

**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 37: July/August 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**

USA Seiwa Kai Officers:

Jim Pounds: President
Mark Cramer: Vice President
Johnpaul Williams: Secretary
Vassie Naidoo: Advisor



Goshukan Seiwa Kai Canada

Craig Vokey: President
Vassie Naidoo: Liaison

Goshuka Seiwa Kai Mexico

Eusebido Montes: President
Vassie Naidoo: Liaison

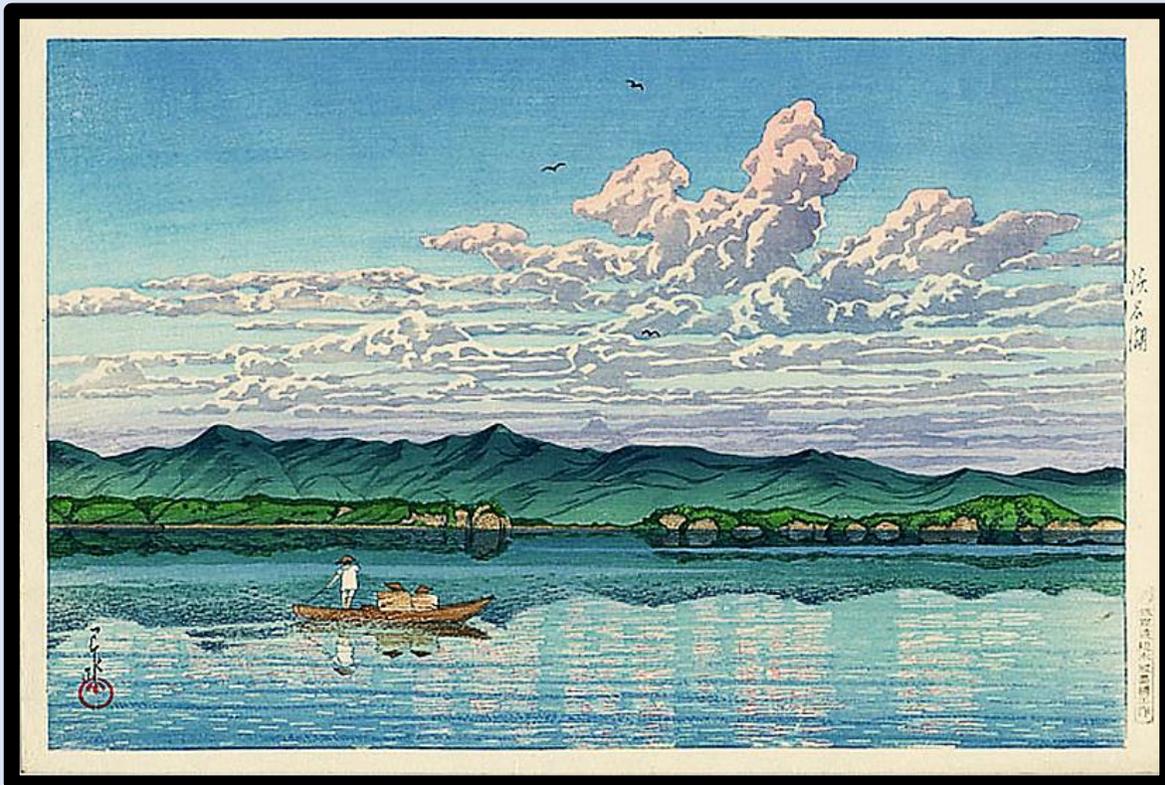
Seiwa Kai Mexico

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

Seiwa Kai Canada

Peter Brown: Official Representative
Isao Yabunaka: Senior Member

Mark Cramer: Newsletter Editor



Kawase Hasui

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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 the 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 11-01-19	\$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

Omagari Gasshuku 2019 Based on the Blogs of Jim Pounds



A few days before the seminar began, karateka from around the world began to show up in Omagari, Japan to shake off the jetlag and acclimate themselves to time zone changes. There were also members of our Seiwakai family who arrived early and who acclimated themselves in Tokyo while doing some sightseeing before they arrived in Omagari for this annual Goju Ryu pilgrimage.

