

**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 32: September/October 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
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Seiwa Kai Canada

Peter Brown: Official Representative

Isao Yabunaka: Senior Member

Mark Cramer: Newsletter Editor



Kawase Hasui: *The Garden in Autumn*

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**2018 USA Goju-Ryu Karate-do Seiwakai
Annual Training Seminar
With JKF Gojukai and Seiwakai Shinsa
Santa Monica, CA, USA
Friday-Sunday, Nov. 9, 10, & 11**



Open to all Karate Practitioners.

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

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

Please plan on joining us for insightful instruction, beach training, camaraderie, and lots of sweat. New this year, free event T-shirt if registering before October 9th!

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



Seminar Schedule:

Friday, Nov. 9, 2018	Training 6:00pm – 9:00pm	Rustic Canyon Rec. Center 601 Latimer Rd. Santa Monica, 90402
Saturday Morning Nov. 10, 2019	Beach Training 9:00am – 11:00 am	Guard Station 26
Saturday Afternoon	Training 1:00 – 4:00 pm	Rustic Canyon Rec. Center
Saturday Dinner Enkai	7:00 pm -- 9:00 pm	Venice Church – Venice
Sunday Morning Nov. 11, 2018	JKF Gojukai Shinsa 9:00 am	Hombu Dojo
Sunday Afternoon	Training 1:00 -- 3 pm	Rustic Canyon Rec. Center
Sunday Afternoon	3 pm Seiwakai Shinsa	Rustic Canyon Rec. Center



SEE YOU THERE!

For further information, contact Vassie Naidoo @ 310-399-6955 USAgojuryu@gmail.com



2018 USA Goju-Ryu Karate-do Seiwakai Training Seminar and Shinsa

REGISTRATION FORM

Name: _____ Address: _____
 City: _____ State: _____ Zip: _____ Country: _____
 Main Phone: _____ Secondary: _____ Email: _____
 Current Rank: _____ Current Gojukai Rank: _____
 Sensei: _____ Dojo: _____

Activity	Cost		\$ Amount
3 Days of Training	\$195	Number Attending:	\$
<u>Includes T-shirt if mailed before 10-20-18</u>	FREE	T-shirt Size	FREE
3 Days of Training if Mailed after 11-01-18	\$210	Number Attending:	\$
2 Days of Training	\$150	Number Attending:	\$
1 Day of Training	\$100	Number Attending:	\$
Saturday Dinner	\$25 (plus Cash Bar)	Number Attending:	\$
			Total \$

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

CREDIT CARD #: _____ **EXP. DATE:** _____
Mail Registration & Release to: KICK 2202 Pico Blvd. Santa Monica, CA, USA 90405

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., Rustic Canyon Rec. Center, 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 Seiwakai Training Seminar & Shinsa**. I attest that I am physically fit and sufficiently trained for this event. I understand karate is a demanding physical activity and I enter into this Release knowing and accepting there is a potential for injury.*

 Signature (Parent if under 18 yrs.)

 Printed Name

 Date

Am I A Human Weapon (Or A Paper Tiger)?

By Jim Pounds



I've been watching re-runs of a program on The History Channel called *The Human Weapon*. It's a pretty good show in which two guys, a mixed martial artist and a former wrestler/pro football player, travel the globe to learn about various martial arts through immersion training. At the end of their training, one of them gets to participate in a match against a champion of that particular style, utilizing what techniques they've gleaned from their training time there. So far, I've watched their efforts in Escrima, Karate, Judo, and Pankration. I have to say that the two hosts are tough cookies who bring their own impressive skill sets to the table, not to mention the guts to submit themselves to an unfamiliar training regimen and then challenge one of the big dogs.

The Human Weapon makes me realize several things about the martial arts as well as the opportunity to examine my own mindset about the whole enchilada. I'll share:

Martial Arts is about doing. It's about sweat and repetition and a certain amount of pain. It requires an interesting mix of chutzpah and humbleness and the ability to overcome your own trepidations and still bring it to the mat when it's show time. You don't get there by talking about it. You get there by experiencing what works and what doesn't work and absorbing it into your very muscles and bones. The martial arts are a thinking person's game – on a tactical level. But the rubber meets the road when you have master teachers who push you through the long hours of training and the body knows what to do without relying on the mind. There's just no time for thinking about a response once an attack is initiated.

I remember a story from Joe Hyams' excellent book *Zen and the Martial Arts* in which Hyams asked Bruce Lee how he would defend his position if he happened to kill someone who attacked him. Bruce said something to the effect "I would argue that *I* didn't kill him. *It* did. My years of training, I mean." Exactly.

