

**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 28: January/February 2018**

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](mailto:greatlakesseiwakai@gmail.com)



**Chojun Miyagi, Shihan: Goju Ryu Founder**

**Shuji Tasaki, Shihan: Seiwa Kai International Founder**

**Seiichi Fujiwara, Shihan: Seiwa Kai International President**

**Vassie Naidoo, Shihan: Seiwa Kai International Vice President**

**And Pan-American Seiwa Kai President & Chief Instructor**

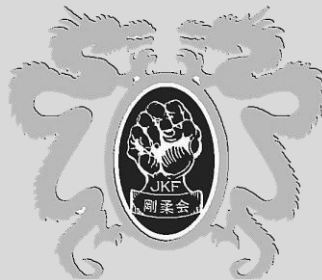
**Des Tuck Shihan: USA Seiwa Kai Vice President & Seiwa Kai  
International Special Advisor**

**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 – *Miyajima Shrine in Winter (Snow at Itsuku-shima)*

## Pan-American Seiwa Kai Newsletter

### Table of Contents

#### Pan-America

- **Happy New Year – Page 3**
- **Sad News: The Passing of Leo Lipinski Shihan – Page 4**
- **Seiwa Kai Mexico Seminar with Vassie Naidoo Shihan – Page 8**
- **Seiwa Kai Seminar in Australia with Vassie Naidoo Shihan – Page 11**
- **A question of Balance: By Jim Pounds – Page 13**
- **Upcoming Event: Goshukan Canada seminar with Fujiwara Shihan – Page 16**
- **Book Release: *The History of Karate and the Masters Who Made It* – Page 17**

#### Seiwa Kai Around the Globes

- **A Tribute to Leo Lipinski Shihan: An Interview by Glenn Stephenson – Page 18**
- **Seiwa Kai England Interim Leadership – Page 21**
- **Seiwa Kai's Oldest Beginner: By Paul Penesse – Page 23**
- **Upcoming Events: Japan 2018 – Page 24**
- **Goshukan South Africa at the Paris WKF Premier League Event – Page 25**

# Happy New Year 2018: Year of the Earth Dog By Mark Cramer

Ogata Gekko: *Waiting Dog*



In the Japanese zodiac, it is believed that all people who are born in a calendar year share certain personality traits. There are twelve animal zodiac signs – rat, bull, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and boar. Additionally, there are five elements associated with each animal in twelve-year cycles – metal, water, wood, fire and earth. Consequently, your animal zodiac sign will occur every twelve years, while your specific animal/element zodiac sign will occur only once every 60 years. If you were born in 1958, this is your year.

According to this zodiac tradition, most earth dogs must rely on their own efforts to succeed financially. Since

they have the ordinary luck in youth, it's hard for them to accumulate wealth. However, better luck comes in middle age, and they have good luck in their later years. Generally, they are successful in financial dealings if they avoid financial endeavors with family and friends.

Earth dogs are described as broad-minded, faithful, considerate, well-disciplined, grateful, chivalrous, and brave. They are tenacious and never give up. They are also down-to-earth manner, and they respect the beliefs of others.

Earth dogs also have an artistic spirit. They are meticulous they are committed to their work. and try their best to finish the work which increases the likelihood of success.

In the area of romance, earth dogs have a difficult time initiating a relationship, but they are committed and faithful to those who they love.

Reference: <https://www.yourchineseastrology.com/zodiac/earth-dog.htm>

Uttagawa Kunimaru: *Courtesan Holding a Pekinese Dog*



**Sad News – The Passing of Leo Lipinski Shihan  
Hachi Dan Seiwa Kai; Hachi Dan JKF Goju Kai;  
President JKF Goju Kai Europe; Vice President Seiwa Kai  
International**

**From Vassie Naidoo Shihan  
President, Seiwa Kai Pan America**



On behalf of all members of our Seiwa Kai family, I would like to express my sincere condolences on the passing of a man who had a profound impact on many people around the world.

Leo Shihan certainly had a profound impact on me. He was my Sensei, my mentor, and most of all – my friend. From our early days in South Africa, during the height of apartheid, Leo Shihan showed his true courage and sense of right action by opening his dojo to all races despite harassment from the police and threats of retribution. He looked at a person's character before anything else. He knew what was right and followed his convictions.

He was a true pioneer in times of great challenge and adversity. From his days in South Africa, and as he travelled to other parts of the world, Leo Shihan inspired many people on their own karate journeys. The legacy he leaves in the karate world and in Seiwa Kai is second to none.

Leo Shihan was a person who was not easily deterred. In order to further his own knowledge of the martial arts as a young man, he would go down to the Durban docks and ask Japanese merchantmen if they knew karate. If they did, he would ask them for lessons, keeping what was good and discarding what wasn't. If I know Leo Shihan, his request for teaching was probably more of a challenge, but the proof was in the pudding. He was always a student of what worked. He was very tough.

In a world that places great importance on speed and convenience, it is rare to gain true mastery of a skill. It requires patience, dedication and the understanding that learning is a journey that spans many years. In his quest for true mastery, Leo Shihan met Shuji Tasaki Shihan and joined the Seiwa Kai organization. He knew that he had found the right man to follow. Through Tasaki Shihan he met Seiichi Fujiwara Shihan and together they made Seiwa Kai the first-rate international karate organization that it has become.

