

**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 30: May/June 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:
greatlakeseiwakai@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**

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

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



Goshukan Seiwa Kai Canada

Craig Vokey: President
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Goshukan Seiwa Kai Mexico

Eusebido Montes: President
Vassie Naidoo: Liaison

Seiwa Kai Canada

Peter Brown: Official Representative
Isao Yabunaka: Senior Member

Mark Cramer: Newsletter Editor



Kawase Hasui: *Kankai Pavilion at Wakaura Beach*

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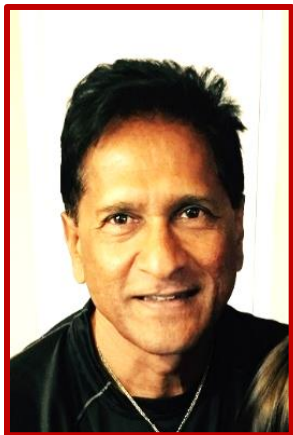
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Seiwa Kai USA: How it Began

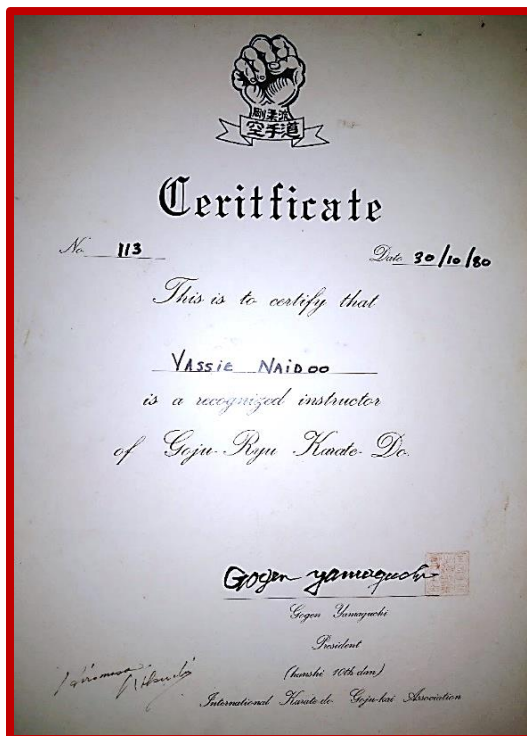
By Vassie Naidoo

I started training with Leo Shihan in 1962 or 1963, and by the 1970s I was teaching in the Gojukai organization of Gogen Yamaguchi Hanshi in Durban, South Africa. By the late 1970s, I saw the political situation deteriorating. I had been outspoken against Apartheid in the non-white newspapers and was told by a reporter that I was at risk of having my passport revoked or worse. By this time, Leo Shihan had already left South Africa and was living in Santa Monica, California studying acupuncture at Santa Monica College. He invited me to come there, and I accepted the invitation. When I went for a visit, I fell in love with the place. So, in 1980, I made the decision to move my family from Durban, South Africa to Santa Monica, California.

Before I left, I contacted Goshi Yamaguchi, Shihan in Japan, and he gave me the phone number of his brother, Gosei, who was living and teaching in the San Francisco area. Shortly after I arrived in Santa Monica, I contacted him on the phone. He informed me that I was required to come and train with him which was what I expected. However, what I didn't expect was that Gosei told me that I was a white belt I was not allowed to teach Goju.

I took this as an insult – not to me but to Gogen Yamaguchi, Hanshi, my Sensei and Gosei's father. He had personally graded me to Sandan in 1978, and he had awarded me my teaching credentials in 1980. Gogen Yamaguchi, Hanshi was in charge of the world-wide Gojukai organization until his death in 1989, and Goshi was invalidating his father's actions within the Gojukai organization. I thought "What sort of person slights the authority of their father and their Shihan." After that, I had no further contact with Gosei Yamaguchi, and eventually I learned through his brother, Goshi Shihan, that there had been some sort of falling out between Gogen Yamaguchi, Hanshi and his son, Gosei.

