

**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 31: July/August 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](mailto:greatlakeseiwakai@gmail.com)



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**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**

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Appointed by Shuji Tasaki, Shihan



**Goshukan Seiwa Kai Canada**

**Craig Vokey:** President  
**Vassie Naidoo:** Liaison

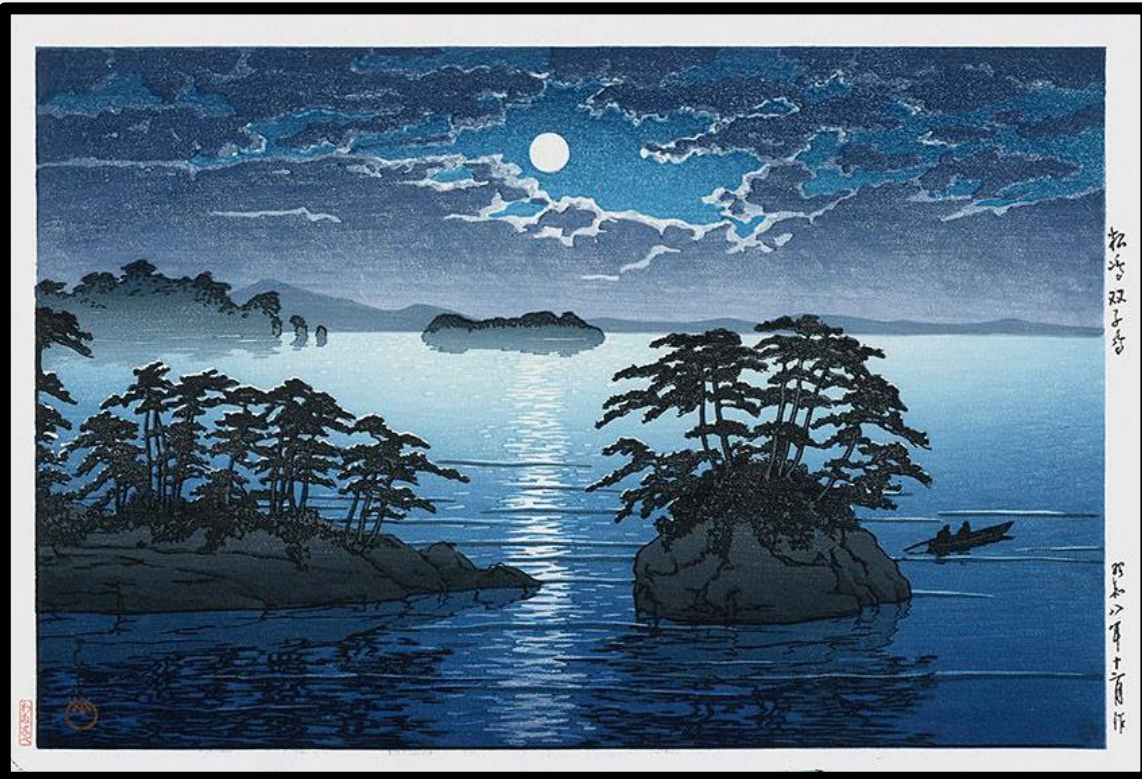
**Goshukan Seiwa Kai Mexico**

**Eusebido Montes:** President  
**Vassie Naidoo:** Liaison

**Seiwa Kai Canada**

**Peter Brown:** Official Representative  
**Isao Yabunaka:** Senior Member

**Mark Cramer:** Newsletter Editor



**Kawase Hasui: *Twin Islands at Matsushinia***

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## **KAIZEN**

### **By James Pounds**

The Japanese have long regarded Miyamoto Musashi's *Go Rin No Sho (The Book of Five Rings)* as a treatise as pertinent to business as it is to Budo. Musashi, a swordsman as extraordinary as he was unorthodox, prevailed in sixty-one duels to the death during his lifetime. He retired at about age sixty to a monastic life to reflect on how he had survived so many battles. During those last years of his life, in *Go Rin no Sho*, he sought to make sense of the art of battle and strategy, which in a larger perspective are applicable to the art of business as well.

But what about some of the concepts of karate-do we practice in our Dojos? What can we transfer to the other arenas of our lives? How can we incorporate the principles of the Dojo into our lives and businesses to everyone's benefit?