As Head Instructor of Seiwa Kai Europe, Leo Shihan was single-minded about finding the best Goju-Ryu practitioners for our organization, and as was the case in South Africa, he was unconcerned with borders or political regimes. Leo Shihan was the founder of the first international seminar in Omagari and helped to pave the way for future generations of karateka to study and learn in Japan. It is a tribute to Seiwa Kai, and to Leo Shihan in particular, that we train in Omagari at our annual Gasshuku as a band of brothers and sisters under the unifying banner of Seiwa Kai. There is scant mention of nationalities, politics, or regimes.

As Vice-President of Seiwa Kai International, Leo Shihan was an organizational dynamo, even if he put some people off. Irrepressible, sometimes irascible, but never irrelevant, you knew where you stood with Leo Shihan because he didn't mince words. It was as if he didn't have time for bull. He loved nothing better than a good debate, often playing the devil's advocate just to see how thick your skin was and that you weren't rattled under pressure. More than an attempt to win, Leo Shihan did it more as an exercise to see what you were made of. If he ran you off under his brand of pressure, then he was happy you weren't in the organization.

Sensei Shihan Leo epitomized many elements of the karate spirit, including strength, discipline and dedication. He maintained a very high standard and always strove to help those around him achieve success. His true legacy, therefore, lies not in his own considerable skill as a martial artist, but in his ability to teach, connect, and inspire others within the karate community.

Leo Shihan's passing is a big loss for Seiwa Kai and for many of us personally. He cannot be replaced but we can only have faith that from the many good karateka he brought into the organization, some will rise to fill the void. He was from the old breed of karate who, like the Greatest Generation, are passing on. Leo Shihan will not be forgotten by me, by Fujiwara Shihan, by Seiwa Kai International, or by his many students and friends.

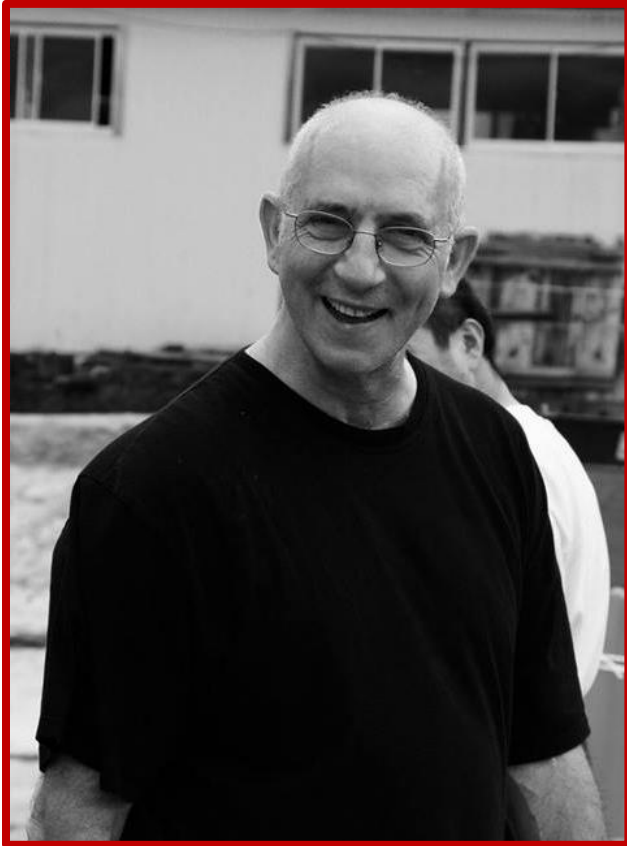
Leo Shihan leaves behind not only a karate family but also his own family of loved ones. So, on behalf of myself, Seiwa Kai Pan America, and our entire Seiwa Kai Family, we send our heartfelt condolences to the Lipinski family.

To those who Leo Shihan loved the most, we hope that they can take some small comfort from knowing that Leo Shihan's life was a life well lived, and understanding the profound impact he had, and the amazing legacy he leaves upon the karate community worldwide.

He leaves us his legacy of strong leadership and a seeming inability to turn away from danger or conflict. We bid you safe travels, Shihan, until we are able to train together again. God speed and blessings.



## **Leo Lipinski Shihan From Seiichi Fujiwara Shihan**



Leo Lipinski Shihan devoted everything to Karate, and his way of life gave hope and dreams to many people. He left behind a tremendous legacy.

About 26 years ago, Leo Shihan and I had the opportunity to get a lecture from Tasaki Shihan together. At least twice a year he held seminars in Europe. Teachers who were members of a leadership committee in Japan visited Leo and gave him valuable instructions. Getting lectures and seminars with him from teachers is our big legacy. Every time I saw him, we had always discussed not only the skills of karate but also manners and life.

He was my brother and a good adviser, and was a person who contributed to the development of Seiwa Kai.