Fortunately, Leo Shihan was there for me. He was also a member of the Gojukai organization of Gogen Yamaguchi, Hanshi and also knew what Gosei was like. Leo Shihan and I decided to train on our own, and we would go to the beach or a park and train in kumite on a daily basis. People began to watch us and eventually some of them asked if they could join us. In addition to the beach and park kumite training, I regularly trained in kihon and kata on my own.



At this time, I had a bakery and deli in Palisades, and most of my customers knew that I practiced karate. A couple of the parents had kids who were involved in dance at a studio in Santa Monica. Several of the parents requested that the studio offer me a slot teaching Goju Ryu to children and adults. I taught there for a year and had a good number of students, but unfortunately the dance studio closed.

My students had been training hard for a year, and I felt an obligation to them. I did not want to let them down, so I opened my first U.S. dojo on 14th Street in Santa Monica. From 1983 to 1994, I taught independently of any Goju Ryu organization.

In 1986, Leo Shihan left Santa Monica and went to London, but we always stayed in touch with each other. In 1992, Leo Shihan returned to the U.S. and told me that he had joined the Seiwa Kai. He had known Shuji Tasaki Shihan since 1968, and he had recently joined his organization. I wanted to follow my teacher and friend from South Africa, but I wasn't absolutely certain that the Seiwa Kai was the Goju Ryu organization for me.



In 1994 I went to Japan with Leo Shihan, Rudy Strydom, and Karli (whose last name I don't remember). The four of us trained daily with Tasaki Shihan and Fujiwara Shihan. We didn't know it at the time, but this was the beginning of the annual Omagari Seiwa Kai Seminar that has now grown tremendously in size. After about a month, we traveled to Kyoto, where I successfully graded to Yondan in the JKF Goju Kai. (Miyazato Shihan was one of the people on my grading panel.)

I was in Tokyo getting ready to board a flight out of Japan. As I looked back on the past month of training and fellowship, I realized that I had found my Karatedo home and family. I felt compelled to stay and to train more with my teachers in the Seiwa Kai, so I called Fujiwara

Shihan on the phone and asked if I could return for more training. He said that I could. I immediately cancelled my flight and stayed for another month. During this time, I trained daily with Fujiwara Shihan. As I was getting ready to return to Santa Monica after a total of two months of training in Japan, Fujiwara Shihan gave me a gift. It was the shrine (shomen) that is in my dojo. He gave the shomen a traditional Japanese blessing and offered it to me. Although it was bulky, I

felt that it was too valuable to package and send back home, so I flew with it on my lap all the way back to California.

I had known Des Tuck from our years in South Africa, and at the suggestion of Leo Shihan, he had also joined the Seiwa Kai. After Leo Shihan's visit to California in 1992, we unofficially formed USA Seiwa Kai, and after my visit to Japan in 1994, USA Seiwa Kai became an official organization. Des and I began to run the fledgling organization, and USA Seiwa Kai began to grow. Two years later, I opened the Pico Boulevard dojo. Over the years, USA Seiwa Kai evolved into the organization that it has become today. We are part of a very large Pan-America Seiwa organization with many dojos and many members in several countries in the Americas. What began as something very small has developed into something that is now quite large.



In the future, I plan on writing one or more articles or on the development of Seiwa Kai Mexico, Seiwa Kai Columbia, Pan-America Seiwa Kai, USA JKF Goju Kai, and K.I.C.K. (Karate for Intercity Kids).

