

**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 36: May/June 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



**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
Craig Vokey Pan-American Seiwa Kai President**

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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
Appointed by Shuji Tasaki, Shihan



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Seiwa Kai Canada

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Isao Yabunaka: Senior Member

Mark Cramer: Newsletter Editor



Kawase Hasui Shin Bridge Nikko

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**2019 USA Goju-Ryu Karate-do Seiwakai
Annual Training Seminar
With JKF Gojukai and Seiwakai Shinsa
Santa Monica, CA, USA
Friday-Sunday, Nov. 8, 9, & 10**



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 – Vice President Seiwakai International; **Jim Pounds Shihan**, 7th Dan – President Seiwakai USA, 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.

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



Seminar Schedule:

Friday, Nov. 8, 2019	Training 6:00pm – 9:00pm	Rustic Canyon Rec. Center 601 Latimer Rd. Santa Monica, 90402
Saturday Morning Nov. 9, 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	Location to be determined
Sunday Morning Nov. 10, 2019	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



2019 USA Goju-Ryu Karatedo 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:	\$
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

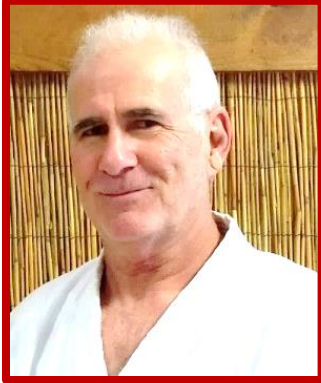
RELEASE OF LIABILITY TO PARTICIPATE

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 2019 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



USA Seiwakai Update

By Jim Pounds

As President, I want to update you on all that is happening within our organization since January, when our new Board of Directors and officers were voted in. It is an exciting and busy time for USA Seiwakai. Here are some of the highlights:

- The establishment of the Women's Advisory Council, which you will see in this newsletter issue. Thank you to Theresa Herrera-Pounds, Samantha Parsons, and Emily Mata!
- Establishing a dues system to provide funds to promote USA Seiwakai for the benefit of all. Thank you for your persistence, Johnpaul Williams!
- The USA Seiwakai website is being built and should debut soon. In addition to news, photos, and events, all USA Seiwakai Dojos will be listed with their contact info. Thanks to David Hale!
- The new USA Seiwakai gi patches, which were suggested by Fujiwara Hanshi, will be available very soon. They have the Seiwakai kanji and an American flag above and will be available soon for members. Vassie Shihan will also have dogi available with the new patch already attached. These new patches will unify our "brand" and reinforce the international strength and presence of Seiwakai. Thank you Vassie Naidoo and Jim Pounds!
- Vassie Shihan and I are discussing resuming the annual Instructors' Seminar. Of course, I would like to see it held in Texas, but we'll see. Perhaps it could be a traveling event, like the annual Goju Kai seminar and tournament, which is held in different cities in Japan each year.
- We also had several Seiwakai members attend the JKF Goju Kai Masters Seminar in Houston, May 17-19. Shigenori Sato, 8th dan Hanshi and Norihiko Masuda, 7th dan Renshi were the principle instructors. Both men are part of the JKF Goju Kai Technical Committee. This seminar was hosted by Ramon Veras Shihan of Karatedo Goju-Ryu Kyo Kai and was an excellent training. More Goju Kai training events are in planning right now. Everyone benefits from these exchanges and it was great to see the cooperation of all the USA Goju Kai organizations.
- And many thanks to Mark Cramer, our Vice-President and editor of this *Seiwakai Pan-America Newsletter*. It just keeps getting better and better, doesn't it?

My best to Seiichi Fujiwara Hanshi, Vassie Naidoo Shihan, our USA members, and all Seiwakai International members around the world. We are family!

James Pounds, President

USA Seiwakai Women's Advisory Committee

The purpose of the USA Seiwakai Women's Advisory Committee is to help current female members in their growth as Karateka and encourage more women and girls to join our organization. This committee is not meant to separate women from men, but rather to strive for a more egalitarian organization. This committee will serve as a conduit to the USA Seiwakai Board of Directors for female members to express any issues, concerns or changes they'd like to see within the organization. We are here to support you! Committee members can be reached at the following email address: seiwakaiusa.wac@gmail.com Thank you very much! Please let me know if you need anything else. Terri Herrera-Pounds, Seiwakai Texas.