His passion toward Goju Ryu Karate-do Seiwa Kai will be inherited by members of Seiwa Kai

around the world – Japan, England, Europe, South Africa, Asia, Australia, America, Mexico, and Canada. All members must remember Leo Shihan's passion and make the effort for the continued development of the Seiwa Kai in the future.

He is the only foreigner who has the 8<sup>th</sup> Dan JKF Goju Kai in the world, and the achievement will be passed down to the next generation.

Leo Lipinski finished his life that was consistent with his dreams, and departed this life on Jan 1<sup>st</sup>, 2018.

May his soul rest in peace.

## Remembering Leo Lipinski Shihan

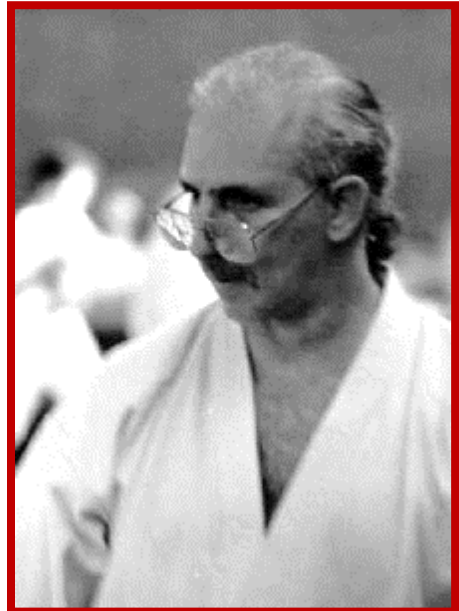


*Below is what some members of the Seiwa Kai family have said about Leo Shihan's passing.*

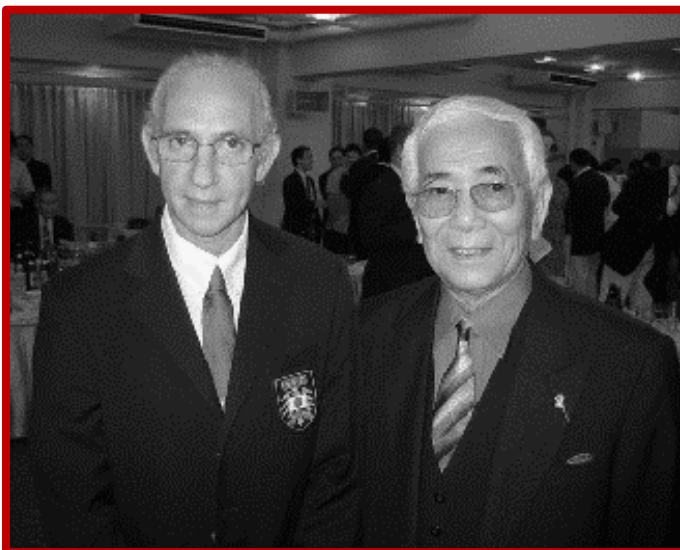
**Des Tuck;** Leo Lipinski Sensei blazed his own trail in so many ways. His teaching and karate performance were superb, which was the reason he was able to form so many Seiwa Kai groups around the world, including in the USA. We will miss him for evermore. Condolences to family, friends, and students of Seiwa Kai worldwide.

**Jim Pounds;** May he rest in peace. He is synonymous with Seiwa Kai and will be missed. One tough, opinionated, and infinitely respected karateka.

**Paul Batters;** Shihan Leo Lipinski, 8th Dan, passed away on Monday 1st January 2018. I know that there are many of us who were privileged to have been taught by and mentored by him. Our thoughts go out to his children, family and all of those closest to him. Shihan Leo's Legacy will continue to affect thousands for many generations to come. He was a truly great man and his passing is a huge loss to the entire martial arts community. Rest in Peace.



**Neil Gould;** We are part of a group who were Leo's first students in Durban. We watched him single handedly defend a function against over 40 bikers. Face on, he challenged them to cross the mark They flinched, and he stood tall ever since. Leo



lived with me for a year and half when he first arrived in London. Out of classes was the same, be on your guard against his fist or foot, testing one reflexes time after time. Now that he has passed, it is as if the sky has fallen. Watching him on YouTube helps to recall the fine details of his character.

**Mark Cramer:** Well-known and highly respected across the globe, he was a great karateka and a superb teacher. He inspired many and will be missed by all whose lives he touched.

# Seiwa Kai Mexico Seminar

**With Vassie Naidoo Shihan**  
**November 17, 18, 19**  
**By Shabby R. Madrid**

With great success, our XII Seiwa Kai Mexico Seminar 2017 took place. The seminar was taught by Shihan Vassie Naidoo, 8th Dan of Seiwa Kai International, with great assistance from the instructors who joined us. We give you our most sincere thanks and hope to see everyone next year.



Marco A. Madrid v. President of Seiwa Kai Mexico A.

C. Cristina Madrid... Vice President of Seiwa Kai Mexico and representative of Seiwa Kai Morelos

Sabina Madrid... Secretary of Seiwa Kai Mexico and representative of Seiwa Kai gdl. Orient

Eusebio Montes... President of Goshukan Seiwa Kai Mexico

Luis Tovar... Representative of Seiwa Kai Durango.