**Remembering the Roots of Seiwa Kai:
Training with Gogen Yamaguchi Shihan
By Gurmit Singh Shihan**

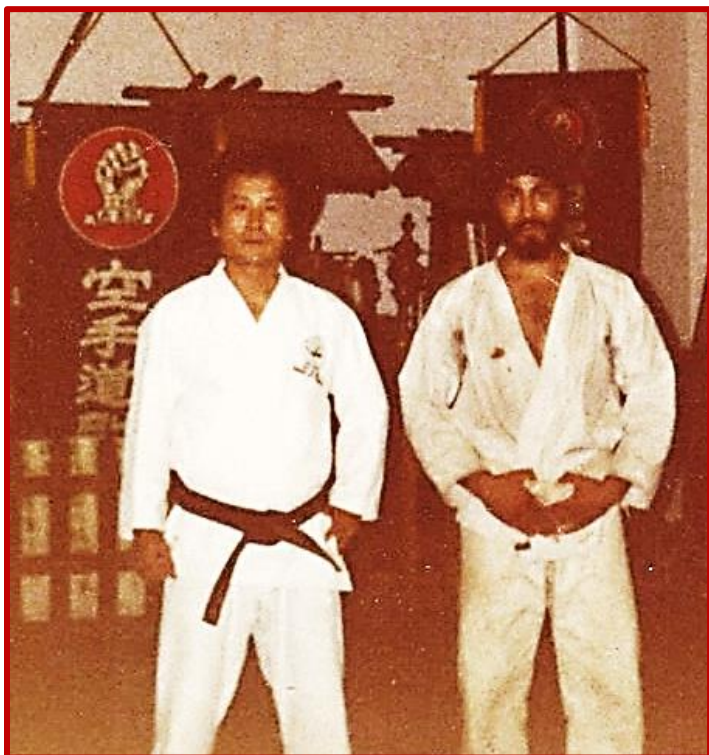


Editor's Note: In order to fully appreciate this article, you must understand that Gurmit Singh Shihan is a Sikh. The Sikh culture developed in the Punjab region of Northern India and is well-known for both its deep spirituality and its warrior tradition. (The following article is a partial synopsis of an interview with Gurmit Singh Shihan that appeared in Martial Arts Illustrated January 2011 pages 132-133.)

Please bear in mind that Shuji Tasaki Shihan commented that “Yamaguchi Sensei was my first teacher, and the only teacher for me. Yamaguchi recognizes me as one of his few remaining students.” Many of us in the Seiwa Kai were also once members of Gogen Yamaguchi Shihan’s Goju Kai organization, and some of our members were lucky enough to have trained directly with him. Gurmit Singh Shihan, President of Seiwa Kai England, was one of those lucky people. He also had the pleasure to converse directly (through a translator) with Yamaguchi Shihan.

In the late 1970s, Gurmit Singh Shihan traveled to Japan to train at the dojo of Gogen Yamaguchi Shihan. When he arrived at the dojo, class was already in session, and Gurmit Shihan went to the back of the dojo and took a seat. Quite unexpectedly, the class was instructed to kneel. Then the dojo door opened, and in strode Yamaguchi Shihan dressed in traditional black Japanese attire. He proceeded across the room, sat next to Gurmit Shihan and then shook his hand.

Immediately, Gurmit Shihan perceived a tremendous humility in the man that he recognized as one of greatest Karatedo teachers of all time. Through an interpreter, they exchanged introductions, and then Yamaguchi Shihan invited Gurmit Shihan back to his house which was next to the dojo. There, they had tea and snacks, and Yamaguchi Shihan showed him his war memorabilia and photographs.



Yamaguchi Shihan told him that he was pleased to have a Sikh in his dojo and that he had met Sikhs on his trip to India. All the while, Gurmit Shihan was puzzled about the unusually warm and personal treatment that he was receiving. Then he was told by the interpreter that Yamaguchi Shihan had learned yoga from a Sikh and that he was now deeply involved with spiritual training. He also likened the warrior tradition of the Sikh culture to the warrior tradition of the Samurai.

Gurmit Shihan's gi is drenched in sweat and stained with blood. Karate was tough in Yamaguchi Shihan's dojo, and kumite didn't stop just because someone was bleeding.