Theresa (Terri) Herrera-Pounds began her Karate education in 1989 when looking for a Tai Chi class, and instead fatefully found her way to Karate. She began her studies in Shito Ryu Karate Do under Shihan Don Coslett where she obtained her Shodan ranking and met her husband James. In 1995, she began studying Okinawan Goju Ryu under Teruo Chinen Sensei, and attained her Nidan ranking. In 2004, she joined Seiwakai under Shihan Vassie Naidoo. Theresa currently holds Yondan ranking in Seiwakai. She is the Chairperson of the USA Seiwakai Women's Advisory Committee and a member of the Seiwakai Women's International Committee. Theresa is a Certified Project Management Professional (PMP®) Consultant, and a certified yoga teacher. She stays busy helping raise her six-year-old son Jacob, who also trains and holds his 8th kyu ranking.



Samantha Parsons has been practicing karate for 8 years. Her interest in Karatedo began during her freshman year of college when she found out that a modern dance class was full. She then enrolled in karate under Shihan Jim Pounds. Samantha (Sam) is currently a Sandan in Seiwakai and teaches at the Karate ATX dojo (Austin, Texas). She is eager to be a part of the WAC because she loves demonstrating how power and beauty collide in this sport. Samantha wants any fellow karateka who may be struggling or want to simply talk, to please reach out to her or another member of the committee. You can contact her either through the committee email or via sam@karateatx.com



Emily Mata began training in Goju Ryu Karatedo in 2010 under Mark Cramer Sensei. His dojo joined the Seiwakai a year later, and she has been a member of the Seiwakai and the JKF ever since. She received her Seiwa Kai Sandan in March 2019 and her JKF Goju Kai Nidan in June of 2018. Emily stays busy with college, visual arts, and work and finds time to train whenever she can. You can contact her either through the committee email or via: 13emilymata@gmail.com

Karate of Dallas Seiwakai



Arthur L. Turner, II Sensei and his Karate of Dallas Seiwakai Dojo is our newest USA Seiwakai Dojo.

Sensei Turner is a former student of Cornell Watson Shihan, an American pioneer of traditional Goju-Ryu karate, who passed away several years ago. Arthur (or “T”, as he is known) is a public-school art teacher in the Dallas area and many of his karate students are his current or former students as well.

Johnpaul Williams, also a former Cornell Watson student, was instrumental in introducing Turner Sensei to Seiwakai and he now trains once a month with Jim Pounds. He most recently attended the JKF Goju Kai Masters Seminar in Houston.

“Basically, we are all just trying to keep the traditional Goju Ryu going like Watson Shihan wanted, and are honoring him in the process. He helped me when I was a younger through karate. Now I’m paying it forward by helping people, especially young people, with Goju Ryu.”



During the school year, Karate of Dallas Seiwakai trains at: McCowan Middle School; 1500 Majestic Meadows Drive; Glenn Heights, TX 75154

This summer they are at: Thurgood Marshall Recreation Center; 5150 Mark Trail Way; Dallas, TX 75232

You may contact him at tiger_turner_ii@yahoo.com

Welcome T Sensei and all your students!

Cherry Blossom Festival at Bowling Green State University

Performance by Great Lakes Seiwa Kai Goju Ryu Karatedo

Great Lakes Seiwa was invited by the Director of the Asian Studies program at Bowling Green State University (Ohio) to perform on April 7th at the Cherry Blossom Festival. Other performances of the Japanese arts included Koto and Taiko. There were also activities for the entire family including children’s “fishing,” calligraphy, and Japanese folk dancing.

Sakura, or the cherry blossom, holds a special place in the symbolism of the culture of Japan. It represents both the beauty and the fragility of life. Life’s beauty was celebrated with the traditional Japanese music, dance, and calligraphy. Life’s beauty and fragility was celebrated with the demonstration of kata, bunkai, and kumite.

お花見
Ohanami | Cherry Blossom Festival

Sunday, April 7, 2019
12-4 p.m.

Lenhart Grand Ballroom
Bowen-Thompson Student Union
Bowling Green State University Campus

FREE AND OPEN TO THE PUBLIC
Activities (all indoors) include:

- Calligraphy
- Japanese calligraphy
- Origami
- Traditional Japanese games
- Rice-cake making
- Kimono try-ons
- Taiko performance
- Martial arts demonstrations
- Traditional Japanese dance
- Taste sushi and authentic Japanese refreshments

INFORMATION:
Aiko Kawano Jones
419-372-7136 or
jakko@bgsu.edu

Sponsored by the BGSU Japanese Club and the Asian Studies Program

BGSU. BELONG. STAND OUT. GO FAR.™
BOWLING GREEN STATE UNIVERSITY





Adult and junior Yudansha from Great Lakes Seiwa Kai made an impact on the audience with their demonstrations of kata, bunkai, WKF Sport Kumite, and Seiwa Kai Kumite.

