

**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 27: November/December 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
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

Seiwa Kai Mexico

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



Goshukan Seiwa Kai Canada

Craig Vokey: President
Vassie Naidoo: Liaison

Goshukan Seiwa Kai Mexico

Eusebido Montes: President
Vassie Naidoo: Liaison

Seiwa Kai Canada

Peter Brown: Official Representative
Isao Yabunaka: Senior Member



Hasui Kawase – *Shiba Koen no Yuki* (Snow at Shiba Park, Tokyo) 1931

Pan-American Seiwa Kai Newsletter

Table of Contents

Pan-America

- **USA Seiwa Kai Seminar – by Sydney Pfeiffer – Page 3**
- **Barn's Burnt Down – By James Pounds – Page 7**
- **Other Pan-American Seminars – Page 9**
- **Shochu – A Favorite of Fujiwara Shihan – Page 10**
- **Seiwa Kai Humor – Page 12**

Seiwa Kai Around the Globe

- **Seiwa Kai Seminar London – Page 13**
- **Seiwa Kai Open International Championship Results (Country/Club) – Page 13**
- **Upcoming Event – Page 18**

USA Seiwa Kai Seminar



By Sydney Pfeiffer

On November 10, 11 and 12 approximately 100 people from the US, Canada, and Mexico came to Santa Monica, California to train with Seiichi Fujiwara Shihan and Vassie Naidoo Shihan.





Friday night's session focused on kihon and kumite drills performed out of neko-ashi-dachi. During the latter part of this session, Sanchin and Tensho were emphasized. During Saturday morning's beach training session, Kihon, Sanchin, and Tensho were done in the sun and the sea.





Saturday afternoon, we very hard on kihon and kumite drills. We also had the pleasure of watching a kata demonstration from some very special children. These children are the students of Mallica (Naidoo) Cooper. The students did the Geki Sai kata along with Saifa kata. The demonstration was encouraging and touching. It was clear that the students were happy to be there and were proud of themselves.

On Sunday morning there was a JKF Goju Kai shinsa at the Hombu Dojo and the Seiwa Kai shinsa in the afternoon. In between the two shinsa we had another two hours of terrific training with Fujiwara Shihan where he emphasized the intricacies of the Goju Ryu Kata.



JKF Goju Kai Shinsa Panel:

L to R – (Eibukan Shihans) Kinjo, and Hamabata, (Seiwa Kai Shihans) Fujiwara, Naidoo, and Tuck

Some of Our Eibukan Friends



A special thank you goes out to our friends from Eibukan Goju Ryu Karatedo. Tak Hamabata Shihan (3rd from left) always extends his help to all of the students at the seminar, and Kay Sakaue Sensei (4th from left) provides excellent translations of Fujiwara Shihan's explanations. With his impeccable grasp of Japanese and English combined with his in-depth knowledge of the martial arts, he is able to explain some of the most complex concepts in a clear and precise manner.

Barn's Burnt Down **By James Pounds**

*Barn's burnt down –
Now I can see the moon.
~ Masahide ~*



In my dojo there are a handful of students I can count on. Yes, only a handful. Time and again I am disappointed in many of my dojo members as a teacher and Sensei. They often seem incapable of accountability. I'm sure this is the same in many dojos. Right or wrong, we are judged by our commitment level, whether it be sports, academics, or friendship. This is especially true in the martial arts because of its evolvement from Budo.

In my personal life, I give people three chances. The first time I am let down by poor action or inaction, I give them the benefit of a doubt. Maybe they had a bad day or perhaps they are facing some extenuating circumstances I'm not aware of. I suspend judgement. I'll do the same on a second occurrence. But three strikes and they're out. People of character and commitment typically don't let you down three straight times. If your friends consistently let you down, they aren't really your friends. Or perhaps you are codependent. One-sided relationships suck the air out of *your* life, and who needs that?

Why is that lack of commitment tolerated in a dojo? I have quite a few students, or should I say, "paying members" who feel that paying a monthly fee entitles them to attend classes only when convenient or when nothing else exciting is going on. I have students who didn't attend class because they were tired or had a headache. Or their hamstrings were sore. They won't attend a training outside the dojo because of the expense. I've heard so many excuses over my years of teaching, I am rarely surprised by the malarkey.