Yamaguchi Shihan then assigned Sakamoto Sensei to give Gurmit Shihan personalized coaching during the day when no formal classes were scheduled. Even though Yamaguchi Shihan seldom taught the regular classes, he would frequently come into the dojo during the day when Gurmit Shihan was being coached. During these sessions, he would explain subtle and important points about Goju Ryu. These points were frequently about those things that are hidden within Karatedo – techniques that are extremely effective and make Goju Ryu very deadly in self-defense situations.

Gurmit Shihan was young and asked many questions. When Yamaguchi Shihan answered these quires, he was very passionate and used his arms and body in order to emphasize a point. When Gurmit Shihan asked "How do I get more power in my techniques?" he exclaimed: "The power in Goju comes from relaxation, very similar to sneezing, where the body is completely relaxed and then explodes very violently with the whole body contracting at the end." He said that most

foreigners (gaijin) did the opposite and tried to get power from too much *Go* (tension) Then he picked up a small twig and started shaking it to make his point.



These experiences at the dojo of Yamaguchi Shihan had a tremendous impact on Gurmit Shihan's Karatedo and outlook. One of the things that he learned is that you must understand how to properly perform Goju Kihon by applying the fundamentals correctly. Otherwise, performing kata is the mere mimicking of movement.

Another important thing that Gurmit Shihan learned from Yamaguchi Shihan

was that if you practice within the rules of a "game" you set yourself up for defeat in a real self-defense situation. In a game, you may win, or you may lose. In a self-defense situation, you may live, or you may die.

It is important to remember our organization's history, and Gogen Yamaguchi Shihan is part of that history. Tasaki Shihan's only teacher was Yamaguchi Shihan, and several senior members of Goju Ryu Karatedo Seiwa Kai also had Yamaguchi Shihan as their teacher.

Palo Alto Seiwakai Seminar

By Des Tuck

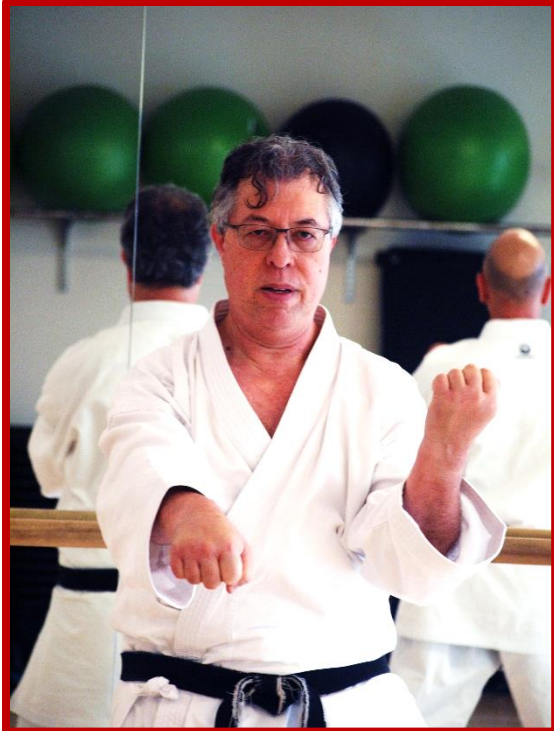


Palo Alto Seiwakai hosted its first Practical Gojuryu Training Seminar on April 28, 2018. We had 25 participants, and during the three-hour session, we focused on body mechanics, correct footwork and ways to develop power in striking. Much of the session involved partner work.

One section was spent exclusively on punching rolled-up do-gi tops held by one partner, while the other practiced different methods of using the hips and delivering power from the core. This left most with bloody knuckles but a much clearer understanding that punching air has its limitations in the real world.



We also devoted about half of the class to practicing several different kumite techniques taught by the late Tasaki Sensei, Fujiwara Sensei and the late Lipinski Sensei. The emphasis was on using the classic circular movement that characterizes Gojuryu in general and the unique applications developed in particular by Tasaki Sensei to create devastating fighting techniques.