The Great Lakes Seiwa Kai instructors and students who demonstrated kata, bunkai, and kumite at Bowling Green State University's celebration of Japanese culture were: David Hale, Emily Mata, Sydney Pfeiffer, Josh Neeb, Sydney Ruiz, Harper Klostermeir, Jason Strzesynski, and Mark Cramer.



There Were Five of Them

Deborah McAdams

There were five of them. Five men. Poised to attack. I'd trained for just such a scenario with a year or so of krav maga. I was no expert by any measure. I'd rather distract and run. But nothing kicked in when those five men closed in. My heart raced. My body shook uncontrollably, but I couldn't move it.

A few days later, I sat on my therapist's couch recounting the episode, which thankfully took place on a dojo floor. The men surrounding me were karateka. They'd dropped their hands and backed away, bewildered. I was led off the floor by a female instructor who did not pry.

My therapist practiced in an upscale area of Los Angeles. I'd been to several therapists, beginning at age 16, when I drove 50 miles to see the nearest one to seek help with my drinking and promiscuity. He told me to meditate and charged me \$50.

In the three decades between that disappointing encounter and the couch in L.A., I pulled myself together enough to earn a college degree and carve out a career in journalism. I also had a string of failed relationships, and in the year before the episode on the dojo floor—I'd moved from the East to the West Coast, lost my oldest friend, lost my father, and soon after that, the man I was dating became violent with me right around the time my job collapsed in the recession. I was very alone. Fortunately, I still had insurance, I lived where therapists grew on trees, and this one was competent.

As I sat on his couch describing the dojo incident, another memory moved into my awareness. My voice dropped. My eyes focused far away, in a culvert under a dirt road, 40-some years earlier. There were five of them. My brother, a cousin and a neighbor kid whose father regularly beat him with a razor strap, plus two others who stayed away after that. The tallest—my cousin—unzipped his pants and began to rub his penis on my stomach. The memory goes dark after that. Dissociation took over my five-year-old awareness to save my life.

Strange as it sounds now, I did not consider this incident significant. I was told so many times that children could not sexually abuse other children, and I had experienced far worse personal violations in the ensuing years. Nonetheless, circumstances had come together in a way that brought this event into my awareness. An event my five-year-old self learned to shrug off, that my 47-year-old self would find appalling had it been any other five-year-old. Manifesting this same outrage on behalf of my own five-year-old self would take time. I was nowhere near it in my therapist's office.

When I finally noticed him again, his eyes were wide. Slowly, he said, "you have post-traumatic stress disorder. I don't work with PTSD, but I know people who do." He offered to get a team together. It wasn't registering. PTSD was associated with combat veterans. I wasn't a combat veteran. I just had some crappy circumstances. I couldn't fathom it.

I wasn't strong enough to unpack PTSD. I was already so emotionally depleted, it was all I could do to keep a roof over my head. In the weeks after the domestic violence, I could concentrate for a only few minutes at a time before rage would take a wordless grip on my mind. When it started, something made me get up from my computer and sit down at the piano. I did this repeatedly at longer intervals until my concentration returned. How could I possibly risk another encounter with suppressed rage? It was unthinkable.

I asked my therapist for an alternative. I wanted to keep seeing him while I returned to the dojo floor and *physically* worked through what happened. He agreed, and to my surprise, the sensei agreed. I thought Sensei Vassie might find my presence too disruptive, but he did not hesitate and shared my request with the female instructor who'd helped me from the floor when I froze. None of the rest of the 30 or so karateka who practiced regularly knew. None of them knew why I sobbed while I was engaged in kumite. None of them realized that each time I hit that floor, I was fighting to reclaim the physical safety of a five-year-old.

I spent my spare time in the dojo. I spent my vacations in the dojo. I trained with a fury. I practiced at home. I practiced in airport terminals waiting for flights. I was constantly covered in bruises. Twice, I was knocked unconscious. Twice, I got up and fought again. After one particularly grueling three-day training in a mountainside camp, I discovered I was being tested for first dan. The idea terrified me because I did not feel I could live up to it, but one thing you don't do in karate is question the sensei's judgment of whether or not you've earned a black belt.