I tell students that if they cave in to insignificant reasons to miss class, they are letting themselves down. I suspect they have that same behavior pattern in their lives outside of the dojo, since the dojo is simply a microcosm of life in the larger sense. How one acts inside the dojo is no different than how one acts in the world. It's all the same energy. If the quality of the person while wearing a karate gi is markedly different from their quality outside of the dojo, there is a serious disconnect, which usually exposes a character flaw. I don't tolerate that in my personal relationships, so why should I tolerate it in my dojo?

I suspect the reason is often because of dojo overhead. There are bills to pay and if teaching is your livelihood, you need to make a living. I have always kept my dojo small, so I wouldn't be tempted to cater to the money. Even though I expect to be paid, I have another career that feeds me. Karate has always been my passion. One of my most influential teachers, Chinen Teruo, told us repeatedly we were NOT allowed to be professional karate instructors – that we would best serve ourselves and the community by being school teachers, or doctors, or engineers. I believe he knew that if one has to rely solely on the income from teaching martial arts, one would eventually dilute the art they teach, as well as the behavior they would be willing to tolerate in the name of income.

Chinen told me several times, “*We teach for us. Those other people are just there.*” I don't think I fully understood what he was saying back then. By *us*, he meant the committed ones.

Seiwakai Hanshi, Fujiwara Seiichi, teaches by the example of his amazing work ethic and discipline. I don't know anyone who is a harder worker than he. Everything he does is done with excellence and diligence. It is no coincidence that he is one of the best teachers and practitioners in the world. Seeing all that Shihan does in a single day, I doubt very seriously that he would accept being tired or having a headache is a valid excuse. He is the same inside the dojo and out – disciplined, accountable, and of highest caliber. He doesn't teach a lesson.. *He is the lesson.* Hopefully so is your Sensei.

What these “paying members” do not understand is how negatively their actions can affect the energy of a dojo through non-attendance and indifference. Karateka *want* to count on other dojo members to attend. They need training partners and kumite opponents in order to properly train. But the real impact is what that non-attendance does to the Sensei-student relationship.

I teach my heart out and try to impart the very best karate-do to my students. I show up. Whether I *feel* like it or not is irrelevant. There is nothing as disappointing as a student who only wants to receive that gift when it is at their convenience. If I encounter that pattern in a student, I quit teaching them. Oh, they may still show up at the dojo occasionally, but I simply stop teaching them. A lesson from another Sensei, Jesus of Nazareth, was, “*Don't cast your pearls before swine.*”

Your karate Sensei have made more sacrifices for their understanding of the art than the students can know. They've showed up despite pain and time constraints. They give up family time and often spend sizable sums of money to learn from and train with the best so they can bring the art back to their students.

So why should they teach to other than that small handful who understand and appreciate it? They shouldn't.

Other recent USA Seiwa Kai Seminars

**Seiwa Kai Goshukan Canada Fall Seminar with Vassie Naidoo Shihan
Laurentian University – Sudbury, Ont. Sept. 29 – Oct. 1st, 2017**



**Pleasanton, CA Seminar with Vassie Shihan (Assisted by JP Williams)
October 27 to 29**



Shochu

A Favorite Beverage of Fujiwara Shihan

By Mark Cramer



During the recent Seiwa Kai banquet in Santa Monica, Fujiwara Shihan offered me some shochu. He poured a bit of it into a glass, gave it a splash of water, and handed it to me. I took a sip that was apparently too large, and Fujiwara Shihan chuckled as I reacted to the discomfort of the large sip. Then Shihan said: “I could see your core tighten up.”

This was my first experience with shochu. I was told by Fujiwara Shihan that the beverage that we were drinking was made from sweet potatoes, and that it is quite pleasant when enjoyed with pickled cabbage. Additionally, Kay Sakaue confirmed that it is one of Shihan’s favorite beverages.