The session started with a minute of silence in memory of Leo Lipinski Sensei, my teacher for 48 years, a legendary fighter and one whose absolute commitment to all who wanted to learn from him, was unequalled. We left with a lot to think about and to develop in our future training.

All participants received a delicious cookie medal, courtesy of Elena Tuck, and those who joined us for dinner enjoyed a delicious chocolate cake embellished with our insignia.



Great Lakes Seiwa Kai Gasshuku, Shinsa, and Shiai With Vassie Naidoo Shihan

By Mark Cramer



Friday Night's Session for Black Belts, Brown Belts and Invited Guests



Saturday's Sessions for all Students

On May 4, 5, and 6 Great Lakes Seiwa Kai hosted its annual seminar, dan-level grading, and tournament. Attendees to this year's event came from New York, Pennsylvania, Ohio, Michigan, and Ontario, Canada. Special thanks go out to the following dojo leaders who came drove hundreds of miles to attend this event: Kevin Moskie Sensei and his students who made the trip from New York City; Sean O'Leary Sensei and his students who drove in from Eastern Pennsylvania; and Angelo Panoussis Sensei, Donna Benoit Sensei, and Charles Fink Sensei who drove in from Ontario, Canada. The presence of these dojo leaders and their students along with the expert instruction of Vassie Naidoo Shihan made this year's Gasshuku, Shinsa, and Shiai a very successful regional event.



About 35 people attended Friday evening's session for dan grades, brown belts, and invited guests. During Saturday's sessions, over 60 participants attended at least one of the sessions. In all the sessions, kihon and kata were examined and corrected in minute detail and explained in a manner that was understandable to children, adolescents, and adults alike. Everyone worked hard, and everyone learned.

After Saturday's seminar and grading, we got together at a local eatery for food, libation, and good old-fashioned Seiwa Kai camaraderie.

Saturday's Banquet



Sunday's Tournament



Sunday's tournament had more than 80 Seiwa Kai participants who matched their skills and tested their spirit in this friendship event. This shiai was notable because of the expert refereeing, judging, and scorekeeping that was conducted almost exclusively by high school students from Toledo School for the Arts, the public charter school where I teach Karatedo.

A few years ago, I took some students to an area tournament where the refereeing and judging was particularly abysmal. When I got to class the following Monday, I told my students about the problems that all of the competitors had to endure. Few of the referees and judges actually knew the WKF rules. Others refused to abide by the rules because they "disagreed" with them, and almost all of them had sloppy hand and flag gestures.

I offered a bit of a challenge to my students: "With study and practice, I bet that you could do a much better job than the adult referees and judges at this tournament." The students at TSA took up my challenge and began to study the rules. They practiced refereeing and judging every Friday, and over time, their skills developed to a degree of proficiency that is usually seen only in experienced national level referees and judges. Angelo Panoussis Sensei complimented them to the spectators at the tournament stating that they were as good and, in some cases, better than some of the referees and judges from Karate Ontario.

This cadre of high school referees and judges made the shiai run smoothly and impartially.

**Seiwa Kai México Seminar
With Vassie Naidoo Shihan
Cuernavaca, Morelos
By Christina Madrid**



Shihan Vassie Naidoo's visit to our beautiful city of Cuernavaca, Morelos, Mexico on April 6-9, 2018 was memorable. As always, his instruction in Goju Ryu Karatedo was excellent and enriching for all the participants.