As well as the instructors: Silva Torres Alaniz, Angiie Madrid, Fernando Madrid, Sammuel Madrid, Karla Wendoli Rdiiguez, Martin Chavez, Jose Villegas, Fernando Carrillo Sandra Rios, Cynthia Martinez, Miguel Macias, Claudia Arce

Infinite Thanks to All,  
Shabby R. Madrid



**Seiwa Kai México Seminario**  
**Con Vassie Naidoo Shihan**  
**17, 18 y 19 de Noviembre**  
**Por Shabby R. Madrid**



Con gran éxito se llevó a cabo nuestro XII Seminario De Capacitación Técnica Seiwakai México 2017

Impartido por Shihan Vassie Naidoo 8vo Dan de Seiwakai Mundial con gran asistencia por parte de los instructores que tuvieron a bien acompañarnos... les damos nuestro más sincero agradecimiento ... esperando verlos el próximo año..

Marco A. Madrid V. Presidente de Seiwakai México A.C

Cristina Madrid... Vice presidente de Seiwakai México y representante de Seiwakai Morelos

Sabina Madrid ... Secretario de Seiwakai México y representante de Seiwakai Gdl. Oriente

Eusebio Montes... Presidente de Goshukan México

Luis Tovar ... Representante de Seiwakai Durango.

Así Como A Los Instructores

Silva Torres Alaniz, Angiie Madrid, Fernando Madrid, Samuel Madrid, Karla Wendoli Rdiiguez, Martín Chávez, José Villegas, Fernando Carrillo Sandra Ríos, Cynthia Martínez, Miguel Macías, Claudia Arce

Gracias Infinitas A Todos....



**Seiwa Kai Seminar in Brisbane, Australia**  
**With Vassie Naidoo Shihan November 30, December 1 and 2**  
**By Tammy McCreary**

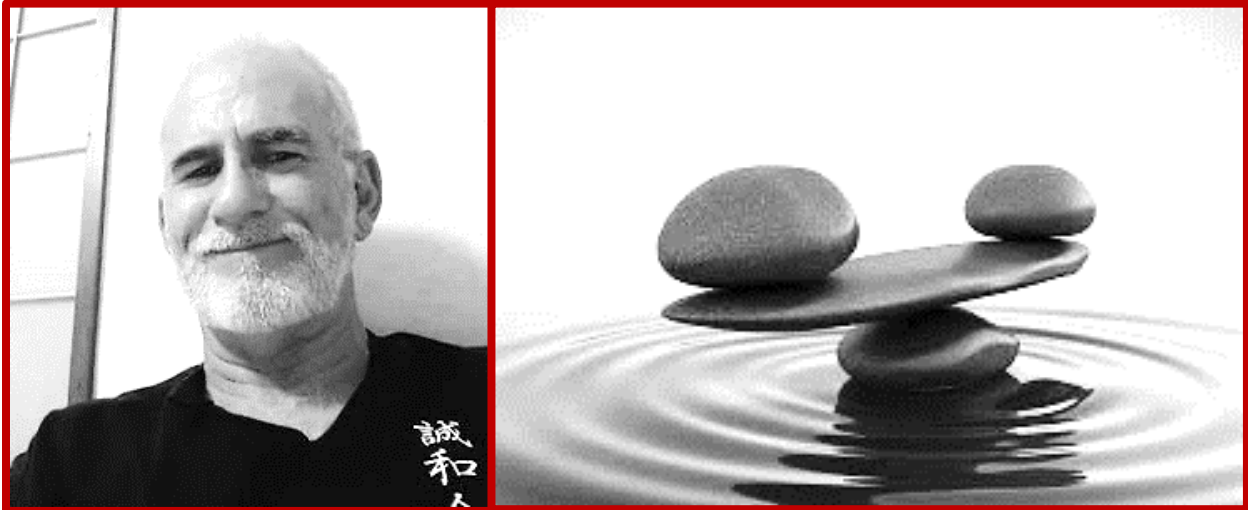


Seiwakai Australia was very pleased to welcome Shihan Vassie Naidoo to Brisbane in November. It was a great opportunity to learn from an incredibly experienced instructor, and all students who attended benefited from his ability to deliver complex information in a clear and concise manner.

We were also very happy to be able to participate in an extended kumite session within the seminar, including an hour of continuous sparring. The event was well-managed, and the energy focussed, with senior black belts completing up to 20 rounds of kumite. Though some clubs chose not to participate, those who rose to the challenge felt incredibly proud of their efforts. To meet adversity head-on, to risk failure and confront fear; this is how we feel we best honour the legacy of Tasaki Shihan. In kumite, there is nowhere to hide. It brings an honesty to our karate that we cannot achieve through other means, and we are incredibly grateful to have been able to share this experience with Shihan Vassie.



## A Question of Balance



**By Jim Pounds**

We participate in an art that can be both beneficial and depleting to our bodies. The key to our long-term participation is balance and mindfulness, especially as we grow older. What was once easy in your teens and twenties may become detrimental and increasingly difficult over your years as karateka. The beauty of Karatedo is that it transcends mere sport in that it is something that can be done for a lifetime, provided we make the necessary adjustments as we go. The ability to practice Karatedo for many years is built into the kata and strong respiration of Goju Ryu, the stretching and strengthening, and the inherent cardio workout of karate training. If one makes the necessary adjustments in tempo and duration in their practice, it is possible to train for a lifetime.

