

**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 34: January/February 2019**

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**

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

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

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**Jim Pounds:** President

**Mark Cramer:** Vice President

**Johnpaul Williams:** Secretary

**Vassie Naidoo:** Advisor



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**Marco Madrid:** President

**Vassie Naidoo:** Liaison and

Official Representative for Latin America

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**Isao Yabunaka:** Senior Member

**Mark Cramer:** Newsletter Editor



**Kawase Hasui: Snow in Shiba Park**

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# Happy New Year

## 2019 – The Year of the Boar

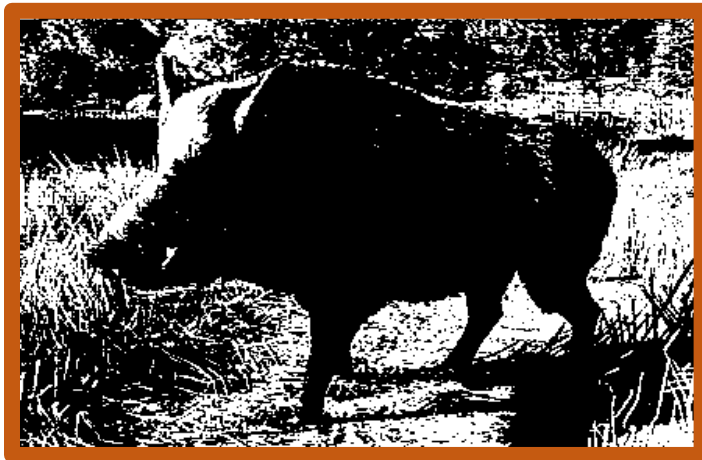
### Inoshishi no Toshi

Happy New Year, and welcome to the Year of the Boar, or more specifically, the Year of the Earth Boar. In the Japanese zodiac, it is believed that all people who are born within any given calendar year share certain personality traits and attributes.

There are twelve animal signs in the Japanese zodiac – rat, bull, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and boar. Additionally, there are five elements associated with each animal in the twelve-year cycle – 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 2007, 1983, 1971, 1959, 1947, or 1935 this your zodiac year in the 12-year cycle. If you were born in 1959, this is your birth-year of a life time; your animal/element zodiac sign has made its complete 60-year cycle.



People born in the Year of the Boar are believed to possess both admirable bravery and great inner strength. These qualities are seldomly thwarted by the ambitions of others. Whereas people born in this zodiac sign can display tremendous integrity, they are sometimes short-tempered and ill-tempered. Additionally, people born in this zodiac sign are seldomly quarrelsome or argumentative. They are also affectionate and kind to their loved ones.

## In Memory of Shuji Tasaki and Leo Lipinski



*Editor's Note: Shuji Tasaki Hanshi, the founder of Goju Ryu Karatedo Seiwa Kai, was indisputably one of the greatest teachers of Karatedo of all time. He passed away on January 30 of 2011. Likewise, Leo Lipinski Kyoshi was one of the greatest teachers of Karatedo, and he passed away on January 1 of last year. In many ways, their lives were inextricably intertwined.*

*Below are interviews with both of these great Seiwa Kai instructors. Even though these two interviews have been previously published separately in other issues of the Pan-American Seiwa Kai Newsletter, I feel that it is appropriate to republish them together in this January's issue, and let their own words rekindle your memory of these two great instructors to whom we are all indebted.*

# Interview with Shuji Tasaki Hanshi

By Leo Lipinski



**LL: When and where you born?**

**Shuji Tasaki Hanshi:** I was born January 20<sup>th</sup>, 1933 in Tokyo and began training in Goju Ryu on the August 15, 1951. I am now the Vice Chief Director of Federation Goju Kai and Official National Instructor for the JKF. (Japanese Karate Federation)

**LL: What was Available when you started training?**

**Shuji Tasaki Hanshi:** There was boxing, and other forms of karate, but schools where not rigidly organized. No particular names.

**LL: Why did you choose karate?**

**Shuji Tasaki Hanshi:** There were many foreigners in Tokyo. It was for self-defense and strong fighting. There were many street fights and I wanted the ability to fight back.

**Left: Gogen Yamaguchi**

**LL: Which Ryu did you begin with and why?**

**Shuji Tasaki Hanshi:** Yamaguchi sensei was my first teacher, and the only teacher for me. Yamaguchi recognizes me as one of his few remaining students. I chose this style because of the chance. Former Goju Kai in Asakusa [district of Tokyo]. He was living there. He only had 6 to 8 students that Yamaguchi personally taught. I remember Nakaishi sensei who was directly under Yamaguchi. I do not know where that sensei is now. There were two other senior instructors – Miyama Motomasa and Onishi Kenichiro sensei.