We are very grateful for the participation of:

Sensei Antonio Madrid, president of SEIWAKAI México; Sensei Sabina Madrid, secretary of SEIWAKAI Mexico and representative of Seiwakai Oriente; Sensei Sergio Flores Corona, representative of the National Polytechnic Institute. As well as all the students who enthusiastically supported the completion of our Event:

Sincerely

Sensei Cristina Madrid
Vice President of SEIWAKAI Mexico
Representative of SIWAKAI Morelos







Upcoming Events

Seiwa Kai Goshukan Canada Gasshuku and Shinsa



Friday, June 8
 11:00am-1:00pm
 Waterfall Training
 5:00pm-6:00pm
 Registration-Athlete
 InSTITUTE
 6:00pm-9:00pm
 Training-Athlete
 InSTITUTE
Saturday, June 9
 9:00am-11:30pm
 Athlete Institute
 11:30am-1:00pm
 Lunch Break (on
 your own)
 1:00pm-3:00pm

Athlete Institute
 4:00pm-6:00pm Orangeville Dojo–Seiwakai Grading
 7:00 pm-9:00pm Dinner-Tony Rose Arena

Sunday, June 10
 9:00am-12:00pm Athlete Institute
 1:00pm-3:00pm Orangeville Dojo–JKF Grading

Cost

Pre-Registration: Adults \$180; 12 & under \$120 (\$200 & \$140 at the door)
 One Day Training: Adults \$120; 12 & Under \$80 (\$140 & \$100 at the door)

Dinner:

Adults \$50; 12 & Under \$30 *Second family member pays 75% of fee, third member onwards
 pays 50%

Accommodations

Athlete Institute

Coach Room – One Queen/Double, one twin bed –Private bathroom – Only two rooms available
 \$150 per night

Dorm Room –Sleeps four per room –Shared bathroom (4 rooms available) – Common
 Bathroom (4 rooms available) – Use of common room with TV –Free wifi – On site of training
 location – Continental Breakfast in common room \$60 per person, per night Contact The Dojo to
 inquire about availability and to reserve 519-941-3656 info@dojofamilymartialarts.com

Hotels

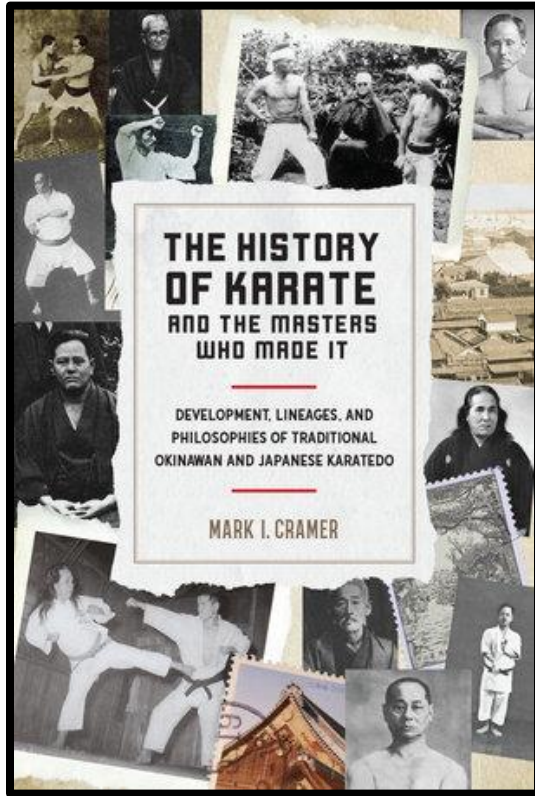
Best Western 1-866-216-1988 Nightly rate: \$189.00 plus tax-Book under “Seiwakai Goshukan
 Canada Group” <http://bestwesternplusorangeville.com>
 Register by May1, 2018 and Receive a Free T-Shirt
 For more details, speak to your instructor.

**North America Seiwa Kai Seminar
With Fujiwara Shihan**



Save these Dates: November 9 –11, 2018
Santa Monica at The Rustic Canyon Recreation Center





The History of Karate And the Masters Who Made It By Mark I. Cramer

Soon to Be Released

The writing of this book began as a dojo project – a small pamphlet designed to succinctly and accurately inform my students about the history of Karatedo. I felt that there was a tremendous amount of misinformation about Karatedo circulating around, and I (a history teacher) wanted to set the record straight. As I came across more and more research, I kept refining the pamphlet and adding to it. Eventually, the pamphlet evolved into a book, and it sat in my computer for several years.

