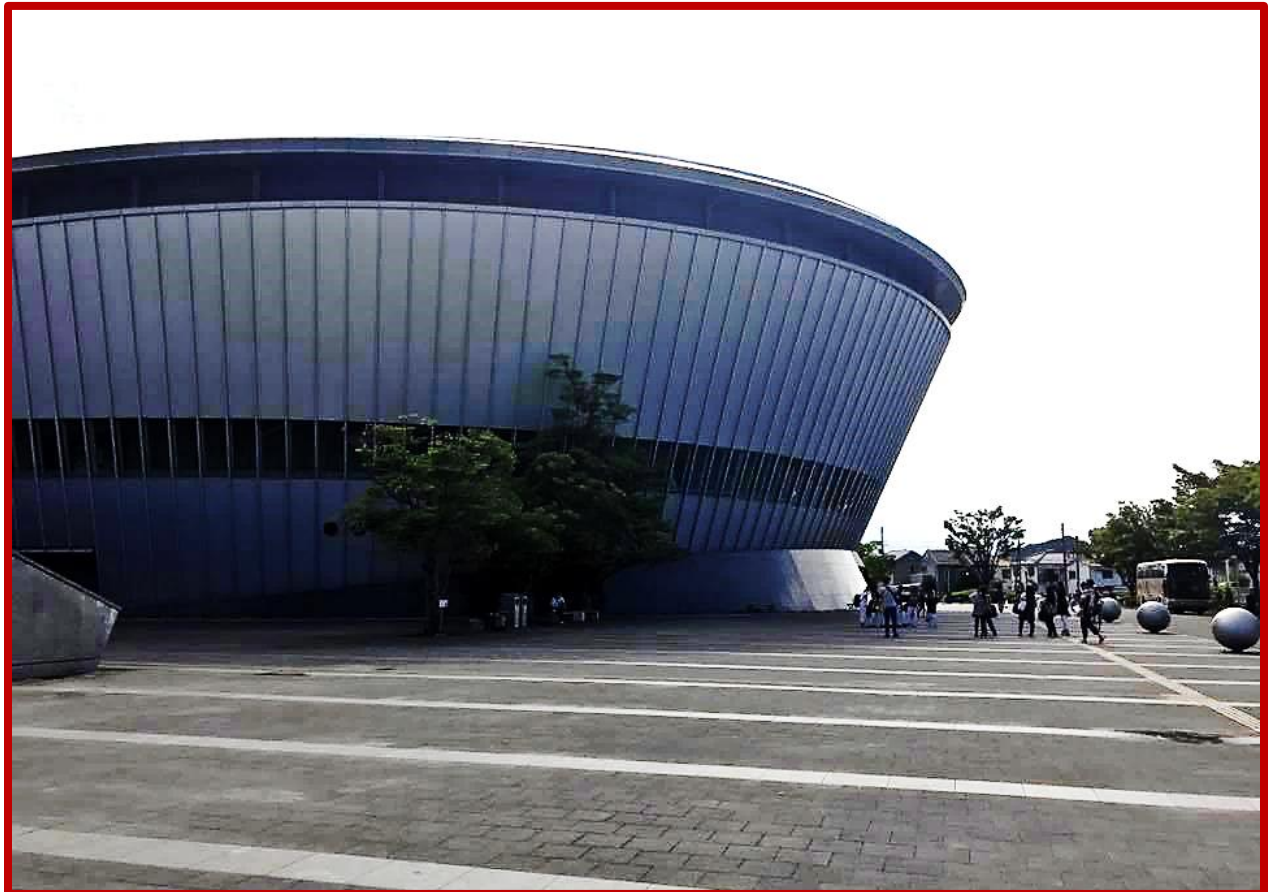
Mr. Williams and Seiwa Kai Family at breakfast at the Green Hotel.



JKF Goju Kai Kata Seminar and Tournament 2017 Wakayama, Japan



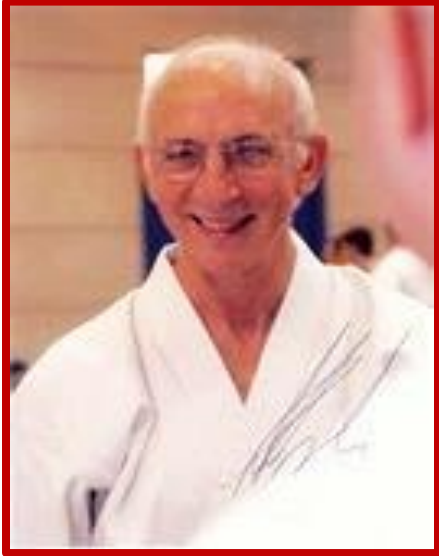
**ABOVE: JKF Goju Kai Seminar Group Photo
BELOW: This Year's Venue in Wakayama**