**LL: What was training like in those days?**

**Shuji Tasaki Hanshi:** Compared with now – it is heaven. In those days it was hell. Lessons are now more scientific. The first 8 to 10 months were of building the basics intensively and physical strength to be able to use the techniques as a good



foundation. No karate techniques were taught in the first 10 months.

**LL: What kind of basic training?**

**Shuji Tasaki Hanshi:** Jumping, sit-ups etc. to the limit of endurance. Many fell. It was no fun and very few continued. Very few now take that kind of training.

**LL: What do you remember as a highlight?**

**Shuji Tasaki Hanshi:** Yamaguchi Sensei did everything with the students – even then. If I did this today, there would be no students. Learn how to breathe – a fundamental karate technique. That is why at my age, I can be more than equal to the younger instructors.

**LL: You won the first Goju Kai tournament. What are your views of tournaments then and now, and how do you feel about the change?**

**Shuji Tasaki Hanshi:** The first Goju Kai tournament was held in 1963/64 and I won the finals representing Tokyo. The second tournament was in Wakayama, and I took 2nd place. Hirano of Wakayama won, he was three years younger.

In the same year at the second tournament, the Federation was born, asking not to have further tournaments until 13 years ago. The difference was in kumite. There was no point system then, only dojo-style kumite, and all of the presently forbidden techniques were permissible. The Federation was formed in 1965, and instead of dojo-style kumite, the point-kumite system was



developed. Goju Kai, Wado Ryu, Shito Ryu, and Shotokan made the Federation. I have had a preference for teaching the dojo-style kumite versus the point-style. That is “teach as he was taught.”

As long as one has one has mastered the Goju Ryu kumite, the other can be adjusted. If trained in Goju Ryu dojo kumite, you can continue after reaching middle age. Point fighting would not result in this. If you lose your speed you lose your karate.

By application, Goju dojo kumite gives you the edge, as it is not dependent on your youth. In karate if you step back you lose everything. Side stepping is good, younger have speed, older are slower. Therefore, you must step in to receive. If you train only in modern karate, once you are passed 30 years your karate is over.

**LL: What place do you see Karate having in the modern world?**

**Shuji Tasaki Hanshi:** Firstly, spiritually/mental strength. The real value for him today, without this, in this world of trifling things and conflicting values, it is hard to survive. It takes endurance to deal with a definite purpose and target.

**LL: Have you ever since starting, had to defend yourself?**

**Shuji Tasaki Hanshi:** Countless times. These happenings were in my 30's and 40's – These years people tend to stay away – sensing the need to do so, they stay away from him instinctively.

**LL: Who were your greatest rivals in kumite?**

**Shuji Tasaki Hanshi:** Even in kumite, the rivals were many of his seniors, because of the mental and spiritual pressure they give out, Mayama sensei specifically. This is possible out of respect for their senior/sempei status. There has been no one among his contemporaries and juniors that he considers a particular rival. Mr. Nishi and Mr. Wakayama could have this position. They had very strong reputations. They did not attend either tournament in the early days, so we never found out how good they were.

Even today the above two are still practicing in their own dojos. Not really rivals, he wanted to emulate those 20 years ago. In Kansai area, they still produce very good students. The gap has not been filled. The gap referred to is that Goju Ryu started near Kyoto first, and has produced more and better students than the Tokyo area.

**LL: What are your favorite techniques?**

**Shuji Tasaki Hanshi:** Kicking, haito and urauchi

**LL: What do you consider important in your teaching?**

**Shuji Tasaki Hanshi:** My attachment to my students. A teacher notices the difference and tries to think of ways to improve each individual student. He also respects the individuality and characteristic of each person and tries to build them up mentally and physically.