Last year, after our Great Lakes Seiwa Kai Seminar, one of our members from New York, Robert Delfino, put me in touch with North Atlantic Books, a nonprofit publisher of educational material. I sent them a sample of a few of the chapters, and they showed an interest

in the book. Now, the publishing of the book is becoming a reality. What began as a modest educational project for my personal students evolved into a much larger educational endeavor for the entire traditional Karatedo community.

The book details the lineages of the modern styles of karate and dispels many of the often-repeated martial arts myths. Additionally, it describes the social, cultural, and political events that influenced the evolution of Karatedo from an obscure Okinawan art to a budo that is practiced world-wide. 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 of all traditional Karatedo.

Even though the Seiwa Kai has only recently (1972) become part of the history of Karatedo, our organization's influence on Karatedo's development is significant enough that I have included several references to our organization. There are two chapters where Tasaki Sensei is quoted and discussed, and a couple of photos of him are included. Additionally, Fujiwara Shihan is also discussed, quoted, and pictured in two separate chapters.

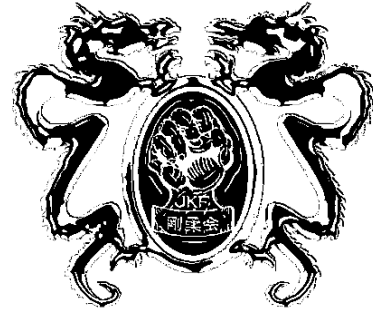
The book will be released July 24, and just in case you are interested, pre-orders are available at the following websites:

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



Goju Ryu Karatedo Seiwa Kai International

From Seiichi Fujiwara Shihan



Dear Members,

We are pleased to inform you about our 44th JKF Gojukai All Japan Tournament held in Akita on July 28th to 29th in 2018. Kata seminar and Dan promotion test are also done on July 26th and 27th



We hope many of you join the 44th Tournament and Kata seminar and Dan promotion test.

Sincerely yours,

Seiichi Fujiwara
Head of Overseas Committee JKF Gojukai

Please send the entry form by e-mail to:
ALL JAPAN KARATE-DO FEDERATION GOJU-KAI OVERSEAS COMMITTEE OFFICE
Mr. Naoya Shioji
839-Musota, Wakayama-shi, Wakayama 640-8482 Japan
E-mail: naoya.shioji@city.wakayama.lg.jp
Jkf.gojukai.abroad@gmail.com

(Submission of the entry forms should be made by E-mail) Details are described later in this brochure.

A note to all instructors from Vassie Naidoo Kai Shihan, Seiwa International Vice President, regarding paperwork for the Seiwa Kai and JKF Goju Kai Gradings. It is your responsibility to get all of the completed paperwork, photos, fees, and other necessary requirements such as card numbers and certificate numbers to me (Vassie Naidoo) no later than the 2nd day of the Omagari Seiwa Kai seminar.

The 44th JKF Gojukai All Japan Tournament – Akita 2018

Tournament (Date / Venue / Program)

- 1) Date: July 28 (Sat)~ July 29 (Sun)
- 2) Venue: Akita Prefectural Budokan (秋田県立武道館) (“Akita Kenritu Budokan”)
(〒010-1623 Akita-ken, Akita-shi, Arayamachi, Sanuki- 2 - 2 / Phone +81 18-862-6651)
(<http://www.akisouko.com/budokan/>)
- 3) Opening ceremony July 28 09:30 - 10:30
Competition Day1 (Preliminary round) July 28 10:50 - 18:00
Day2 (Final round) July 29 09:00 - 15:00
Closing ceremony July 29 15:30 -

Kata Seminar (for overseas members)

Date/Time: July 26 (Thu) 10:00 -17:00 (12:00 -14:00 for Lunch)
July 26 (Thu) 17:30 -19:00 (Overseas representative Meeting)
July 27 (Fri) 10:00 -12:00