On one level, there's a great deal of similarity between all martial arts. You see many of the same techniques in mixed martial arts that you do in Judo, and many of the same applications in both Karate and Pankration. There are similar training techniques all over the globe. It's as if we all share some common lineage, some roots, that over time developed out into branches until we've come to believe what we do is unique or is the best. I would argue that there's a lot of effective styles out there with plenty of tough, smart women and men practitioners. Some are more effective

at one response or application than another, and some have turned almost entirely to the sport aspect. But make no mistake...they are effective.

Similarly, there are plenty of tough characters on the street who have never studied a martial art who can inflict plenty of hurt on any of us. That's where humbleness comes in. As long as we keep our cup empty enough to learn from anyone, regardless of the style, then we'll probably be okay. If we're too full of ourselves to look outside our group or to learn from others, then we may be vulnerable. We don't want to drink our own Kool-Aide and become a cult instead of an open learning environment.

Humans can be amazingly hard to subdue, especially if they're drunk, drugged, or deranged. Competing in sport karate is great for timing, distancing, and stamina, but since martial arts are, well, *martial* in nature, we owe it to ourselves to train diligently in search of that elusive concept of "One blow, One victory" which our predecessors knew was tremendously difficult to achieve. Just watching a match in the Octagon shows you how much punishment one can withstand and still remain a threat, as does seeing four cops struggle to subdue some bad guy who has already been Tasered several times. We must train hard against worthy, determined opponents in order to appreciate what does and does not work, or to understand the core strengths and weaknesses of our individual styles. And it's also permissible to take those effective techniques you learn from other teachers and martial arts systems and over time make them your own. Fred Tart Sensei of Albuquerque, New Mexico implored his students to train with everyone they could and to "steal everything." He was wisely teaching them to be open to more than what he himself could teach them. Imitation is the highest form of flattery, but to internalize them connotes lots of time practicing in order to "own" them. That's a fair trade-off for something of value, don't you agree?

And, hey, sometimes the two guys on *Human Weapon* actually win. (Although the "home town" refs hardly ever give them that distinction). But they manage to hold their own against a champion of that particular art. And I'm not talking about choreography here. The punishment both champion and challenger took in the Escrima match was humbling. Remember that even monkeys fall out of trees. It doesn't matter how good our art is or how tough we are if we are caught unprepared by an attack, or by an opponent we underestimate.

As the Boy Scouts say: "Be prepared."

Keep training.

Keep your head down and your eyes open.

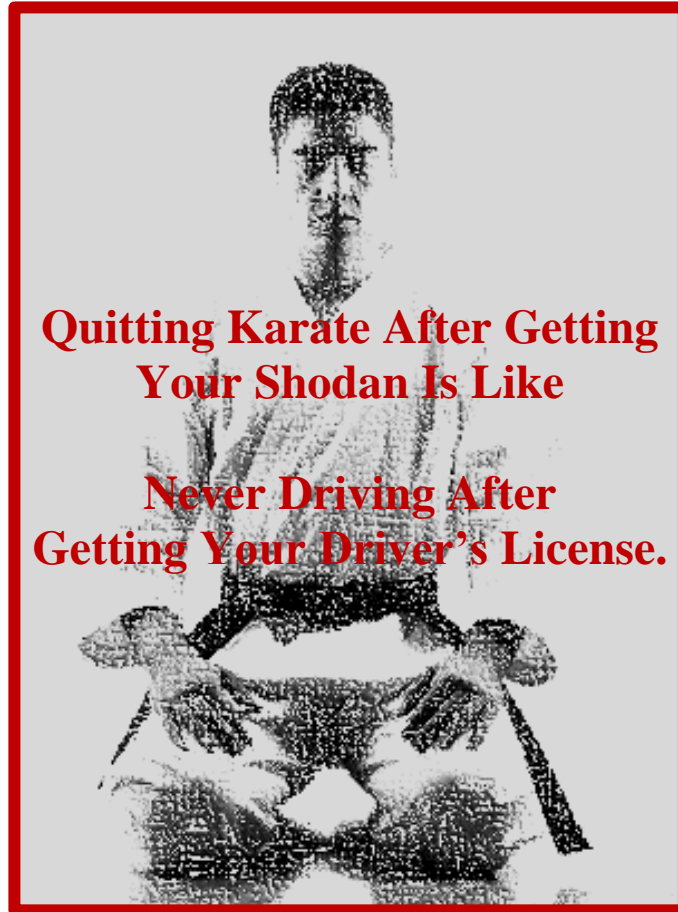
Try to catch *The Human Weapon* re-runs sometime.