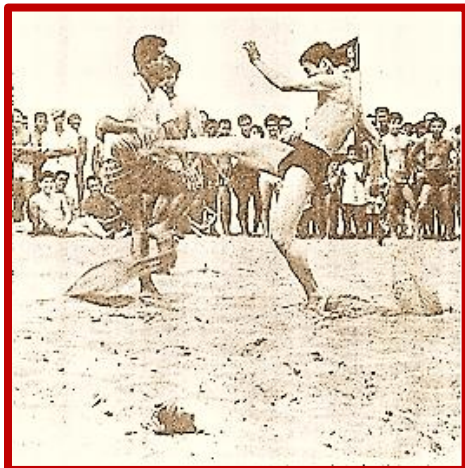
Each generation seems to have their own great karate-ka. Of Tazaki it was him and Yamamoto before and after, who were the special ones? Ishihara and Chiba were his primary students. Shuji Sakamoto is another, and Takahashi is the third. Ishihara was exceptionally strong. There were 5-6 others, but they no longer train.

Left: Shuji Tasaki (right), in the 60s.

**LL: What is the meaning of OSS!!!!?**

**Shuji Tasaki Hanshi:** It is an important Japanese Value. OSS means “Endure and suppress yourself.” It should not be used frivolously. Often, I ask people if they know what they are saying. It is an abbreviation of Oshi Shinobu.

**LL:** With regards to Goju Kai as opposed to traditional Goju Ryu, Can you tell us about your Ryu and how it differs?

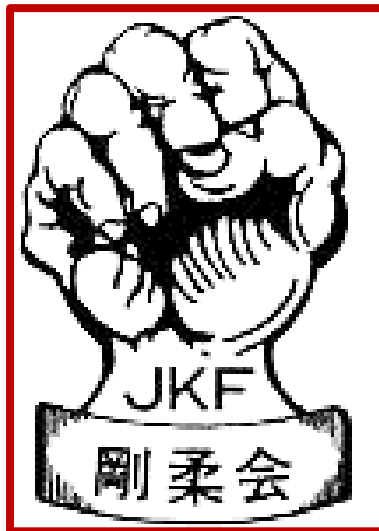


**Shuji Tasaki Hanshi:** Fundamentally, very little difference. If there is, it is the mannerisms of individual students acquired from their sensei. There are unnecessary superficial differences. In older times Okinawa Goju had no kumite. Kumite was developed in Japan, and they only recently started kumite in Okinawa. They also now do tournament kumite. Goju dojo kumite has a strong reputation for its effectiveness, especially in the days of the old school. It was developed and contributed to and preserved by all instructors. What has been preserved is the central idea of what it was, in the early days, central to all styles.

Miyagi sensei originated Goju Ryu, and the kumite is very close to the kata. Techniques should be applicable in kumite. We must remember the difference between mere kata forms and the actual use of techniques in combat and kumite.

**LL:** What is the Japanese Federation Goju Kai and the JKF?

**Shuji Tasaki Hanshi:** Goju Kai was formed in 1965 and joined the FAJKO (which later became the JKF) in the same year. The Goju Kai was originally formed by Gogen Yamaguchi sensei. After a few years Yamaguchi quit – and the Goju Kai continued as renmei Goju Kai. Ujita sensei was the president. JKF is the official karate body in Japan and Okinawa.



**LL:** What special incidents do you remember?

**Shuji Tasaki Hanshi:** Asakusa dojo – The years after the war, were violent years. When a student was promoted to black belt, he was to go into the street, bow to the first person, then hit him. If he went backwards it was no good. If he collapsed this was good. This of course cannot be applied today.

**LL:** To finalize the interview, what relationship, if any, is there between SEIWA KAI and the late Gogen Yamaguchi's IKGA group?

**Shuji Tasaki Hanshi:** None at all. As I told you, Gogen sensei was always my only teacher. I was a senior (Senpei) to his son, Goshi. We still remain on friendly terms. Our organizations are totally different.



# Interview with Leo Lipinski

By Glenn Stephenson (Seiwa Kai Australia)



*Leo Lipinski was the highest graded non-Japanese in the JKF Gojukai (Hachi-dan) and was a staunch supporter of Shuji Tasaki Shihan. I first met him back in 1989; he is one of the best exponents of kumite I have seen and fought. He single-handedly built up JKF Gojukai in the UK, Europe and South Africa.*

**Leo Lipinski Shihan 8th Dan**

**GS: How long have you been practicing martial arts? How did you**

**get started, why, who did 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** – I have trained in Shitoryu (Shukokai), Shotokan and Goju and of course various methods of Goju. I have also trained in 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 behavior 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. This is 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 practicing 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-defense—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 practice. This can be related to all the aspects I mentioned at the start of this answer. It could be fundamentals related to self-defense—including Bunkai, it could be drills and strategy practise for kumite, it could be a mixture of typical (I won't say traditional) Kihon practice 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-defense 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 practice 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, and 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.