JKF Goju Kai Tournament in Wakayama





From Leo Lipinski Shihan

Hi to everyone. I apologize for my absence this year in Japan. I only heard yesterday about the results in both Seiwa Kai and JKF Goju Kai. Congratulations to Jamie Duggan, Michael Patrick and Rod Martin on passing 6th dan in JKF Gojukai and for those who passed their tests 1-5th dan. Additional congratulations to those who passed in their Seiwa Kai dan tests. I am in the process of making up further posts. I also send congratulations to a longtime colleague Kinjo who is a student of Hisenaga sensei and lives in California. Tak Hamabata and Kinjo are long time colleagues and friends of Seiwa Kai.

Some people have asked why I was not in Japan. The simple answer is that I was having chemotherapy and had to give that priority. This has been going on for some time – in fact since last year late October. I have still continued teaching seminars. Enough about me. Karate is about you and where you can and should go with it in your future. Please don't forget what you may have learned over the years from Tasaki sensei during his life time and now with Fujiwara Seiichi Shihan. Seiwa Kai has a long history in Goju Ryu Karatedo going back to its start.

I also wish to thank Vassie Naidoo who was in contact with me daily/nightly with all that was transpiring in Omagari. Vassie and I work very much as a team. I thank him for all he did for me while I could not be there this year.

The Seiwa Kai Open International Championships

By Marie Tanabalan

THE SEIWAKAI OPEN INTERNATIONAL CHAMPIONSHIPS

The Jean Brown
INDOOR ARENA
Forest Road
BARKINGSIDE
Essex, IG6 3HD

5TH NOVEMBER 2017
Registration: 8:30AM | Events start: 9:15AM
Contact: tkfnationals@gmail.com /
www.tkfnationals.wordpress.com

@TKF_Nationals facebook.com/tkfNationals

Save That Date – 5th November 2017

The Seiwakai Open International Championships is right around the corner, and we are excited to be hosting this annual championship (formerly known as TKF Nationals) again in London.

Confirmed countries this year are Germany, Italy, Switzerland, Bulgaria, Belgium, The Netherlands, Hungary and of course the many clubs from Seiwakai England. As well as, groups from other organisations and associations both here and abroad.

The championships will run using WKF rules, and the Chief Referee will be Mr Ondrej Cítenyi. Qualified in both European Karate Federation and World Karate Federation to a very high standard. He will be joined and assisted by National and International Referees from both within Seiwakai and other organisations.

The championships have been growing since it was first hosted in Crystal Palace, London in 2011. This is down to all the

hard work and effort that many people have made along the way. We thank each and every one of you for your continued support.

We are looking for volunteers to help make the day run smoothly. We hope you or someone you know would be able to contribute, no matter how small. Lunch and refreshments all day will be provided for all volunteers and officials, and we are looking to have commemorative t-shirts done for you to take home. T-shirt colour and design ideas are welcome!

Finally, [Jasmine Leanne David](#) has offered to organise accommodation for international delegates at St Christopher's Village, London Bridge. Please get in touch with her if you need assistance. It is a hostel in the heart of London and only two train journeys away from the tournament venue. Alternatively, please visit www.tkfnationals.wordpress.com for nearer hotels. Seiwakai is a member of the Japan Karate Federation Goju Kai which in turn is a member of WKF; World Karate Federation.

We look forward to seeing many of you. Please note entries are due in by 8th October. Any questions please feel free to message me here/messenger/email. Or call 07743-764234.



Karate Rules of Competition (Abbreviated)

Edited by Mark Cramer

With karate set to be part of the 2020 Olympic Games in Tokyo, it would be beneficial to all of us to become familiar with the World Karatedo Federation Rules of Competition which will be used at the event. Whether you are involved in sport karate in some capacity, or are an interested spectator you will need to understand the rules to follow the competition.

There are 53 pages to the WKF Rulebook, but the following abbreviated version should give you a basic understanding of the rules. Although the rules are certain to be tweaked prior to the 2020 Summer Olympics, the explanations below will be the foundation of what you should see in Tokyo. (The rules and illustrations below are taken from the World Karate Federation Kata and Kumite Rules 2017.)