Seiwa Kai Humor



初段

Shodan: The Beginning Level



As I was looking for an addition to the Seiwa Kai Humor section of this issue of the newsletter, I came across an interesting image. The caption equated quitting karate after receiving a Shodan to never driving after getting your driver's license. Although the punchline didn't strike me as particularly humorous, it made me stop and think about why a large number of traditional Karatedo Shodans and Americanized karate black belts never continue their training. Throughout my years of training and teaching, I have observed several reasons.

To begin with, in our American culture, the black belt is popularly perceived as the highest achievement in karate. This is based on the mistaken belief that the black belt is a teacher and an expert¹ who is in possession of the dark secrets of combat.

¹ [https://en.wikipedia.org/wiki/Black_belt_\(martial_arts\)](https://en.wikipedia.org/wiki/Black_belt_(martial_arts))

Locally, we have several chains of Americanized karate stores which promote this misconception and then profit from those who mistakenly believe it. In these franchised dealerships, customers are pressured into signing a “Black Belt Contract.” This legally obligates you to pay their hefty fees, and it also guarantees that at the end of your contract, you will receive your black belt. This can take place in as little as 18 months. It is a great marketing scheme that capitalizes on a fundamental misconception – the black belt is an expert.

Not too long ago, a new black belt from one of these karate stores came to our one of our Seiwa Kai dojos in Michigan and requested to be an instructor. When it was explained to him that this was not possible, he responded with surprise stating: “But I’m a black belt.” He sincerely believed that he was an expert in karate and could now teach anywhere. People such as this believe that since they’ve graduated from their black belt program, there is little or nothing more to learn. They’ve reached the pinnacle of karate knowledge and do not continue beyond this level.

When students drop out of Traditional Karatedo, it is usually for different reasons. Some people drop out of Traditional Karatedo after getting their Shodan because they incorrectly set their goal. They make getting their Shodan their goal instead of making learning Karatedo their goal. Once their goal is reached, they quit or do not continue in earnest. These students need to realize that the concept of Shodan (初段) means that you have reached the beginning level. After three or four years of hard training, you’ve become a beginner. You are not an expert, and no goal has been reached if you have only reached the starting point.

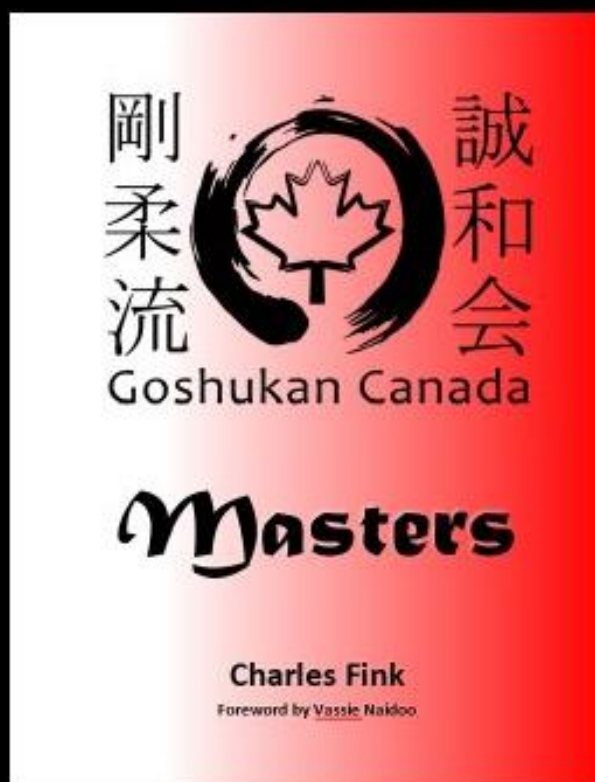
This is something that I explain to all of my students, and it is certainly something that every Shodan in our area organization should understand. I also tell my students that after 47 years of training, I am still a student, and that I am humbled when I train with my seniors. I often I feel like a white belt, but that is not a bad thing.

Perhaps the most disappointing reason that some dedicated students drop out of Traditional Karatedo after getting their Shodan is because a life situation intervenes. These are students who train in earnest and who sincerely want to continue their training beyond the Shodan level. However, they enlist in a military service, go off to college, enter into a demanding job, or end up with absorbing family situations and do not have the opportunity or the time to continue their Karatedo training. These situations are disappointing because they are beyond the control of the student and beyond the influence of the Sensei. One can only hope that these individuals will find the time and the opportunity to resume their training at some point in the future.