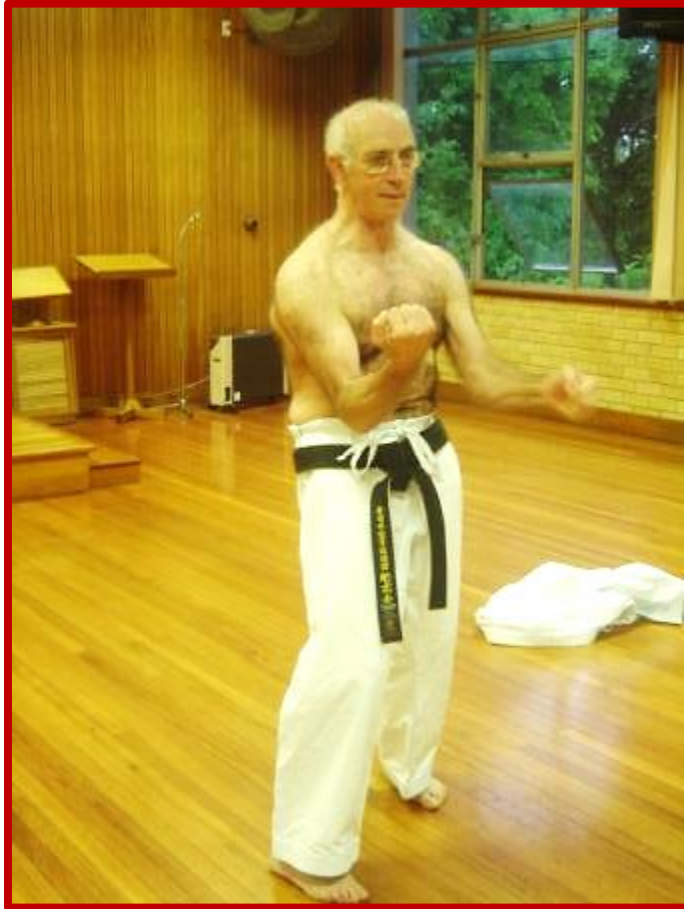
**GS: You've trained and spent a lot of time in Japan with the Gojukai, are there differences between the Japanese style of training / etiquette / grading etc and what we do over here?**

**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 realize that grades should be earned and should not be awarded (almost of an honorary nature).

**GS: Shihan you were graded to 5th Dan by Gogan Yamaguchi and you were at the top of the IGKA. What was your main reason for the change from the Yamaguchi group to train under Tasaki Shihan (Gojuryu Karate do Seiwakai)?**

**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 organization. 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 practicing 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.

## New USA Seiwa Kai Officers and Directors

Vassie Naidoo Shihan's duties as Seiwa Kai International Vice-President have been time consuming, and he has been doing a balancing act between his international responsibilities and his USA Seiwa Kai responsibilities. Vassie Shihan recently reached a decision to reduce his responsibilities and increase the involvement of the USA senior members in the decision-making processes. With the advice and consent of Fujiwara Hanshi, Vassie Shihan resigned as USA Seiwa Kai President. and will continue in an advisory capacity.

All USA Seiwa Kai members who are Godan or above were asked to nominate a new President, Vice President, Secretary, and Directors. The nominations were made, and the positions were filled with the overwhelming support of the senior members in the USA.

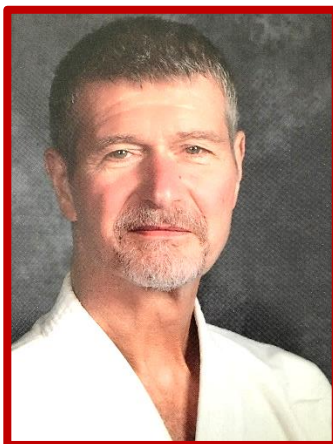
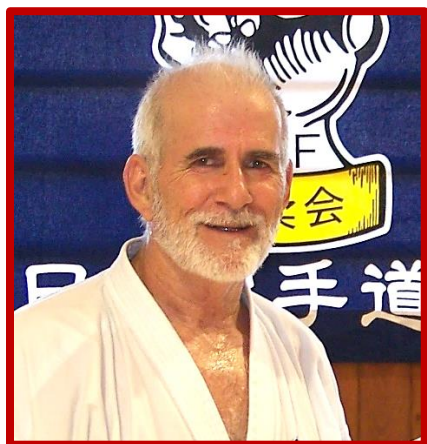
Congratulations to the new USA Seiwa Kai Officers and Directors.