Let's look at our Seiwakai organization. The guiding principles are in the name itself:

**SEI** – truth, sincerity

**WA** – harmony, peace

**KAI** – group, organization

If we follow the way of truth and harmony in all our relationships, we will attract like-minded clients, employees, and associates. That alone gives us a leg-up in our dealings with others.

In my own Dojo our *Dojo Kun* (Precepts of the Dojo) originated in The Jundokan in Naha, Okinawa. These precepts were compiled by Miyagi Chojun's students after he passed away and were actually the recurring words he told his students as they trained. I keep them because I believe they are valuable enough to be memorized and repeated at the conclusion of every training session.

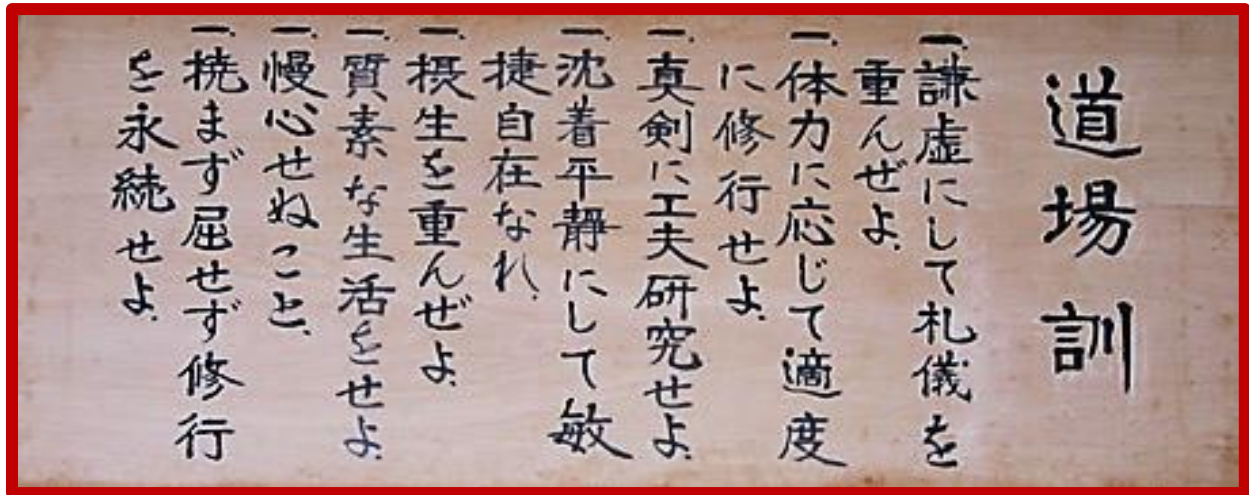
Let's look at them and how they relate to our businesses, professions, and lives outside the Dojo as well.

**Miyamoto Musashi**





## Dojo Kun



### Hitotsu!

Each precept is of “first” or “equal importance.”

#### ~ Be Humble and Polite!

Humble means you don't come across like a know-it-all. Nobody wants to do business with a bag of wind. Polite...I have quit doing business with businesses that treat me rudely or with disrespect. It has been proven that a client scorned will quit doing business with you. They may not tell you, but they will tell ten other people in their sphere of influence who will also not do business with you. It is a reverse, or negative referral, and it can be toxic. As Shotokan founder Gichin Funakoshi said, “Karate begins and ends with courtesy.” That's also a good maxim for business.

#### ~ Train Considering Your Physical Strength!

In business, as in karate, you must not wear yourself out by continually pushing beyond your capabilities. At times you must, but too much is counterproductive. Neither can you train too easily. It is a balancing act. You need to grow, improve, or expand as you improve from your previous preparations. You also must pay close attention to your personal or financial ability to grow and to not overextend yourself.

#### ~ Practice Earnestly and With Creativity!

You must sincerely work daily to improve yourself and your business, and you must find innovative new ways to do that. Think of Toyota's motto: “Good thinking equals good products.” Strive for *Kaizen* – the long-term approach to work that systematically improves quality and efficiency. In other words, seek continual improvement. However, keep in mind this is tempered by the concept of *wabi-sabi* – beauty that is imperfect or impermanent. Just as our karate is

imperfect, so are our business efforts. We change, it changes, and it will never be perfect but can always be improved through our efforts.