Kata: Kata is not a dance or a theatrical performance. It must adhere to traditional Karatedo values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power, and speed – as well as grace, rhythm and balance. Only traditional Karatedo kata from the official WKF Kata List may be performed. Contestants must perform a different Kata in each round. Once performed a Kata may not be repeated. Slight variations as taught by the contestant’s style (Ryu-ha) of Karate will be permitted.

In assessing the performance, the judges will give equal weight to each of the three categories.

1. Conformance to the kata itself and to the standards of the applicable style (ryu-ha).	2. Technical Performance a. Stances b. Techniques c. Transitional movements d. Timing/Synchronization e. Correct Breathing f. Focus (kime) g. Technical Difficulty	3. Athletic Performance a. Strength b. Speed c. Balance d. Rhythm
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One competitor wears a red (Aka) belt and the other wears a blue (Ao) belt. Red performs their kata first. After both competitors have completed their kata, the Chief Judge will call for a decision (Hantei) and blow a two-tone blast on the whistle. The Judges will simultaneously raise the flags for either red or blue. The competitor with the majority of flags wins the bout. There are no ties.

Kumite: One competitor wears a red (Aka) belt, gloves, and shin/foot protection, and the other wears a blue (Ao) belt, gloves, and shin/foot protection. A kumite match is to an 8-point lead or until time expires in which case the person with the most points is declared the winner. If scores are equal at the end of the match, the contestant who scored the first unopposed point is the winner.

If the score is equal without any competitor obtaining a “first unopposed score” advantage, the decision will be made by a final vote of the four Judges and the Referee, each casting their vote. A decision in favor of one or the other competitor is obligatory and is taken on the basis of the following criteria:

- a) The attitude, fighting spirit, and strength demonstrated by the contestants.
- b) The superiority of tactics and techniques displayed.
- c) Which of the contestants has initiated the majority of the actions.

Criteria for a Score: A score is awarded only when a technique meets all 6 of the following criteria and is delivered to scoring area:

- (1) **Good Form** (2) **Non-malicious Sporting Attitude** (3) **Vigorous Application**
(4) **Awareness (Zanshin)** (5) **Good Timing** (6) **Correct Distance**

Scoring Area: Attacks are limited to the following areas:

- (1) **Head** (2) **Face** (3) **Neck** (4) **Abdomen** (5) **Chest** (6) **Back** (7) **Side**

Scores are as follows: A. **Ippon** Three Points; B. **Waza-Ari** Two Points; C. **Yuko** One Point

Ippon (3 points) is awarded for:

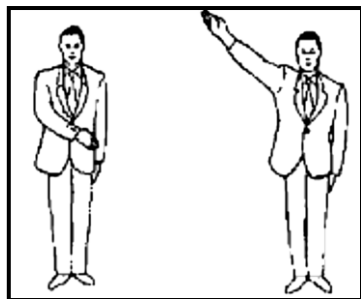
- a. Jodan (head level) kicks
- b. Any scoring technique delivered on a thrown or fallen opponent while the torso (upper body or trunk) is on the tatami

Waza-Ari (2 Points) is awarded for: Chudan (middle body above the pubic bone) kicks

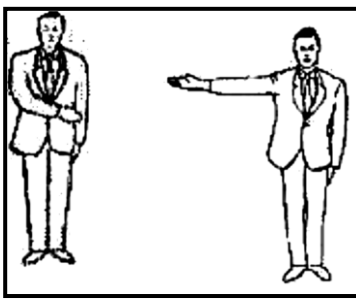
Yuko (1 Point) is awarded for:

- a. Chudan or Jodan Tsuki
- b. Chudan or Jodan Uchi

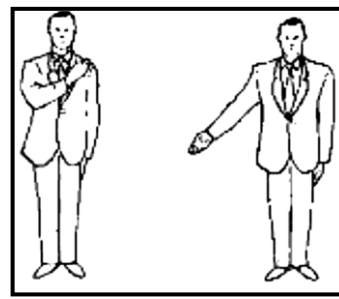
Referee's Gestures for scores:



Ippon



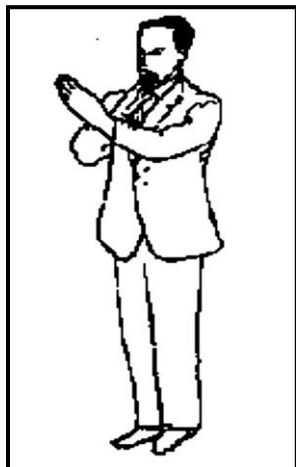
Waza-Ari



Yuko

Prohibited Behavior

There are two categories of prohibited behavior, Category 1 and Category 2.