### Officers

President: James Pounds

Vice President: Mark Cramer

Secretary: Johnpaul Williams



### Directors

Robert DaLessio

Kevin Moskie

Sanjit Mandal

James Daly



## **2019 – A Year of Changes**

### **By Jim Pounds**

I was pleased and somewhat humbled to learn from Vassie Naidoo Shihan that I have been elected as the incoming Seiwakai USA President. There is always that moment of gulp! – what have I gotten myself into? Ha! I know from experience that reaction is normal.

First, I have to congratulate the incoming officers and Board of Directors for our organization:

Mark Cramer – Vice-President  
Johnpaul Williams – Secretary and Treasurer  
James Daly – Board Member  
Kevin Moskie – Board Member  
Sanjit Mandal – Board Member  
Robert Dalessio – Board Member

I look forward to working with each and every one of you. These members represent varied areas of our country and I know each of them to have strong principles as well as years of professional experience from various walks of life. I would like to count the years of combined karate experience between the seven of us. Nope, that might make me feel too old!

We will be meeting in February and discussing the way forward. Some of the relevant goals and conversations will include:

- Creation of a Mission Statement
- Defining Roles of Officers and Board Members
- Creation of Bylaws
- Increasing membership
- A new Website and marketing that serves all of our dojos
- More visibility nationally and internationally
- Creating real paths of advancement and grooming future leaders within Seiwakai USA
- Increasing membership and visibility for women karateka
- A renewed focus on youth membership

We plan to operate in a transparent manner with new elections of officers and Board Members every four years. Stay tuned as this is an exciting time and a time for all of us to pull together to create a proud and vibrant USA organization. I am happy and ready to serve!

James Pounds, 7<sup>th</sup> Dan, Kyoshi  
Seiwakai of Texas



## Congratulations to Craig Vokey Shihan

Congratulations to Craig Vokey Shihan, International Seiwakai Director, who has been elected as Secretary General of the Commonwealth Karate Federation.



# Great Lakes Seiwa Kai Spring Gasshuku, Shinsa, and Shiai With Vassie Naidoo Shihan – March 29<sup>th</sup> through 31<sup>st</sup> 2019



This coming March 29<sup>th</sup> through 31<sup>st</sup>, Great Lakes Seiwa Kai will be hosting their annual Goju Ryu Karatedo Seminar and Seiwa Kai Friendship Tournament.

This seminar will be taught by Hachi-dan Vassie Naidoo Shihan who is the Vice President of Seiwa Kai International, the President and Head Instructor of Pan American Seiwa Kai, and President of the JKF Goju Kai USA.

Vassie Naidoo Shihan is well known throughout the USA and the international traditional Goju Ryu community as a superbly knowledgeable instructor.



## Schedule of Events

**Friday, March 29<sup>th</sup> Toledo School for the Arts; 333 14th St., Toledo, OH 43604**

- Session 1 – 6:30 to 8:30 (Instructors, yudansha, brown belts, and invited guests.)

**Saturday, March 30<sup>th</sup> Douglas Rd. School -- 6875 Douglas Rd; Lambertville, MI 48144**

- Session 2 – 10:00 to 11:30
- Lunch Break
- Session 3 – 1:00 to 2:30
- Session 4 – 2:45 to 4:15
- Shinsa 4:30
- Banquet – 7:00 to ? (Location TBD)

**Sunday, March 31<sup>st</sup> Seiwa Kai Friendship Tournament Douglas Rd. School 6875 Douglas Rd**

- 10:00 to 5:00 Kata and Kumite (1<sup>st</sup> through 4<sup>th</sup> place metals will be awarded.)  
**No food or drinks (except water and clear sports drinks) will be allowed**

**Fees – Seminar**

- \$45 Total for all 3 days (Make **Checks** Payable To: **Mark Cramer**)
- Family Discount: **Two** family members – \$80 / **Three or more** family members – \$100

**Fees – Tournament:**

- **Entry Fees:** *No entry fees for Seminar attendees and Great Lakes Seiwa Kai Members*  
**Competitors from other (non-Seiwa Kai) organizations will have a \$20 fee if not enrolled in the seminar**
- **Fees – Spectator** (Make **Checks** Payable To: **Mark Cramer**)
- **Adults** – \$7
- **Students** (non-participant) – \$5
- **Children** (under school age) – \$3

**Accommodations: Hotel Info: Accommodations:** The Seminar/Tournament Hotel is the Quality Inn 3560 Secor Rd, Toledo, OH 43606 [419-531-2666](tel:419-531-2666) The special group price is \$78 for a king and \$88 for a double queen room. Make reservations ASAP and mention **Great Lakes Seiwa Kai** for to get this fabulous discount.