**~ Be Calm and Swift!**

Running around in frantic circles means we will miss opportunities (or openings in karate). First, we must be centered enough to recognize opportunities, and then be prepared and swift enough to take advantage or seize the moment. Tesshu Yamaoka, the famous swordsman from the Meiji Restoration period, admonished his disciples, “When an opportunity arises, SEIZE IT! Don’t hold back trying to protect your ass!” Sound advice that pertains to business or Budo.

**~ Take Care of Your Health!**

Physical, mental, financial, and all ways.

**~ Live a Plain Life!**

Following those solid, necessary, and probably boring principles of business are the yin to the creative yang that are necessary for success in business. There is no easy shortcut to mastery. We must chop wood, carry water – or do our 1000 punches daily. There is no shortcut to anywhere worth going.

**~ Do Not be Too Proud or Modest!**

When I used to compete and won, my Sensei told me, “Celebrate for fifteen minutes and then get back to work.” When I lost it was “Dwell on it for fifteen minutes then get back to work,” Enjoy your victories but don’t gloat and don’t rest on your laurels and stop improving. When you lose, look for the lesson and work to improve. Nobody bats 1.000.

**~ Continue Your Training with Patience!**

Anything worth being, doing, or having takes longer than we may like. We must have goals and a plan of action, but not lose sight of where we’re going or what we’ve already accomplished. Whether we are striving to be a world champion or building a vibrant and viable business or organization we must cultivate patience and persistence to persevere. Mastery is a marathon, not a sprint.

Ossu!

**Seiwa Kai Goshukan Canada Gasshuku 2018**  
**Orangeville, Ontario Canada**  
**June 8 – 10**

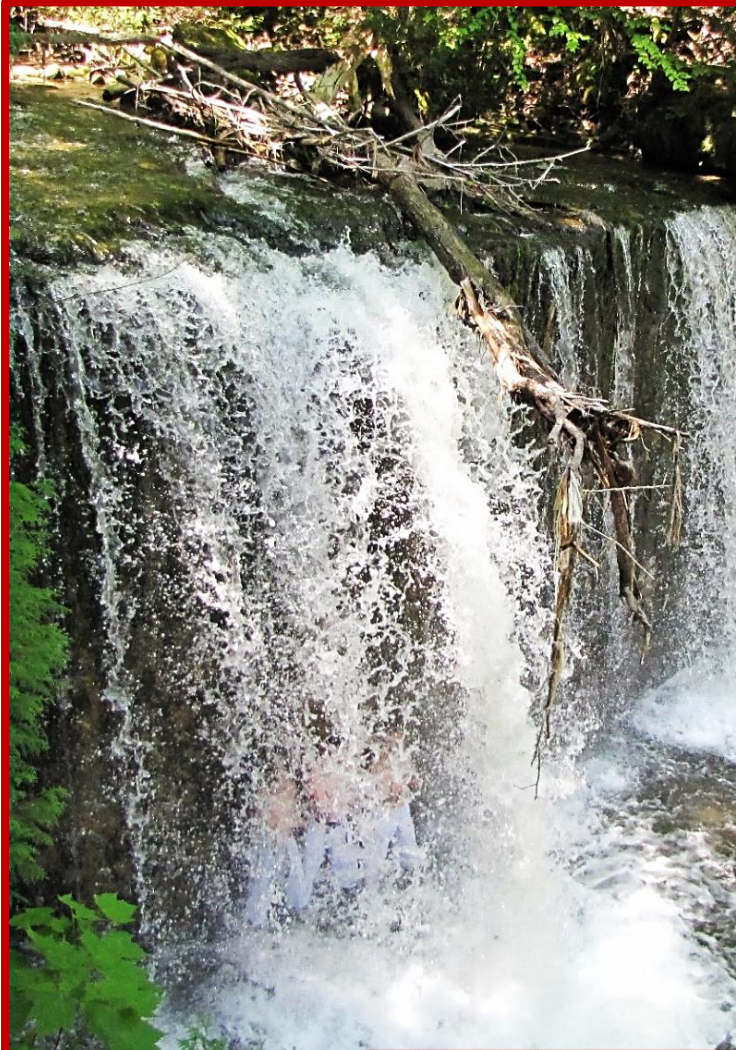
(Photos Courtesy of Jan Stefanovic)



More than 100 people from Canada, the US, the UK, Portugal, and Hungary attended the three-day Gasshuku in Orangeville, Ontario. A special thank you goes out to Kay Sakaue who provided extremely accurate translations of Fujiwara Shihan's detailed explanations. This allowed all of those who were present to understand some of the more complex concepts of traditional Goju Ryu Karatedo.