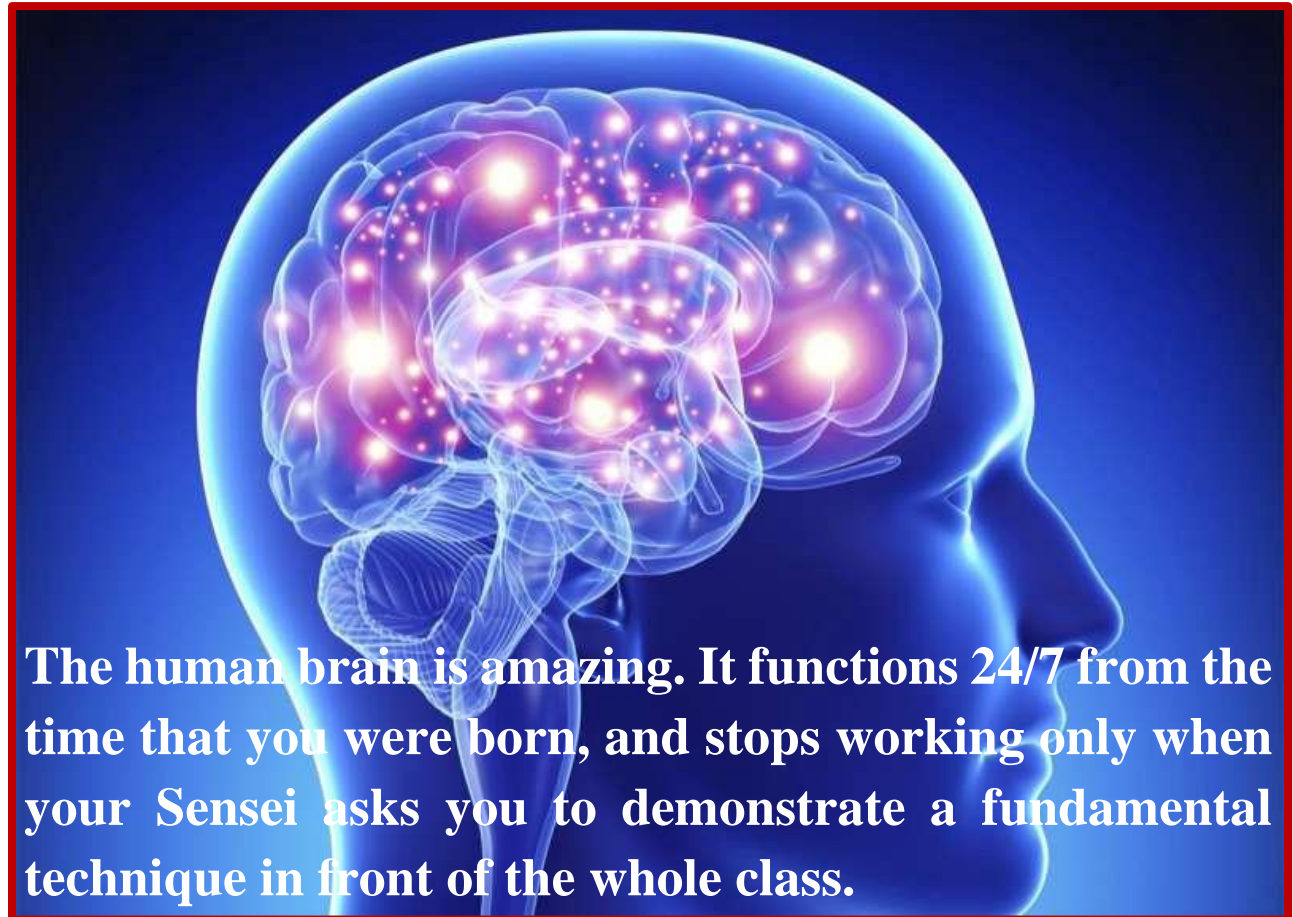
Days later, in the dojo, the sensei announced that he'd seen fit to award me first dan. He then did something he later said he'd never done before in his 50-plus years of practice. He removed his own belt, handed it to me, and told me to put it on.