**TSA STUDENTS:** This is a required performance for the 2018-19 schoolyear. Failure to participate in the performance will result in the student being given written assignments.

**ALL SEIWA KAI STUDENTS:**

**Peewees** are encouraged to participate in Session 2 (The seminar fee is waived.)

All other students are encouraged to attend as many sessions as possible.

**TOURNAMENT: ORDER OF EVENTS** (aproxanntly 10:00 AM to 5:00 PM)

- Youngest Divisions First (Kata first followed immediately by Kumite)
- Beginners first followed by Novice, Intermediate, and Advanced

**AWARDS** – 1st - 4<sup>th</sup> Place; Gold, Silver, & Dual Bronze Medals

**INFORMATION** – Mark Cramer – [greatlakesseiwakai@gmail.com](mailto:greatlakesseiwakai@gmail.com)





**GREAT LAKES SEIWA KAI SEMINAR and FRIENDSHIP  
TOURNAMENT ENTRY FORM**

NAME \_\_\_\_\_  
PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
EMAIL \_\_\_\_\_

CITY/STATE/PROVINCE \_\_\_\_\_ ZIP/POSTAL \_\_\_\_\_

COUNTRY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

AGE \_\_\_\_\_ DOJO \_\_\_\_\_ TEACHER \_\_\_\_\_ STYLE \_\_\_\_\_

PHYSICAL OR HEALTH IMPAIRMENTS \_\_\_\_\_

**PARTICIPANT WAVER and AFFIRMATION OF ACCURACY**

In consideration of my acceptance into this seminar and tournament, I agree to release, hold harmless, and indemnify this organization, including but not limited to, participating members and instructors, all clubs, organizations, and firms of any and all liability for injuries, disease, or ill health, or the aggravation of such, all claims, demands, costs, or losses and expenses, including claims at law, which I or my heirs and personal representatives may have arising out of, or caused in any way by, or having connection with my participation in this contest and/or in the care or use of, custody and control of any involved organization, including travel to and from the tournament. All photos of me at these events may be used at the club's discretion, and we wave compensation for them. I additionally affirm that all tournament registration information is true and accurate.

Participant's

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Co-signed if under 21 \_\_\_\_\_ (Legal Guardian)

Number of People Attending: \_\_\_\_\_ Total Cost \_\_\_\_\_

**To be Completed for the Seiwa Kai Friendship Tournament**

Name \_\_\_\_\_

**Gender** (Check One)     Male     Female

**Age** (Check One)

(Child)     6-7     8-9     10-11

(Youth)     12-13     14-15     16-17

(Adult)     18+

**Karate-Do Experience** (Check One)

Beginner – Under One Year of Training

Novice – Under Two Years of Training Or Green Belt

Intermediate – Under Three Years of Training or Brown Belt

Advanced – Three Or More Years of Training or Black Belt

**Events**

Kumite \_\_\_\_\_

Kata \_\_\_\_\_

\* Divisions and Rules May Be Modified at The Discretion of The Director of Competition.

# Seiwa Kai Gis

From Vassie Vaidoo

Fujiwara Hanshi wants all Seiwakai members that are 5th Dan and above to have their country flag with Seiwakai written below in Japanese in Gold writing.

What I am doing in Santa Monica Dojo is also have black writing for 1st dan to 4th dan.

Please look at the attachment for sample.