## Misogi 禊



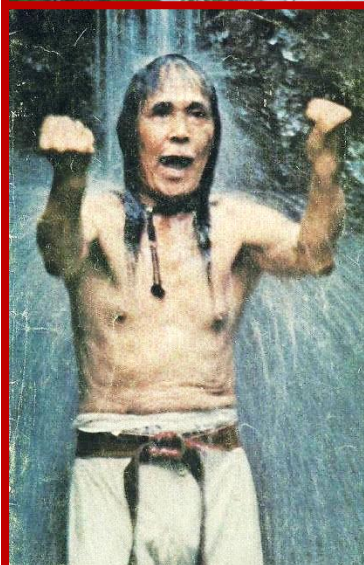
The seminar began on Friday morning with waterfall training at a “secret” location.

This type of austere spiritual water-purification, known as Misogi 禊, is a tradition that is deeply imbedded in certain aspects of Japanese culture and its martial arts community.

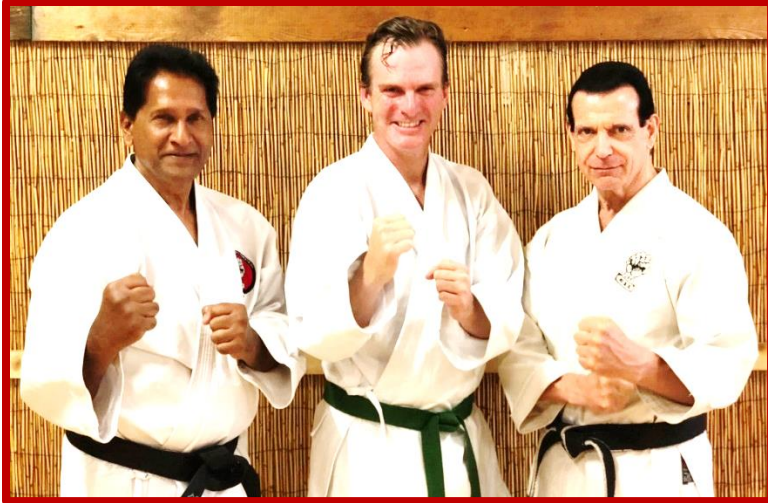
Many of us have seen the photos of Gogen Yamaguchi Hanshi engaging in this type of purification training under a waterfall (see below from the cover of Black Belt Magazine in 1969). Morihei Ueshiba, the founder of aikido, is also said to have engaged in this practice.

In the martial arts, this practice is often done to prepare oneself for training by focusing on one’s center or tanden.

**Below: L to R: Fujiwara Seiichi Shihan, Jan Stefanovic, Ron Richer, Pal Gila, Vassie Naidoo Shihan, Jim Pounds, and Robert Davies**







## Thank You

By William Robertson

Dear Vassie Naidoo Shihan and James Daly Shihan,

I've been meaning to thank you guys for some time now. The experience of being part of the Goju community is amazing for me.

Class on Monday was especially difficult and especially awesome, all at the same time. It reminded me

how thankful I am. I'm exhausted but also clear and refreshed every time.

There is a new level of strength and tranquility that I bring home to my family, to my work and to my friendships that is tangible. These gifts were unanticipated, and I am especially thankful to you both for them.

None of my sports growing up had any kind of physical contact-- soccer, squash, tennis, skiing, surfing. It's hard to describe, but I actually feel generally kinder to everyone and capable of more empathy because of the process of kata, sparring and kume. I would never have guessed that learning how to fight would make me better at avoiding fights.

I've had lots of good coaches over time, you guys are two of the best. Your blend of intensity, flexibility and precision is a beautiful thing.