That day was years ago. I moved too far away to continue practicing with my karateka family. Work engulfed my life and nagging joint pain from years of ballistic physical activity was at the threshold of chronic injury. I was still very much alone and the idea of debilitation conjured fears of not being able to take care of myself. It was with a very heavy heart that I folded my gi for the

last time and sent it back to the dojo, where someone else in need of exercising a long-held nightmare might find it.



Seiwa Kai Humor



JKF Goju Kai Masters' Seminar Houston, Texas May 17 – 19



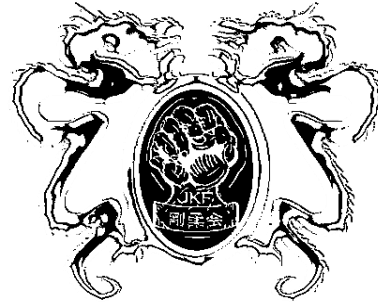
This seminar was hosted by Ramon Veras of the Okinawan Goju-Ryu Karate-Do Kyo-Kai and was sanctioned by the JKF Goju Kai in Japan. The seminar was instructed by two high levels master instructors from the JKF Goju Kai Technical Committee: Shigerori Sato, Hanshi 8th Dan JKF and JKF Goju Kai JKF Technical Committee Vice Chairman, and Norihiko Masuda, Renshi 7th Dan JKF Goju Kai.

The instructors from Japan were assisted by USA JKF Goju Kai Certified Instructors and examiners: Vassie Naidoo, 6th Dan JKF Goju Kai, Kyoshi, Tak Hamabata, JKF Goju Kai 7th Dan Kyoshi, Ramon Veras, 7th Dan JKF Goju Kai Kyoshi, and Kasuhide Kinjo, 7th Dan JKF Goju Kai Kyoshi.


Several Seiwa Kai members attended this seminar. Everyone, from all organizations, benefited from this interaction, and it was great to see the cooperation of all the USA Goju Kai organizations.




Seiwa Kai Around the Globe




Goju Ryu Karatedo Seiwa Kai International



President: Seichi Fujiwara Hanshi










Vice President: Satoru Takahashi



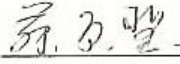

Vice President: Vassie Naidoo

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

2019 Seiwa Kai International Gasshuku and Shinsa



July 17, 2019 – July 23, 2019

Mark your calendars for July 2019 to train in Japan!

17th July, Wed: Seiwakai Daisen / Omagari Seminar

18th July, Thu: Seiwakai Omagari Seminar

19th July, Fri: Seiwakai Omagari Seminar

20th July, Sat: Rest day & Seiwakai Enkai (Party)

21st July, Sun: Seiwakai Omagari Seminar

22nd July, Mon: Seiwakai Omagari Seminar

23rd July, 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) and me (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 July 15, 2019 – Jul 28, 2019

24th July, Wed: Travel to Nagasaki City

25th July, Thu: JKF Gojukai Seminar in Nagasaki.

26th July, Fri: JKF Gojukai Seminar & Shinsa in Nagasaki.

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

28th July, Sun: Tournament / Shiai in Nagasaki.



Goju-Ryu Karate-Do Seiwa – Kai International
2202 Pico Blvd, Santa Monica, CA, 90405 • USA • 310 399 6955

Seiwakai Seminar and Shinsa Omagari, Japan 2019
July 17th, 18th, 19th, 21st, 22nd, 23rd, (20th Day Off Seiwakai Party 7pm to 9pm)
Seiwakai Shinsa July 23rd

All Seiwakai Dan Shinsa Applications MUST be handed to Glenn Stephenson Shihan with moneys (Japanese Yen) on or before July 17th, 2019 by the leaders of your country.

Seiwakai Seminar, Party, Membership Cards (completely filled out with photos on both sides) moneys must be handed to Glenn Stephenson Shihan on or before July 17th, 2019.

All Hotels in Omagari MUST be booked by Fujiwara Shihan or might be cancelled.

Seiwakai Dan Shinsa applications can also be emailed to Glenn Stephenson Shihan at: glennstephenson@bigpond.com at your earliest.

Note: All Seiwakai Members must have Seiwakai Membership Cards or get registered in Japan.