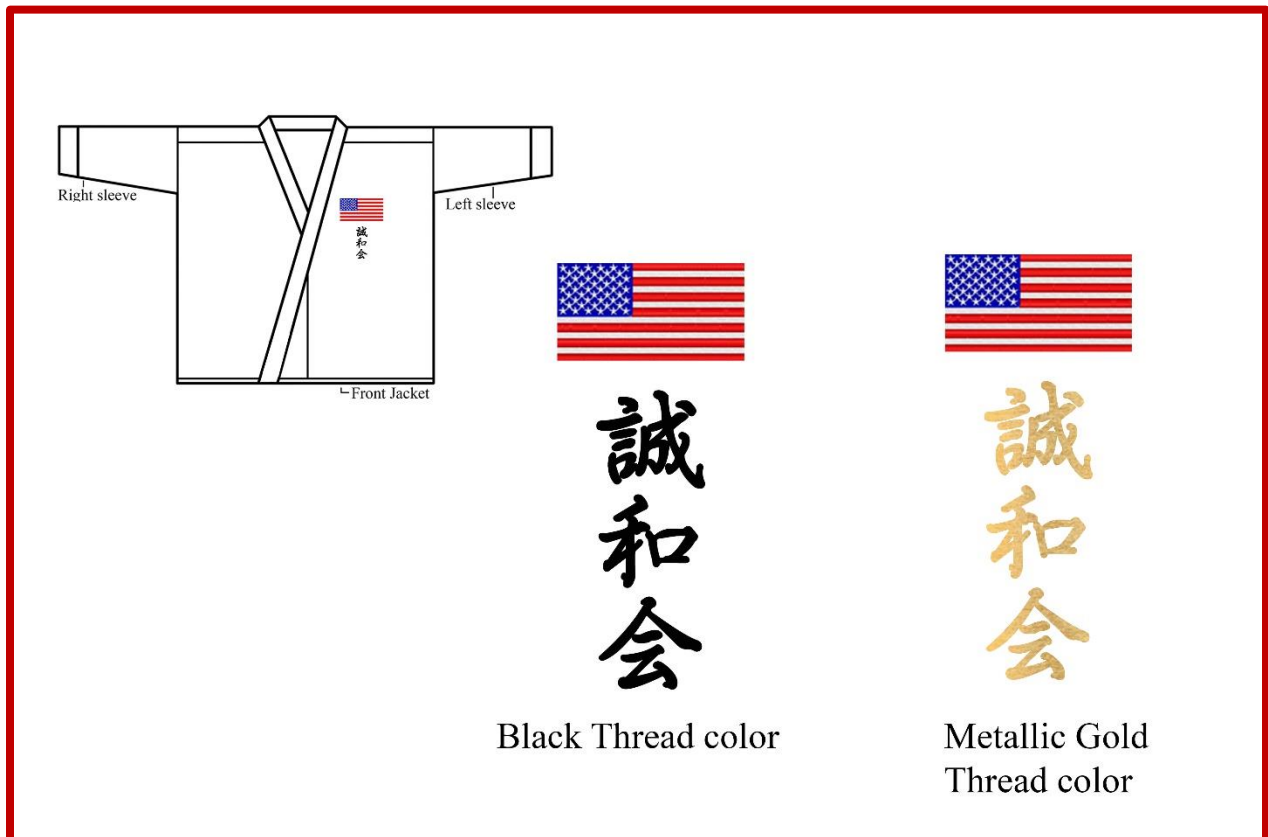
If you are interested, I can order for you.

Also, your name will be embroidered on the gi in Japanese at the bottom right where the manufacturer's tag is usually placed.

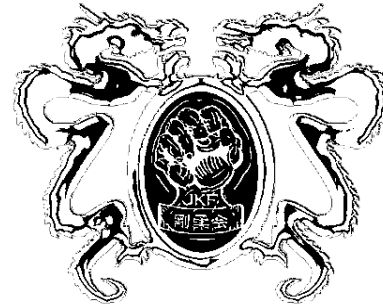
Happy New Year,

Vassie Vaidoo

Seiwakai International Vice President



# Seiwa Kai Around the Globe



## Goju Ryu Karatedo Seiwa Kai International



President: Seichi Fujiwara Hanshi



Vice President: Satoru Takahashi



Vice President: Vassie Naidoo

### SEIWAKAI INTERNATIONAL CONTINENTAL DIRECTORS



Ben Mare  
(Africa)



Glen Stephenson  
(Oceania)



Gurmit Singh  
(Europe)



Abel Figueiredo  
(Europe)



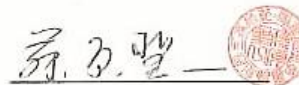
Craig Vokey  
(Pan America)



Eddie Liu  
(Asia)



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



Seichi Fujiwara (President)

*“Lead them by political maneuvers, restrain them with punishments: the people will become cunning and shameless. Lead them by virtue, restrain them with ritual: they will develop a sense of shame and a sense of participation.” Confucius 孔子*

## Seiwa Kai Greece By Dimitris Tsakatanis



The Seiwakai Greece Seminar in Athens was a great success on 25, 26, & 27 January. We want to thank all the participants who honored us with their presence. Also, we want to thank Abel Figueiredo Kyoshi from Portugal for honoring us with his presence. Abel Shihan is 7<sup>th</sup> Dan Seiwakai, 7<sup>th</sup> Dan