What are some of these adjustments and best practices that make it possible to train for many years?

### **Frequency:**

Most injuries and sore bodies are the result of infrequent training. Like an automobile engine, our bodies need to run regularly at higher revs and temperatures to stay clean and functional. If we train once every two weeks with a typical class, our bodies are cold-starting – muscles and tendons are not warmed, lubed, and flexible so we run the risk of injury or to excess wear and tear at minimum, which leads to chronic soreness. This under training frequency syndrome creates a self-perpetuating cycle -- lack of training, injury, lack of training, injury. In order to avoid this cycle, we need regular training of the intensity that karate demands. The most common recommendation seems to be three times a week. If your dojo doesn't offer three opportunities a week you need to self-practice in order to bring your frequency up to three times.

Conversely, we also need rest for rehabilitation and peak performance. All of us are too busy and don't get sufficient rest or down time. If you feel constantly flat and uninspired in our training, that's a key indicator that you need more rest and probably the relief of cross-training.

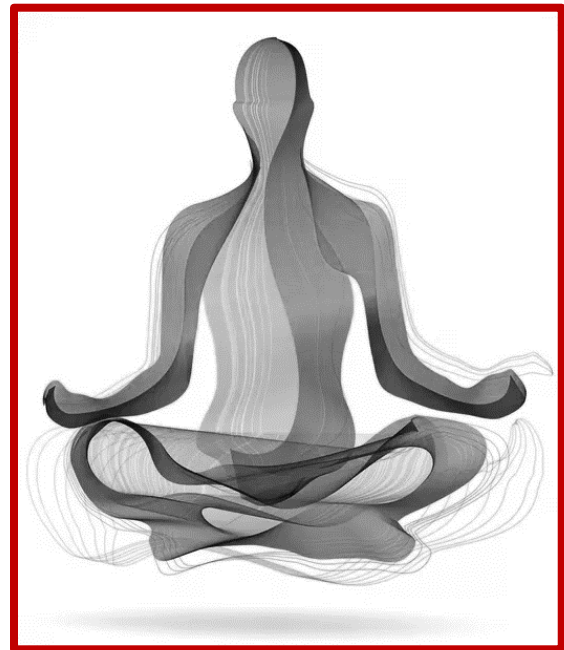
## Cross-Training:

Although karate training is about as comprehensive as sport training can be, for maximum effectiveness we need other training that compliments what we may not be getting through Karatedo. Often the supplemental training most needed is for flexibility – yoga and swimming are two great examples. Look for an activity that elongates the muscles and lubricates the joints. Karate training tends to compress certain areas of the body because of the high impact activities and the mechanics of kicking particularly. Our hips, knees, and lower backs get compressed which can lead to bone-on-bone arthritis over time. To balance this tendency, we need lengthening activities which create space and allow fluid back into the joints and to hydrate the connective tissues.

Swimming offers buoyancy, increased cardiovascular capability, strong respiration, and physical elongation, but yoga is probably the best cross training activity for karateka. Many Goju Ryu practitioners may not know that Gogen Yamaguchi Hanshi, the founder of Japanese Goju-Ryu, was an accomplished yogi as well. The two arts blend well as they balance the hard *yang* (outward) energy of Karatedo with the softer, nourishing *yin* (inflowing) energy of yoga. Consider that Goju-Ryu – the way of hard and soft, linear and circular - - already contains more of that blended energy than most martial styles, and that sense of familiarity is perhaps what appealed to Yamaguchi Hanshi.

I have been a student and teacher of Kundalini Yoga since 2004. I was drawn to yoga by a persistent feeling of physical depletion from constant overtraining in Karatedo. Karate energy is yang energy and too much of it can deplete us and leave us imbalanced. I also was experiencing constant pain in my sacrum area. Within a month of parallel yoga practice, I felt so much more energized and the sacrum pain vanished as well. Needless to say, I was hooked.

For cardio cross training, as well as for enhancing hand-eye coordination, quick-twitch muscle response, and development of both body hemispheres I recommend handball. Since there is no racket involved to extend our reach, we must use the natural extents of the body and use both left and right sides equally, whereas with a racket we are hand-dominant to one side only. An added benefit to handball is that the intense bursts of speed and cardio frequency required mimic the pacing of kumite better than running – and seems to pound the joints less.



## Nutrition and Hydration:

I would warrant that intense long-term training in classical karate is as taxing as training for a marathon, and because it is, we would be wise to pay constant attention to diet, supplements, and hydration.

Our bodies need clean fuel to rebuild on a cellular level. We can glean much from looking at the traditional diet of Okinawa and Japan as well as the eating habits. First of all, presentation and variety are very important in the traditional diet. If it looks good and we have a variety of color, texture, and taste we are stimulated to eat and enjoy. A paper-wrapped line-cooked burger, greasy fries, and a sugary soft drink are not even close.