JKF Goju Kai Seminar for Overseas Members July 25th to 26th 2019

Place: Nagasaki Budokan (Kendo-Jyo 2nd Floor)

90 Kumano-cho Sasebo-City, Nagasaki

Time: Thursday, July 25th 10am ~ 5pm (12pm ~ 2pm Lunch Break)

Friday, July 26th 10am ~ 12pm

Other Meetings at Nagasaki Budokan (Kendo-Jyo 2nd Floor)

Overseas Dan Shinsa 1st to 5th Dan: 7/26/2019 1pm ~ 5pm

All applications must be turned in to Fujiwara Shihan by May 31st 2019

6~8 Dan Shinsa: 7/26/2019 10am ~ 5pm

All applications must be turned in to Fujiwara Shihan by June 26th 2019

Board of Directors Meeting: 7/26/2019 5pm ~ 7pm

JKF Goju Kai Party

Saturday, 7/27/2019 7pm to 9pm

At Kujukushima Bayside Hotel & Resort Flags 7,000Yen

If you want to attend the JKF Goju Kai Seminar and Party, please inform the Overseas Committee by Friday, 5/31/2019.

Hotel Information in Nagasaki will be sent soon.

Thank You,

Vassie Naidoo

Seiwa Kai Seminar London 2019



**SEIWAKAI SEMINAR
LONDON 2019**
INTERNATIONAL GOJU-RYU
KATA & KUMITE SEMINAR

DATES
18th / 19th / 20th October 2019

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

PRICE
£50 per day or £100 for 3 days

INSTRUCTORS
Seichi 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 7th Dan

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

Seminar Times

Friday

6pm – 9pm Training

Saturday

10am – 12:30pm Training 12:30pm
– 3pm Lunch 3pm – 5:30pm
Training

5:30pm – 7:30pm Seiwakai Black
Belt Tests

Sunday

9:30am – 12pm Training 12pm –
2:30pm Lunch 2:30pm – 5pm
Training

5pm – 7pm JKF Goju-Kai Black
Belt Tests

Extra Training

Monday

On Monday 21st October there will
be another 3 hours training available
at no extra charge for those who
attend the main 3-day seminar.

Venue: Berkley Primary School,
Cranford Lane, Hounslow,
Middlesex, TW5 9HQ

Contact: Shihan Gurmit Singh
Tel: 0208 737 9640 **Time:** 5pm – 8pm
Email: seiwakaiengland@gmail.com

Seiwakai Test Information

Day: Saturday Time: 5:30pm-7:30pm

Transfer of grade is available.

Requirements for All Testing Students

- **Test Fee in Yen**
- **2 Photos** for Test with name / date of birth written on back
- Copy of any previous black belt certificates

Requirements for New Members

- **2000 ¥ (Yen)** for Seiwakai Membership
- **2 Photos** for Seiwakai Membership with name / date of birth written on back
- Member of organisation for one year or more

Test Fee & Certificate Fee (Grade Registration)

Please contact your instructor / chief instructor for Seiwakai Test & Certificate Fees.

Confirm Testing

Instructors / chief instructors should fill in the attached registration form with all those who are grading from their country or dojo, and send to Linda Lipinski before the seminar via email: linda@lindalipinski.com

Please have all fees and photos ready with you when you arrive in London. **If you fail the test, your certificate fee will be refunded. * Please note, no spectators other than your instructor.*

JKF Gojukai Test Information

Day: Sunday Time: 5pm-7pm

Transfer of grade is NOT available.

Requirements for All Testing Students

- **Test Fee in Yen**
- **2 Photos** for Test with name / date of birth written on back
- Copy of any previous black belt certificates.

Requirements for New Members

- **5000 ¥ (Yen)** for JKF Goju-Kai Membership
- **2 Photos** for JKF Goju-Kai Membership with name / date of birth written on back
- Member of organisation for one year or more

Test Fee

1st, 2nd & 3rd Dan 5000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling) 4th & 5th Dan 10000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)

Certificate Fee (Grade Registration)

1st Dan 5000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling) 2nd Dan 6000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling) 3rd Dan 7000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling) 4th Dan 15000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling) 5th Dan 20000 ¥ (Yen) ¥ (Yen) only (NOT Euros or Sterling)

Confirm Testing

Instructors / chief instructors should fill in the attached registration form with all those who are grading from their country or dojo, and send to Linda Lipinski before the seminar via email: linda@lindalipinski.com

Please have all fees and photos ready with you when you arrive in London. **If you fail the test, your certificate fee will be refunded. * Please note, no spectators other than your instructor.*

Accommodation

Main Hotel

Ramada London Finchley Address: 3 Leisure Way, High Road Finchley, London, N12 0QZ GB
Tel: 02084 466644 **Email:** reservations@ramada.london *Speak to David Lloyd for special price and quote "karate seminar". Limited number first come first served.*

Other Hotels

The simplest way to find cheap hotels near the dojo is to use a comparison website. I recommend: <http://www.trivago.co.uk> Use the school postcode, N2 0SQ, to find closest hotels within your budget.