Category 1: The Referee crosses his/her open hands with the edge of one wrist on the edge of the other at chest level.

- 1. Techniques which make excessive contact, having regard to the scoring area attacked, and techniques which make contact with the throat. (*In the WKF, under the age of 18, no contact to the face or head with the hands is allowed, but controlled (skin-touch) contact with the feet is permissible.*) However, in the Olympic games, controlled (skin-touch) contact with both the hands and the feet is permissible.
- 2. Attacks to the arms or legs, groin, joints, or instep.
- 3. Attacks to the face with open hand techniques.
- 4. Dangerous or forbidden throwing techniques.



Category 2: The Referee points with a bent arm at the face of the offender.

1. Feigning, or exaggerating injury.
2. Exit from the competition area (Jogai) not caused by the opponent.
3. Self-endangerment by indulging in behavior which exposes the contestant to injury by the opponent, or failing to take adequate measures for self-protection, (Mubobi).
4. Avoiding combat as a means of preventing the opponent from having the opportunity to score.
5. Passivity – not attempting to engage in combat. (Cannot be given after less than 15 seconds left of the match.)
6. Clinching, wrestling, pushing, or standing chest to chest without attempting a scoring technique or takedown.
7. Grabbing the opponent with both hands for any other reasons than executing a takedown upon catching the opponent’s kicking leg.
8. Grabbing the opponent’s arm or karate-gi with one hand without immediately attempting a scoring technique or takedown.
9. Techniques which by their nature cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks.
10. Simulated attacks with the head, knees, or elbows.
11. Talking to or goading the opponent, failing to obey the orders of the Referee, discourteous behavior towards the Refereeing officials, or other breaches of etiquette.

Warnings and Penalties

Chukoku: A Chukoku warning is imposed for the first instance of a minor infraction for the applicable category.

Keikoku: A Keikoku warning is imposed for the second instance of a minor infraction for that category, or for infractions not sufficiently serious to merit Hansoku-Chui.

Hansoku-Chui: This is a warning of disqualification usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit Hansoku.

Hansoku: This is the penalty of disqualification following a very serious infraction or when a Hansoku Chui has already been given. In team matches the fouled competitor’s score will be set at eight points and the offender’s score will be zeroed.

Category 1 and Category 2 warnings do not cross-accumulate. Warnings do not result in points being given to an opponent or being subtracted from the offender’s score. However, once Hansoku is reached the offender loses the bout.

If warranted, any level warning or penalty can be directly imposed for a rules infraction, but once given, a repeat of that category of infraction must be accompanied by an increase in severity of warning and penalty imposed. It is not, for example, possible to give a warning or penalty for excessive contact then give another warning of the same degree for a second instance of excessive contact.

Seiwa Kai South Africa

By Ben Mare



Jarrood with his Yollo Dojo the Future Instructors of Seiwa Kai at the Inchanga karate outreach. Keep up the good work.



Goshukan Seiwa Kai South Africa By Gary Mahnke



Goshukan ReachOut is proud to announce that it is sending a record breaking 6, fully sponsored athletes to WGKF World Championships in Romania next week and WKF... K1 in Germany, this weekend. This is a momentous occasion for us as we have managed to raise the funds to help these exceptional athletes (pictured here with ReachOut Founder and Coach, Gary Mahnke), who otherwise would not have the funds to participate in an event of this magnitude, travel internationally and represent South Africa!

Goshukan ReachOut is only getting warmed up. With our dedicated team of fund raisers and donors, together with our exceptional tour planners, we will be growing the size of our sponsorship to include more kids and young adults into this program, giving them these opportunities. A huge thank you to our tour planners, Karla and Jade Futter, who work tirelessly to ensure Goshukan athletes don't pay exorbitant travel prices. This enables us to send more athletes to all events, within the same budget. Without this type of planning, we would not be able to achieve what we do! Keep an eye on Facebook for more exciting things to come for 2017/2018 as we do our bit to help with sport transformation in South Africa.

To find out more about Goshukan ReachOut, or to get involved, visit our website www.goshukanreachout.co.za

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.

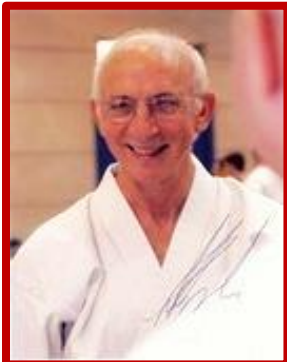
Accommodation

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