For those who have been to Omagari before, the old iconic *Budokan* (pictured above) was torn down last year and the new one has not yet been completed. We were scheduled to train in two places this year; both were large gymnasiums which means that everyone's feet suffered because of the urethane floor finish. The feet stick more, so the skin is more easily torn off. Those who had some experience at this had prudently packed some athletic tape in their dojo bag to help protect damaged feet.

Below: Architect's Rendering of the New Omagari Budokan and feet with peelled off skin and tape.





A group of Seiwakai members went to for dinner in a new restaurant in Omagari. All of the *gaijin* (literally *Barbarian* in Japanese) from around the world had signed Good Luck envelopes and placed a bill of their own country's currency inside. The best of luck to Mariko, the owner, for her business success.

A group of senior Seiwakai members walked over to the hospital to visit Takahashi Sensei, the co-vice-president of Seiwakai International, who is recovering from a recent surgery. Takahashi Sensei is a masterful teacher and is recovering well. It was amusing to see the faces of the nurses in their crowd station when the big *gaijin* karateka walked in past and into Sensei's room.

Takahashi Shihan appeared to be honored by the visit, but his room wasn't large enough to accommodate so many people. So, he walked everyone down to the dayroom. No doubt that many people in Omagari are now aware of his stature.

The hospital was amazing, with rooftop gardens and beautiful views of distant snowcapped mountains to the north, and another distant mountain range to the west of the city. Japan's healthcare system is top notch, especially for seniors.



Senior members with Takahashi Sensei – L-R: Belgium, India, USA, Japan, Canada, South Africa, USA, South Africa, Australia



Above: The group with the Mayor of Omagari

There was a good turnout of close to 100 people. When they arrive, everyone thinks that they are in pretty good shape, however that first day always takes the starch out of everybody. Stacey Karetsian, who is from Sydney, Australia led the group through a lot of moving basics, building in intensity until everyone's sweat was freely flowing. It was a very good, very taxing series of punches, blocks, kicks, and multiples thereof. Fujiwara Shihan told everyone that he was going to repeat this training every day, because we need work on our kihon, and those basics will be much better by the end of the week.

Fujiwara Shihan led the group in katas Sanchin and Tensho, Gekki Sai Ichi and Ni, and Saifa. Slowly at first then building to true speed and then many repetitions. The floor in the training hall is urethane and makes your feet stick, so it isn't long before the skin is coming off. This was only the first two-hour morning session of five hours of daily training that will span six days of training.

During the longer three-hour afternoon session, Fujiwara Shihan started with the group with Saifa and proceeded with all the other kata through Kururunfa. There were many rounds of partner work on each kata's bunkai (analysis and application).

At the end of the first day, Fujiwara Shihan called all of the senior Seiwakai yudansha together, and admonished them. He stated that every time they train, they should be giving a maximum effort because they are the senior teachers and the examples for the rest of the students.

Fujiwara Shihan stated that the efforts of the seniors weren't impressive. This kind of talk actually motivates everyone. He knows the seniors well, and like the good sensei he is, he tells it like it is without any sugar coating.



After the first three days of exhaustive training came a well-deserved rest day which included the Seiwa Kai seminar party. This was a pleasant evening of good food, satisfying libations, and great comradery. It was enjoyed by all.



Group Photo of the 2019 Seiwakai Party

Then it was back to three more days of the training which followed the same format as day one – warmups, stretching, moving basics, kata, and bunkai. It was exhausting, but by the end of the week everyone had made a great deal of progress.

For some in our Seiwakai family, it was several more days of training, testing, and/or competing in Nagasaki at the JKF Goju Kai seminar, shinsa, and tournament.

JKF Goju Kai Seminar Nagasaki, Japan

Group Photo



To be continued is Pan American Seiwakai Newsletter Issue 38 September/October 2019.

New
Seiwakai USA Web Site
Please check out a few of the pages.