(Registration desk for overseas members open at 9:00)

Venue: Akita Prefectural Budokan (see tournament venue address)

Dan promotion Test

- i) Dan promotion test up to 5 Dan for overseas members

Date & Time: July 27 (Fri) 13:00 - 17:00

Venue: Akita Kenritu Budokan Kendojo

- ii) Dan promotion test for all members 6 Dan - 8 Dan

Date & Time : July 27 (Fri) 10:00 -17:00

Venue: Akita Kenritu Budokan Syodojo

Meetings (Akita Prefectural Budokan - meeting room)

Overseas representative meeting	July 26 (Thu)	17:30 - 19:00
Executive Board director meeting	July 27 (Fri)	17:00 - 19:00
Referee meeting	July 28 (Sat)	08:20 - 08:50
Manager meeting	July 28 (Sat)	09:00 - 09:20
Referee meeting	July 29 (Sun)	08:30 - 08:50

Welcome Party

Date/Time: July 28 (Sat) 19:00 -

Venue: Akita View Hotel (2-6-1 Nakadori Akitashi) (Phone: +81-018-832-1111)

Fee: JPY 7,000

Seiwa Kai England Manchester Seminar

By Ian Bruckshaw



In his first seminar as Seiwa Kai England President, a very special thank you goes out to Gurmit Singh Shihan. He presented what could only be described as a master's class in Goju Ryu Karatedo over 2 days at our annual seminar in Manchester, UK. This was the first time we have hosted Shihan Gurmit and indeed the first time Shihan has taught in the North of the country. From the time he and his son Amrit Sensei arrived on the Friday evening until they left on Sunday their passion for the teaching and practice of Goju Karate was always at the forefront. The seminar focused on the basics of our style from kihon, kihon Ido to kata and kumite.

To try to summarize the learning points from the seminar would take me several days to write (and maybe several months to practice) but much time was spent on correct posture, movement and breathing and the links our karate style has to the natural rhythms and movement of our bodies in everyday life was one theme that ran through the seminar together with detailed teaching on the generation of 'explosive' power in every aspect of both blocking and striking techniques. Time was also spent on the understanding of the unique close-quarter nature of Goju Ryu combat and how circular and non-linear movements are essential in Goju Ryu combat strategy and how to move when recognizing an impending attack leads to more effective interception of this, placing you in the best position to apply Goju Ryu karate in self-defense. There is too much I could add to this but I will just say that those who missed this have missed a great learning opportunity. I for one can't wait for the next one!

Thanks to all who attended, we had Senseis and their students from all over the country, thanks to our fellow northern instructors Senseis Bob Davies, Jerry Kelly and Steve Sijuade and others from further afield Senseis Rob Langworthy, Kingsley Johnson, Bob McCracken, Ben Soloman and Krishnan Wadhia....my apologies if I've forgotten anyone.

Seiwakai Indonesia Seminar 2018



Goshukan South Africa

Morgan Moss in Morocco at the WKF Premier League Event

Fresh off his victory at the WKF National Championship in South Africa, Morgan Moss jets off tonight for Morocco and the WKF K1 Premier League in Rabat. Please join us in wishing Morgan all the very best as he prepares to take on the best of the WKF Premier League Karateka.



Another of Goshukan South Africa ReachOut project has established informal Dojos in Dawn Park, Ekurhuleni, Gauteng with over 400 underprivileged kids being guided and taught under Marius and Tarryn Madgwick.



**Seiwa Kai Russia Seminar
With Vasily Zyukalin and Pal Gila**



The seminar took place in Kazan, Russia which is about 1000 km (625 miles) east of Moscow.

Seiwa Kai Hungary Seminar in Budapest
Hosted by Pal Gila Shihan with Gurmit Singh Shihan
Students attended from Hungary, Poland, and Slovakia