## Benoit's Martial Arts

Marissa Meandro (from Sudbury, Canada) competed at the WKF Youth League in Umag, Croatia. Many of her competitors are currently ranked in the top 20 WKF standings. Despite exiting early, she was content with her performance. She leaves having trained and competed with some of the best in the world and is still driven to do her best.

Next stop the Toronto Open!

Thank you to all the great coaches and Karate Canada for the wonderful support!





**Upcoming Event – Save These Dates**  
**USA Goju-Ryu Karatedo Seiwa Kai Anual Training Seminar 2018**  
**With Both JKF Goju Kai Shinsa and Seiwa Kai Shinsa**  
**Santa Monica, CA USA**  
**Friday-Sunday – November 9, 10, & 11**



**Open to ALL Karate Practitioners.**

Three days of training in sunny Santa Monica, California with **Seiichi Fujiwara Hanshi**, 8<sup>th</sup> Dan – President and Head Instructor of Goju-Ryu Seiwakai and Director of the JKF Gojukai Overseas Committee; **Vassie Naidoo Shihan**, 8<sup>th</sup> Dan – President of Pan America Seiwa Kai and Vice President of Seiwa Kai International; **Desmond Tuck Shihan** 7<sup>th</sup> Dan – Vice President of Seiwa Kai USA; and **Jim Pounds Shihan** 6<sup>th</sup> Dan – USA Secretary Seiwa Kai, and other Instructors and Practitioners from North America and Beyond.

Fujiwara Hanshi will focus on improvements of kata execution and understanding through waza techniques, proper timing and Bunkai applications of the Goju Ryu kata syllabus.

**New this year, free T-shirt when registering before October 9<sup>th</sup>!**

Please plan on joining us for insightful instruction, beach training, camaraderie and lots of sweat.

**Special room rates are available at the *Travelodge Santa Monica***  
*3102 Pico Blvd., Santa Monica, CA 90405 (800) 450-5766 or 310-450-5766*

## Seminar Schedule:

**Friday, Nov. 9, 2018**

6:00pm – 9:00pm

Rustic Canyon Rec. Center  
601 Latimer Rd. Santa Monica, 90402

**Saturday Morning, Nov. 10**

9:00am – 11:00 am

Beach Training – Guard Station 26



**Saturday Afternoon/Evening:**  
**Dinner Enkai**

1:00 – 4:00 pm  
7:00 pm -- 9:00 pm

Rustic Canyon Rec. Center  
Venice Church – Venice



**Sunday, Nov. 11, 2018**

9:00 am  
1:00 -- 3 pm  
3 pm

JKF Gojukai Shinsa -- Hombu Dojo  
Rustic Canyon Rec. Center  
Seiwakai Shinsa Rustic Canyon Rec.

**SEE YOU THERE!**

For further information, contact Vassie Naidoo @ 310-399-6955 [USAgojuryu@gmail.com](mailto:USAgojuryu@gmail.com)





**REGISTRATION FORM**  
**Santa Monica, CA, USA**  
**Friday Through Sunday, November 9 – 11, 2018**

**Name:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Country:** \_\_\_\_\_

**Dojo:** \_\_\_\_\_ **Current Rank:** \_\_\_\_\_

**Main Phone:** \_\_\_\_\_ **Secondary:** \_\_\_\_\_ **Email:** \_\_\_\_\_

<b>Please check activities attending:</b>		<b># Attending:</b>	<b>Total:</b>
<input type="checkbox"/> 3-Day Training	\$195.00 (\$210 after Nov 1 <sup>st</sup> )	_____	\$ _____
<i>**Includes T-Shirt if mailed before October 20, 2018 Size _____</i>			
<input type="checkbox"/> 2-Day Training	\$150.00	_____	\$ _____
<input type="checkbox"/> Single day Training	\$100.00	_____	\$ _____
<input type="checkbox"/> Saturday Dinner Enkai	\$25.00 (Cash Bar)	_____	\$ _____
		<b>TOTAL FEE:</b>	<b>\$ _____</b>

**PLEASE MAKE CHECKS PAYABLE TO: KICK (Karate for Inner City Kids)**  
**CREDIT CARD (Circle which one): VISA/MASTERCARD**