Traditional Japanese fare consists primarily of live and fermented pro-biotic rich foods, clean protein, fresh vegetables, rice, and more likely fish than heavier meat protein. Another observation is the traditional breakfast is a high protein start to the day instead of sweet carbohydrates, which can put our bodies onto a glycogen roller-coaster all day as those carbs are synthesized into sugar. You simply feel different (better!) when your breakfast consists of miso soup, umi plums, a small portion of grilled fish, soup, and a small salad. These foods also keep the body in a more alkaline state. Many diseases, and cancer in particular, thrive in a more acidic environment.

A general rule of thumb is if what you eat makes you feel heavy, bloated, or tired quit eating it. Your body is spending more effort digesting than the benefit it is receiving from the food. Most adult karateka I know like to drink. I do. Drinking alcohol is an inherent Japanese custom, possibly because it also eases the strict social rules and mores of their society. Drinking allows one to let their hair down so to speak, thus its popularity in Japanese societal activities. And since Karatedo is a Japanese art, drinking is ingrained. But, as they say, too much of a good thing is not such a good thing. I'm not here to preach about the long-term effects of alcohol, I just want to say that alcohol is a dehydrating element and to drink to excess after training, especially during long-duration Gasshuku events exacerbates dehydration. We lose so much body fluid from sweating and respiration while training, we need to constantly rehydrate, not further dehydrate ourselves.

Many karate practitioners swear by supplements of vitamins, minerals, and homeopathic remedies. Since we also hear so many conflicting messages about whether supplements are necessary or even beneficial at all, we must decide for ourselves what works or doesn't. For example, some people swear that glucosamine works wonders on their joints, whereas I can't tell any difference when I take it. We are all different. That being said, there are several supplements I find beneficial. I take daily doses of Co-Q-10 for heart health and cellular regeneration, Vitamin C, Vitamin D, and Calcium-Magnesium in addition to a good multi-vitamin which provides the B vitamins, iron, and trace minerals I may not get. Most of our vitamins are water soluble, so we lose a lot through sweating. I've found vitamins make me feel better in general, but eating well is probably the most important factor for health. If you eat a lot of fast food and over-processed junk, you probably need vitamin supplements. If you eat well, you may not.

In summation, the beautiful thing about this art is that we can do it for life if we have a mind to. Paying attention to how we eat, what we eat and drink, and how we counter the excesses of our training can help us to do that. After all, it's simply a question of balance.

## Upcoming Event

**Seiwa Kai Goshukan Canada Seminar  
With Fujiwara Shihan  
June 8-10 in Orangeville, Ontario**

SAVE THE DATE

剛柔流

Goshukan Canada



誠和会

Spring Training Seminar  
with  
FUJIWARA HANSHI

JUNE 8-10, 2018  
ORANGEVILLE, ON



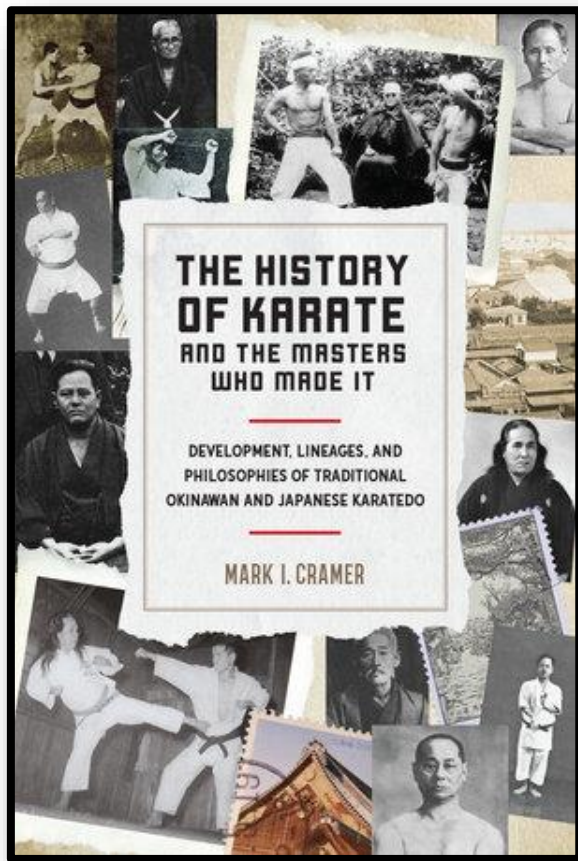
**More info will be available soon.**



## Book Release

### *The History of Karate and the Masters Who Made It*

By Mark I Cramer



I am pleased to announce that my book, *The History of Karate and The Masters Who Made It*, is scheduled to be released in a few months. Below is what two highly respected karateka and a publisher have said about the book.

**Jim Pounds, President Seiwa Kai Texas:** I've been reading through your book. I was expecting a dry treatise on martial history, yet it is anything but that. It is lively, highly readable, and utterly interesting. Great job! I anticipate this book will be a classic – the go-to book for understanding karatedo development. I know I will buy a copy.