Home: <https://www.seiwakaiusa.com/>

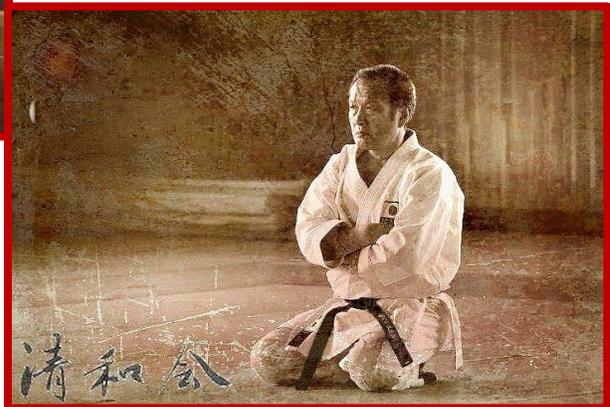


Dojo Listings:

<https://www.seiwakaiusa.com/dojo-list.html>

Goju Ryu Kata:

<https://www.seiwakaiusa.com/goju-ryu-kata.html>



<https://www.seiwakaiusa.com/officers-and-directors.html>

<https://www.seiwakaiusa.com/eventsseminarstournaments.html>

<https://www.seiwakaiusa.com/organizations.html>

<https://www.seiwakaiusa.com/womens-advisory-committee.html>

Great Lakes Seiwa Kai

At the USA Karate National Championships and Team Trials



Above

Front Row L to R: Harper Klostermeier, Joshua Neeb

Back Row L to R: Emily Mata, Mark Cramer, Sydney Pfeiffer

Note: The medals are in the shape of the State of Illinois and in the center is the skyline of Chicago.

Five members of the Great Lakes Seiwa Kai Competition Team participated in the USA National Karate Championships and US Team Trials in Chicago, Illinois on July 11 through 14. The team earned two gold, one silver, and two bronze medals. They also earned a 5th and two 7th place distinctions.

Congratulations to all.

Changes in the Olympic Kata Competition Rules for 2020

The scoring of kata has changed, and the flag system and modified repechage are out. Now (unless they change the rules again) seven kata judges will sit at the front of the mat, and each judge will have an electronic device to enter a score for both the athletic performance and the technical performance of the kata. These scores will be fed into a computer which will give the athletic performance 30% of the total score and the technical performance 70% of the total score.



The event will consist four rounds and will be based on the 10 female and 10 male kata competitors which are allowed by the IOC for the 2020 Tokyo Olympic Games. Below are some of the specifics:

1. The 10 Competitors in each female and male division are divided in 2 groups.
2. Each Competitor performs a first kata and receives the evaluation of the 7 judges.
3. Each Competitor performs a second kata and receives the evaluation of the 7 judges.
4. After eliminating the two highest and the two lowest scores for each competitor, the average score of the two rounds are calculated.
5. Any ties are determined by the process of adding in high and/or low scores. The tie-break will not change the score registered.
6. In each of the two groups the two participants with the lowest score in their group is eliminated and the top three Competitors go on to a third round where the previous scores are disregarded.
7. In the third round the three Competitors in each of the two groups are given a new score for their third kata and will determine the ranking from 1 through 3 within the group.
8. In the fourth round, the medal bouts, the first and second place winners of the two groups are pitted against each other competing for 1st and 2nd place - and the Competitors placing second in their group are pitted against the Competitors placing third in the other group for competing for the 3rd places.

Seiwa Kai Around the Globe



Goju Ryu Karatedo Seiwa Kai International



President: Seichi Fujiwara Hanshi



Vice President: Satoru Takahashi



Vice President: Vassie Naidoo

SEIWA KAI 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 Seiwa Kai 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 (Koshi)

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
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 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 1

2pm – 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 of 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: rclangy1@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**