Many of our Shodans stay with our organization because they want to continue what they have just started. They don’t want to get their driver’s license and never get behind the steering wheel.

Book Release

Enhance your book collection with



Every sensei has had a unique journey.

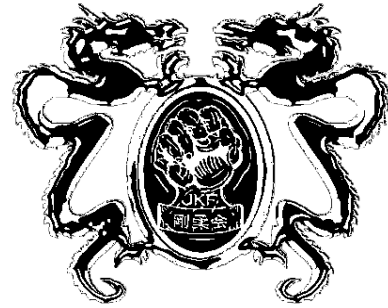
This book describes the paths travelled by the senior instructors of Goshukan Canada. Learn about the people who bring Seiwa Kai karate to life in Canada under the watchful eye of Fujiwara Shihan.

"This book is a must read for all members of Goshukan Canada. Moreover, everyone who is a member of the Pan American Goju Ryu Karate-do Seiwa Kai family will find this book an interesting and important part of our collective history." ~ Mark Cramer, *Rokudan*, Great Lakes Seiwa-Kai Goju Ryu Karatedo

"Charles Fink Sensei has provided a unique look behind the scenes at the diversity and talent that makes this karate organization exemplary. A joy to read." ~ James Pounds, *Rokudan*, Seiwa Kai of Texas

Order your copy today at finkdojo.com/shop

Seiwa Kai Around the Globe



Goju Ryu Karatedo Seiwa Kai International



President: Seichi Fujiwara Hanshi



Vice President: Satoru Takahashi



Vice President: Vassie Naidoo

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Goju Ryu Karate-Do Seiwakai International
Member of
All Japan Karate-Do Federation
All Japan Karate-Do Federation Goju Kai

Seichi Fujiwara (President)

London Seminar: 19-21st October

SEIWAKAI SEMINAR LONDON 2018

INTERNATIONAL GOJU-RYU
KATA & KUMITE SEMINAR

DATES

19th / 20th / 21st October 2018

VENUE

Bishop Douglass School,
Hamilton Road, London, N2 0SQ

PRICE

£40 per day or £85 for 3 days

INSTRUCTORS

Seiichi Fujiwara 8th Dan
Satoru Takahashi 8th Dan
Vassie Naidoo 8th Dan

ASSISTANT INSTRUCTORS

Paul Coleman 7th Dan
Rastislav Mraz 7th Dan
Gurmit Singh 7th Dan
Abel Figueiredo 7th Dan
Pal Gila 6th Dan