**Charles Fink, M.Ed. School of Human Kinetics, Laurentian University:** Sensei Mark Cramer's writing is a perfect reflection of his training: methodical, thorough, and insightful. This no-nonsense and academic approach to karate's history is a must read for any serious student of the martial arts.

**Penguin Random House:** This first concise yet comprehensive history of traditional Okinawan and Japanese karate includes authoritative biographies of the great karate

masters of the past and the philosophical issues they faced as karate changed and evolved. Bringing a fresh understanding to the study of the martial arts, Mark I. Cramer dispels many of the often-repeated martial arts myths as he details the lineages of the modern styles of karate and describes the social, cultural, and political events that influenced them. While most books focus on a single style of karate or the biography of just one of the great teachers, this book offers a well-researched and detailed overview.

Just in case you are interested, pre-orders are available at the following websites:

**Amazon:** <https://www.amazon.com/History-Karate-Masters-Who-Made-ebook/dp/B076YXCQ2N>

**Penguin/Random House:** <https://www.penguinrandomhouse.com/books/568018/the-history-of-karate-and-the-masters-who-made-it-by-mark-i-cramer/9781623172398/>

**Barnes and Noble:** <https://www.penguinrandomhouse.com/books/568018/the-history-of-karate-and-the-masters-who-made-it-by-mark-i-cramer/9781623172398/>

## Seiwa Kai Around the Globe



## Seiwa Kai Goju Ryu Karatedo International

### A Tribute to Leo Lipinski Shihan

An Interview by Shihan Glenn Stephenson



*Editor's Note: This interview, by Glenn Stevenson Shihan, appeared in Issue 3 of the Pan-American Seiwa Kai Newsletter, and it was several years old then. That was over four years ago (November/December 2013). I believe that it is appropriate to reprint this candid interview. May we can remember Leo Shihan as he was.*

Leo Lipinski is the highest graded non-Japanese in the JKF Gojukai, was a staunch supporter of both Shuji Tasaki Shihan, and Seiichi Fujiwara Shihan. I first met him back in 1989, he is one of the best exponent of kumite I have seen and fought. He has single-handedly built up JKF Gojukai in the UK, Europe, and South Africa.

**GS: How long have you been practicing martial arts? How you got started, why, who you trained with?**

**Leo Lipinski Shihan** – I started Martial Arts—judo and some karate in 1962. In those days the

training was very poor and the instructors new little more than the students. Shotokan was the first style I was exposed to; it was then the only style available.

**GS: How many styles have you trained in?**

**Leo Lipinski Shihan** – Shitoryu (Shukokai), Shotokan and Goju and of course various methods of Goju. Also, boxing, different methods of Kung-fu and Thai boxing.

**GS: Have there been many changes in Karate since you started training?**

**Leo Lipinski Shihan** –very many Instructors today are more knowledgeable about the behaviour of our bodies but attitudes to training are very different. The sporting aspects too have undergone considerable changes– some are due to changes in the rules and some changes in karate have led to rule changes too. One of the key factors that I think have affected the way people train is the higher level of affluence in many countries since the 50s and 60s. Very noticeable in Western Europe and Japan. I also see it taking place in many Central and Eastern European countries where I teach. Also, today Karate has to compete in the marketplace with a multitude of other sports and leisure options. Many years ago, our choices were more limited, so people stuck more easily to one activity.

**GS: In your opinion what aspects of training should students be concentrating on to improve their techniques, and why?**

**Leo Lipinski Shihan** – This is difficult to answer in simple terms. Firstly, it depends on their motivation for practising karate. Some want exercise, some want to study the “art” side of the Martial Arts. I am yet to see this myself. Some are only interested in Kata. Other want self-defence– finally or maybe not finally there are those who enjoy all aspects of fighting.

Returning to your question; to achieve excellence at any activity requires a lot of repetitive basic practise. This can be related to all the aspects I mentioned at the start of this answer. It could be fundamentals related to self-defence—including Bunkai, it could be drills and strategy practise for kumite, it could be a mixture of typical (I won’t say traditional) Kihon practise for Kata and ultimately Kihon kumite. It depends on the way of teaching of a specific instructor.

My prime interest in karate is kumite and its application as a self-defence methodology. I firmly believe that to learn to fight you must fight. So, most of my basics are geared to fighting not the typical up and down movements you will see in most dojos. I use these for warm-up only and usually I dispense with this type of monotonous practise after about 15 minutes. Many teachers today concentrate on Bunkai and prearranged training—I do not spend any time on this, yet my students know the application of all movements in their kata. I use kata techniques directly in fighting. Obviously used with safety as many can be dangerous. Most of my classes then are geared towards fighting, yes and Kata, but Kata only being learned for its capacity to be a record of the various techniques to be used in combat.

**GS: Do you have any interesting stories of your early days in Karate? (In South Africa, Japan, UK)**

**Leo Lipinski Shihan** – I will have to think about this one. Perhaps you need to tell me what kind of stories I can tell you.