Saturday Evening Meal - Buffet

Five Bells – Flaming Grill Address: 165-167 East End Road, Finchley, London, N2 0LZ **Time:** 8:30pm

This year, a buffet meal will be served as you arrive. We apologise for the waiting time last year. Seats must be booked in advance, first come first served. Please confirm by **13th October 2018** at the latest.

To confirm that you will be attending the meal, please email your name and country to Ryan Langworthy: rclangyl@me.com

Please indicate in the email to Ryan if you have any dietary requirements (vegetarian, vegan, etc.)
– Thank you!



I would like to see as many people as possible attending this seminar. Please pass this information to all of your students, friends and colleagues. We will have enough instructors to teach all levels of karate. Take this opportunity to train with other Seiwakai members.

My sincere regards to you all,
Vassie Naidoo **Seiwakai Vice President**

Goju Ryu Karatedo Seiwa Kai Seminar Partizanske, Slovakia May 3, 4, and 5, 2019 Description Provided by Peter Hnyk



For Seiwa Kai Slovakia, it was dream came true. We had the honor of welcoming Seiichi Fujiwara Hanshi and Vassie Naidoo Hanshi to both Slovakia and to our Dojo. Rastislav Mráz Kyoshi organized this seminar which took place in Slovakia, the heart of Europe.

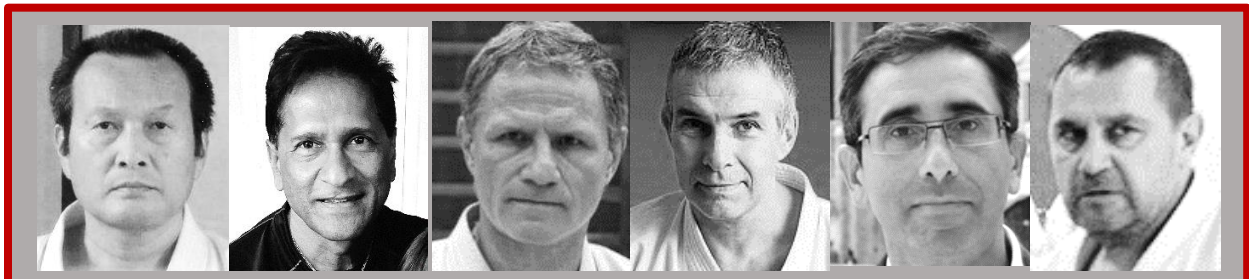
The seminar was a tremendous success with over 170 people from 16 countries attending. During all the training sessions, which passed very quickly, we could see the unique mastery performed by Seiichi Fujiwara Hanshi and Vassie Naidoo Hanshi and their assistants – Paul Coleman, Rastislav Mráz, Abel Figueiredo and Pal Gila.

Outside the Dojo we also had the opportunity to gain knowledge about the history of karate and Seiwakai organization. We have the pleasure of being a part of a great Seiwakai family. We are looking forward to having another opportunity for hosting such an event. We would like to thank to Daniel Liška, the president of Slovak Karate Federation, who joined us at the first training session, to welcome of our Masters. Also, we would like to thank to Jozef Božik, the Mayor of Partizanske, and Jozef Buday, a co-owner of Azul, who officially opened the seminar on Saturday. One big thanks also to all of the 16 countries, which joined the seminar and filled our Dojo with karate energy. A special thanks goes out to our Sensei, Seiichi Fujiwara Hanshi.

Additionally, we offer our heart-felt gratitude to Itahashi-san for excellent translations.

Seminar Instructors and Assistants

Seiichi Fujiwara Vassie Naidoo Rastislav Mráz Paul Coleman Abel Figueiredo Pal Gila







Hong Kong Seiwa Kai Submitted by Hok Ming Liu



Hong Kong Seiwa Kai member, Li Chi Kong Martin, representing Hong Kong, China, won the bronze medal in the 18th AKF Cadet, Junior & U-21 Male Individual Kata event.

This is his third bronze medal at the AKF Cadet, Junior & U 21 Karate Championship and the first in the U-21 category of the Male individual kata.