Contact Gurmit Singh:
seiwakaiengland@gmail.com
Tel: +44 (0) 7412 621 733

Gold Medalist Voucher for the London Seminar

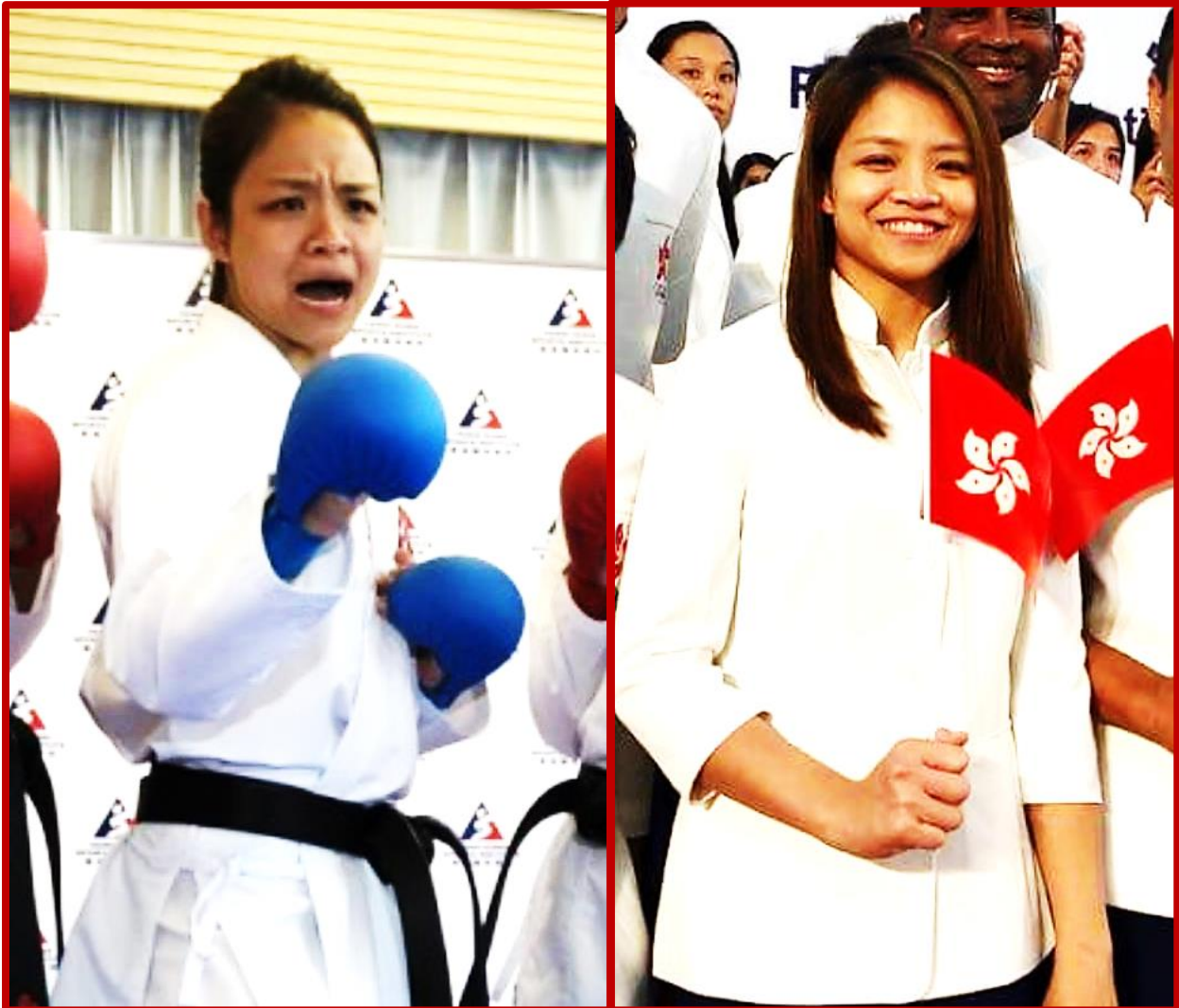


At last year's Seiwakai Open, International Championship GOLD medalists were invited by the late Leo Lipinski Shihan to train at this year's Seiichi Fujiwara 8th Dan, London seminar (19-21st Oct. Finchley) with 10% discount of the full value of the training fees. Linda Lipinski has kindly said that she will honour this. Please don't miss out on this fantastic opportunity.

(Medalist: Don't forget to hand in your voucher when registering at the event.

Seiwa Kai Hong Kong By Simon Chow

Congratulations to Wan Yu Choi of Hong Kong Seiwa Kai for winning Women's Under 61 kg Bronze Medal in the Asia's Games.



South Africa Seminar



The weekend of 14, 15, and 16 September, Goshukan South Africa hosted Hanshi Seiichi Fujiwara and Kyoshi Vassie Naidoo for our annual traditional Black Belt Goju Seminar in Cape Town. We had a great seminar and a weekend of networking as we treated Hanshi to the all the beauty the fairest Cape has to offer. This is a preparatory seminar for the upcoming International Seiwakai Seminar in London on 19,20,21,22 October 2018.





Our Goshukan ReachOut program got an honored visit from the President of our karate organization, Hanshi Seiichi Fujiwara together with Vassie Naidoo Shihan, Craig Vokey Shihan, Rob Crawford Shihan and Kay Kato Sensei. What a great opportunity for these young athletes to get exposed to the very highest level of our international karate organization and for them in turn to see the struggles we have to contend with on a daily basis. Thank you to Hanshi and his team for coming down to the grass roots to help get a better understanding of how to uplift Goshukan in the townships moving forward.



Seiwa Kai Iran



Iran Seiwakai Gojukai all ages female and male annual competition, Iran Tehran.08/09/18

Seiwa Kai Indonesia



We had a blast at the Goju Ryu seminar in Bangka. It was a fantastic learning experience with Gurmit Singh, Shihan, Hemri Arnades Sensei and others from Goju Seiwakai Indonesia

Seiwa Kai Germany Seminar Vivienne Kiss



Here are some impressions from the seminar in Germany with Pál Gila whom we thank very much for teaching on 14th and 15th of September 2018