**CREDIT CARD #:** \_\_\_\_\_ **EXP. DATE:** \_\_\_\_\_

**Mail Registration and Release to: KICK 2202 Pico Blvd. Santa Monica, CA, USA 90405**

*For further information, contact Vassie Naidoo @ 310-399-6955*

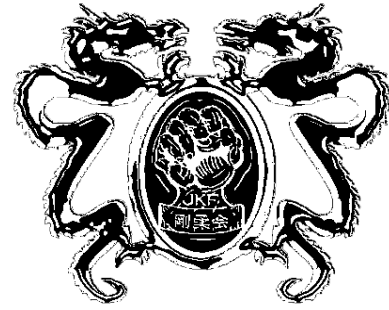
**RELEASE OF LIABILITY TO PARTICIPATE**

*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 2018 USA Goju-Ryu Karate-do Seiwa Kai 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**

## Seiwa Kai Around the Globe



## Goju Ryu Karatedo Seiwa Kai International

### Seiwa Kai Goju Ryu Karatedo Gasshuku in Omagari, Japan 2018



Omagari Japan Seiwakai Goju Ryu Seminar 2018

Gathering from across the globe...





**in quaint and charming Omagari, Japan...**





Seiwa Kai members receive the highest quality of instruction in...





**all aspects of Goju Ryu Karatedo.**



**International friendships are renewed over good food and satisfying libations.**





**There is always the opportunity to immerse oneself in the culture of Japan, as the Seiwa Kai family visits a Buddhist temple.**







**This year's Seiwa Kai banquet began with a celebration of the life and the accomplishments of Leo Lipinski Shihan. He is an individual who profoundly affected the international Karate-do community, and who warmly touched the hearts of all of us in the Seiwa Kai family.**







**Fond memories of Leo Shihan were rekindled by the kind words of Seiichi Fujiwara Shihan and Vassie Naidoo Shihan.**



**No Seiwa Kai gathering in Japan is complete until there is some karaoke.**





## Newly Announced: Seiwa Kai International Structure 2018



**Officers of Seiwa Kai International:  
(Left to Right)**

**Vice Presidents:** Vassie Naidoo 8<sup>th</sup> Dan,  
Satoru Takahashi 8<sup>th</sup> Dan

**President:** Seiichi Fujiwara Hanshi 8<sup>th</sup>  
Dan;

**Continental Directors of Seiwa Kai International: (Left to Right)**

Craig Vokey (Canada), Glenn Stephenson (Australia), Abel Figuerido (Europe), Gurmit Singh (Europe), Ben Mare (Africa), Eddie Liu (Hong Kong – not pictured here: See page 22)





Seiwa Kai International Directors meeting with Vassie Naidoo Shihan in Japan.

## Seiwa Kai South Africa By Ben Mare



Congratulations to my students: Left to Right: Louriece – 2nd place Kata, Lourens – Team Manager, Jarrod – Gold Kata Junior Division, me (Ben Mare) and Candice – Gold Kata u21 Division at the South African Open and Elite Championships. Well done Seiwa Kai!

Congratulations to Ben Mare Shihan for being entrusted with the position of acting Karate South Africa (KSA) President in the absence of Sonny Pillay. Ben Shihan also has the additional responsibility at this time, of being the KZN Karate sport President and Goju Ryu Seiwa Kai Africa President



# Seiwa Kai Iran

By Nabi Ebrahimi



East of Iran Seiwa Kai Group with Ebrahim Esfandiyari and Mostofa Shirdelan



## Seiwa Kai Portugal



The Seiwa Kai Seminar in Portugal (June 29 – July 1) was attended by over 100 members from Portugal and other European countries.



## Seiwa Kai England Judging and Refereeing Course 2018 By Marie Tanabalan

Recently, we invited Mr. Ondrej Cítenyi over to the UK to conduct a WKF Judging and Refereeing Seminar. He is one of the highest ranked WKF Kata Judges and Kumite Referees. He was here to help Seiwakai and its associates qualify up to WKF standards. Congratulations to the following people from Seiwakai England:

**Kata Judge B:** Piotrek Rorbach, Tahmid Alam, Marie Tanabalan, Tony Pickford, Sammi Roe, Matt Empyreal, and Lodin David

**Kumite Referee B:** Jasmine Leanne David, Tony Pickford, Marie Tanabalan, Richard Hang Hong, Martin Lawrence.

Well done everyone!