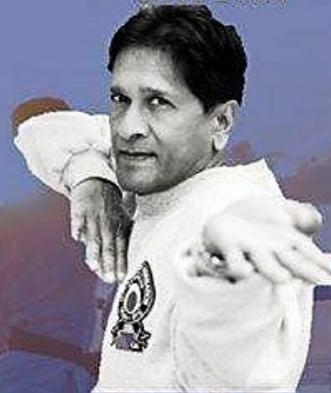
Seiwa Kai South Africa Seminar

SEIWAKAI AFRICA SEMINAR & GRADING 2019

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和
会



VICE PRESIDENT
VASSIE NAIDOO HANSHI
8TH DAN



DIRECTOR
BEN MARÉ KYOSHI
7TH DAN



ASSISTANT INSTRUCTOR
JAY PADAYACHEE
SHIHAN 6TH DAN



ASSISTANT INSTRUCTOR
PETER KLIPFEL
SHIHAN 6TH DAN



CAPE TOWN 2019
13 - 15 SEPTEMBER
Venue: to be determined

EMAIL:
SENSEIBEN@SEIWAKAI.AFRICA
CELL:
082 354 4535

DURBAN 2019
20 - 22 SEPTEMBER
Venue: to be determined

Seiwakai International Women's Advisory Board

By Timmy Singh



Fujiwara Hanshi and Vassie Naidoo Hanshi initiated a group within Seiwakai International which involves the female karateka. So, it gives me great pleasure to introduce SIWAB (Seiwakai International Women's Advisory Board). It will also have a technical aspect with regard to tournaments. Globally there is sometimes a tendency to not accord females an equal place in the art of karate so while there were some who were not too sure about the need for such a group, it was very well received by the majority of the female karateka who were introduced to it. Fujiwara Hanshi acknowledged the disparity in some countries and the need for such a group to help female karateka participate and become more involved in the various aspects of karate.

The female leaders for the various countries have been busy discussing, brainstorming and formulating ideas across the world to make a better journey for the female karateka. We also will let you know about a fb page where we can collaborate our ideas, share stories and pictures. We then had a meeting in Japan and Fujiwara Hanshi and Vassie Naidoo Hanshi agreed that the country leaders should be announced. Congratulations and best wishes to all the female karateka heading up their countries.

I hope to see many female karateka joining their w/app groups and exchanging ideas in their respective countries.

AFRICA: Timmy Singh

AUSTRALIA: Dr Janine Boothroyd

CANADA: Elizabeth Ubalde

HONG KONG: Kinnie Fan and Carmen

MEXICO: Christine Madrid

UK: Marie Tanabalan

USA: Terri Pounds

Listed below and expanded as per title:

1. **Mission Statement**
2. **Goals of the Board**
3. **Functions of Members**
4. **Suggestions**

1. MISSION STATEMENT

The Seiwakai female karateka will succeed with poise and grace, lead with boldness and energy, and pledge honesty, integrity, and sincerity.

2. OBJECTIVES/GOALS

- 2.1. Confidentiality and dignity of the Seiwakai International Women's Advisory Board (SIWAB) and the organization (Seiwakai International) will be maintained.
- 2.2. To be positive about the board and towards female karatekas(fk).
- 2.3. To provide a platform for the fk to be supported and informed.
- 2.4. To provide a voice for the female karateka.
- 2.5. The female karateka will have the opportunity to express thoughts, feelings, perceptions, challenges, and observations in a safe, nonjudgmental environment.
- 2.6. The board will bring about inclusivity in terms of decision making and leadership roles.
- 2.7. Healthy and constructive debates, discussions together with positive solutions will be encouraged.

3. FUNCTIONS OF MEMBERS

- 3.1. To collaborate and work together with the relevant parties, leaders, countries and instructors in the best interest of female karateka and the organization.
- 3.2. To be objective and help work out solutions that will enhance the training of the fk.
- 3.3. Inform countries and heads of clubs about SIWAB.
- 3.4. Collect and form a registry of each country's Seiwakai fk.
- 3.5. Communicate and liaise with each other on the board regularly regarding aspects of SIWAB.
- 3.6. Make observations about SIWAB's impact and progress.
- 3.7. Encourage women to participate in Seiwakai Karate globally.

4. SUGGESTIONS/RECOMMENDATIONS BY BOARD MEMBERS

- 4.1. Sexual harassment policy that is not restricted to women only.
- 4.2. The option to remove gi jackets and wear a vest or tank top for sanchin kata. Because of the different cultures it should not be mandatory.
- 4.3. More inclusivity in decision making and leadership roles.

Seiwa Kai Sardinia

SUMMER TRAINING SEMINAR KATA & KUMITE
JKF GOJUKAI SEIWAKAI JKA SARDINA

30 June 2019



Hong Kong Seiwa Kai

Congratulations to Hong Kong Sawa-kai member Martin Li Chi Kong for winning a bronze medal in the men's U21 personal event in the WKF Youth League WKF U12&U21Cup (Umag-Croatia 2019).



Seiwa Kai Oxford

Congratulations to the competitors from Seiwa Kai Oxford (UK) for their recent success.

Daniel took gold
in Kata.



Charlie took gold in
Kumite.