**GS: You’ve trained and spent a lot of time in Japan with the Gojukai, are there differences between the Japanese style of training / etiquette / grading etc and what we do over here?**

**Leo Lipinski Shihan** – There are many differences in attitude to work, to discipline and to values. I think we are potentially as good as the Japanese, but we do not as a rule have their dedication. Another difference is our preoccupation with sport as opposed to Budo. Sport has its place and so does Budo, but karate essentially has Bujitsu at its core. We in the West do not have the depth and the quality at the top and we confuse sports results with competence overall. Japanese etiquette is far more noticeable. Westerners are also far more “grade-hungry” than the Japanese and not as likely to realise that grades should be earned and should not be awarded (almost of an honorary nature).

**GS: Shihan you were graded to 5th Dan by Gogen Yamaguchi and you were the at the top of the IGKA. What was your main reason for the change from the Yamaguchi group to train under Tasaki Shihan (Goju Ryu Karatedo Seiwa Kai)?**

**Leo Lipinski Shihan** – Many of my reasons were of a personal nature. The main reason initially was I did not like all the people who in later years had joined the Yamaguchi organisation. Also, the emphasis in the training had changed and the new ways were not to my liking, these were the primary reasons.

**GS: In your opinion who are the great fighters of modern times?**

**Leo Lipinski Shihan** – What do you mean by great fighters? From which aspect of karate–WKF sport or the contact versions. Certainly, in sport names like Otto from Britain and Pinna from France spring to mind. I think Otto has won the world title more than any other. Insofar as the traditional format is concerned–this one is far more difficult to answer. I have very little knowledge of the Kyokushin top fighters and they are a very tough group. There are many groups practising contact within a variety of rule structures.

**GS: What is your analysis on Sports Karate?**

**Leo Lipinski Shihan** – I do not have an “analysis” as you put it. I have an opinion. Sports or karate with rules is by its nature for young people. How do we define young? I will leave that to you. Personally, I do not train myself with a view to “rules”–rather I train with limited contact using many so-called prohibited techniques–with a limit to the intensity and obviously avoiding some target areas such as joints and eyes. To me contact is great but in training it should not be so hard as to prevent you training daily–of course accidents can happen in all physical activities.

**GS: How do you see the future of Goju Ryu Karate do Seiwakai Internationally?**

**Leo Lipinski Shihan** – We will grow and grow and grow – and with perseverance our standards and level will also go from strength to strength.

**GS: Is there anything else you’d like to share with us?**

**Leo Lipinski Shihan** – Yes, I would like to see you and your readers get as much pleasure out of Karate and all that is associated with it as I continue to receive.

**Seiwa Kai England's Interim Leadership  
From Fujiwara Seiichi Shihan: Seiwa Kai President and  
Vassie Naidoo Shihan: Seiwa Kai Vice President**

January 27, 2018

To All Members of Seiwakai UK,

The passing of Leo Lipinski Shihan is a great loss to Seiwakai , and especially to Seiwakai UK. It is my wish that all members cooperate with and support one another during this time as we decide on future leadership of our Seiwakai family. This will take some time to seek out the best path forward.

With that in mind, we are appointing Gurmit Singh as the Interim Head of Seiwakai UK. He is a very experienced karateka with manners and leadership, and we feel he will be very capably to fill that role until final decisions are made at the Seiwakai International Board Meeting in Omagari this July.

I urge you to Support Gurmit Singh in keeping Seiwakai running smoothly through this transition. It is important to have leadership in place during this time and I personally thank Gurmit Singh for stepping into this role.

Thank you for your cooperation.  
Sincerely,

-----  
Seiichi Fujiwara  
President

*Vassie Naidoo*

Vassie Naidoo  
Vice President

*Seiichi Fujiwara* 





**(L to R) Shihans Vassie, Kurmit, and Leo in 2016**

## **Seiwa Kai Belgium**

**By Paul Penasse**



**We welcome Jean, our newest Belgian Seiwa Kai member. He is 91 years old and is quite likely to be our oldest starter world-wide.**

## Up Coming Event – Japan 2018

### Seiwa Kai Seminar in Omagari, Japan:



#### Seiwa Kai

July 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup> – Training  
21<sup>st</sup> Saturday Rest Day

Memorial Service and Remembrance of Life for Leo Lipinski Shihan 7:00 PM

Seiwa Kai Party Immediately Following

22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, Training/Seiwa Kai Dan Grading

**To all Instructors:** If you or any of your students will be testing for Seiwa Kai, please have their applications, cards, and fees ready by the 20<sup>th</sup> July.

### JKF Goju Kai Seminar in Akita City, Japan:



#### JKF Goju Kai

July 26<sup>th</sup>, 27<sup>th</sup> – Training  
28<sup>th</sup> JKF Goju Kai Party  
28<sup>th</sup>, 29<sup>th</sup> – Tournament



# Goshukan South Africa at the Paris WKF Premier League Event

By Gary Mahnke



As we get ready to leave Paris and the spectacular WKF event that is the Paris Open Premier League, a huge congratulation goes out to Morgan Moss who managed, against insurmountable odds, to fight his way into the top 10 and finish 9th place and earn a vital 210 points in his World Ranking. With eyes on breaking into the top 10 ranking in the next few events, we head home with a spring in our bounce and a hunger for more! With Spain WKF Series A up next for Morgan Troy and Adeeb, watch this space for more results from Team Goshukan.