While shochu is very popular in Japan, many of us outside of Japan have never heard of it including those who work in liquor stores in the Midwest. I recently discovered this when I when I was in a grocery store that also carries a large variety of specialty distilled spirits. I asked the proprietor if the store carried shochu. He said yes, and attempted to direct me to the refrigerated section where kimchi was displayed.

Whereas sake is quite popularity outside of Japan, shochu is more frequently consumed in Japan. There are many differences between shochu and sake:

- Shochu is distilled; sake is fermented
- Sake is made from rice; shochu can be made from sweet potatoes, barley, rice, and other ingredients
- Shochu is typically stronger at about 25-30% alcohol compared to 15-18% alcohol for sake.

Shochu and Sake taste nothing alike, and are best enjoyed a bit differently. Some of the ways that shochu is served are:

- Neat (or straight up)
- On the rocks (with ice)
- With a splash of water
- Mixed with hot water

Interestingly, the oldest known reference to shochu comes from graffiti at Koriyama Hachiman Shrine in Nara Prefecture, Japan. Written by two carpenters who were working on the shrine, it reads: “The high priest was so stingy he never once gave us shochu to drink. What a nuisance!” The graffiti is dated August 11 of the 2nd year of the Eiroku Period (1559).



If you get a chance and you're of legal drinking age, try some shochu. It is quite pleasant.

References and photos from:

<https://boutiquejapan.com/shochu/>

<https://en.wikipedia.org/wiki/Shochu>

Seiwa Kai Humor

How can you be a fifth-degree black belt? You're 12 years old.



Seiwa Kai Around the Globe



Seiwa Kai Goju Ryu Karatedo International

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



This year's Seiwa Kai London Seminar was attended by hundreds of karate-ka from all over Europe. The 18 hours of in-depth instruction was provided by Seiichi Fujiwara Hanshi, 8th Dan and a direct student of the late Tsuji Tasaki Sensei. As we know, Tasaki sensei was a direct student of the late Gogen Yamaguchi, the founder of Japanese Goju Ryu Karatedo. (It should be noted that Shuji Tasaki was a humble individual who always preferred to be addressed as "Sensei" rather than by a title.)

Seiichi Fujiwara was assisted by cadre of instructors from Japan, Europe and North America: Takahashi 8th Dan (Japan), Lipinski 8th Dan (Europe), Naidoo 8th Dan USA, Coleman 7th Dan (England), Mraz 7th Dan (Slovakia) and Figueiredo 7th Dan (Portugal).

This was a fantastic weekend of training with like-minded students of Karatedo. We renewed old friendships and forged new ones. We all took our karate to another level all under the guidance of Fujiwara Shihan and his cadre of instructors from around the globe.


























Seiwa Kai Open International Championships

By Maria Tanabalan

Below is the list of the medals won at the recent Seiwa Kai Open International Championships which were held in London. The next Seiwa Kai Open will be on Sunday 11th November 2018.



Club / Country Ranking

Rank	Country	Club Name			
1		EKK	10	4	2
2		Oxford Karate Academy	8	3	5
3		Yamaguchi Goju Kai	6	6	4
4		Shodokan	4	7	15
5		Kaizen Ryu Karate	4	6	18
6		Italy	4	3	4
7		Bulgaria	2	2	2
8		Italy FIKK	2		4
9		Germany	2		1
10		Belgium	1	5	4
11		Seitou Ryu Karate	1	2	10
12		The Netherlands	1	2	5
13		Hungary	1	1	
14		Sasori SKC	1		
15		Windrush Karate School		3	
16		Goju Ryu Merton		1	7
17		The Karate Centre		1	3
18		Wu'Chi Kwondo Karate		1	
19		Phoenix Karate School			2
20		313 Karate			





Upcoming Event

Seitou Ryu Karate presents

Goju Karate Seminar

with

Shihan Leo Lipinski



Saturday 27th - Sunday 28th January 2018

Royal British Legion
Faymore Gardens
South Ockendon, Essex
RM15 5NN

1 Day £20

2 Days £30



@SeitouRyuKarate

Book online via our Facebook page
or call **07899 827 476**