JKF Gojukai. He is also Director of Seiwakai Europe. Sensei Kei Kato 3<sup>rd</sup> Dan from Japan gave a special and distinctive note and breath to the seminar. Piotr Moliński, Artur Adamowicz and Dariusz Leśnikowski from Poland, Rami Deeb from Israel, Raluka Grigoras Oupli from Cyprus, Ann Lingas from the United Kingdom, Sofia Mporou from Larisa and all the other participating young and old. It was a thrilling and enjoyable seminar that everyone enjoyed, with many explanations and key points that provide the practical and understanding of the beautiful journey of Seiwakai Karate do knowledge.

**President:** Dimitris Tsakatanis **Vice President:** George Tasios **Secretary:** Kleantnis Mitsioulis





# GOJU RYU KARATE DO SEIWAKAI SEMINAR SLOVAKIA 2019



**Friday MAY 3rd - Sunday MAY 5th 2019**  
INTERNATIONAL GOJU-RYU KATA & KUMITE SEMINAR

**SEIICHI FUJIWARA**  
8th Dan Hanshi

Dear friends,

I have the honor to invite you to a seminar to my beautiful country in the heart of Europe. I believe that we will spend unforgettable moments with master Seiichi Fujiwara, 8th Dan Hanshi, and we will move our knowledge into true, pure, real Goju Ryu Karatedo a great step further.

Enjoy this opportunity and I hope you will give your students the chance to take part in the seminar and support our effort.

Rastislav Mráz

Technical vice-president JKF Gojukai Europe  
President Gojuryu Karatedo Seiwakai Slovakia  
President JKF Gojukai Slovakia

Additional information available at: <http://ippon.sk/wp-content/uploads/2018/12/Seiwakai-seminar-Slovakia-2019.pdf>

## 2019 Seiwa Kai International Gasshuku and Shinsa



**Jul 17, 2019 – Jul 23, 2019**

Mark your calendars for July 2019 to train in Japan!

17 Wed: Seiwakai Daisen / Omagari Seminar

18 Thu: Seiwakai Omagari Seminar

19 Fri: Seiwakai Omagari Seminar

20 Sat: Rest day & Seiwakai Enkai (Party)

21 Sun: Seiwakai Omagari Seminar

22 Mon: Seiwakai Omagari Seminar

23 Tue: Seiwakai Omagari Seminar & Shinsa

To book hotel accommodations, contact your national leader who will then contact Vassie Naidoo Shihan.

Below is the cost for each hotel listed below:

### **Green Hotel**

- Single or Double 5,360 yen
- Breakfast 490 yen

### **Routine Hotel**

- Single 7,800 yen (includes breakfast)
- Double 14,000 yen (includes breakfast)
- Semi Double (a bit smaller than Double) 11,900 yen (includes breakfast)

National leaders should use the spreadsheet that was previously sent to you in order to track attendees and be sure to copy Fujiwara Shihan ([fancy.ocn.ne.jp](mailto:fancy.ocn.ne.jp)) and me ([usagojuryu@gmail.com](mailto:usagojuryu@gmail.com)) on all hotel related correspondence.

Please start immediately in order to ensure that your country is well represented in Omagari.

In Europe, Gurmit Shihan and Abel Shihan will contact the heads of each country.

### **JKF Goju Kai International Gasshuku, Shinsa and Shiai Jul 15, 2019 – Jul 28, 2019**

24 Wed: Travel to Nagasaki City

25 Thu: JKF Gojukai Seminar in Nagasaki.

26 Fri: JKF Gojukai Seminar & Shinsa in Nagasaki.

27 Sat: Tournament / Shiai & JKF Gojukai Enkai (Party)

28 Sun: Tournament / Shiai in Nagasaki.

## Goshukan South Africa By Gary Mahnke

Goshukan ReachOut helping to make Christmas time a little special for the amazing children of Miracle Kidz Safe House and Orphanage.



## Seiwa Kai Australia

Takigyo, or waterfall meditation, consists of standing underneath a strong and swiftly moving waterfall for a prolonged period of time. This practice is part of Japanese culture and to its traditional martial arts. The purpose is to clear your mind of all thought, an important concept of Karatedo. The water is cold, but the experience makes it worthwhile. (Photos provided by Glenn Stephenson)

