

**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 38: September/October 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  
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



**Seiwa Kai Mexico**

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

**Goshukan Seiwa Kai Canada**

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

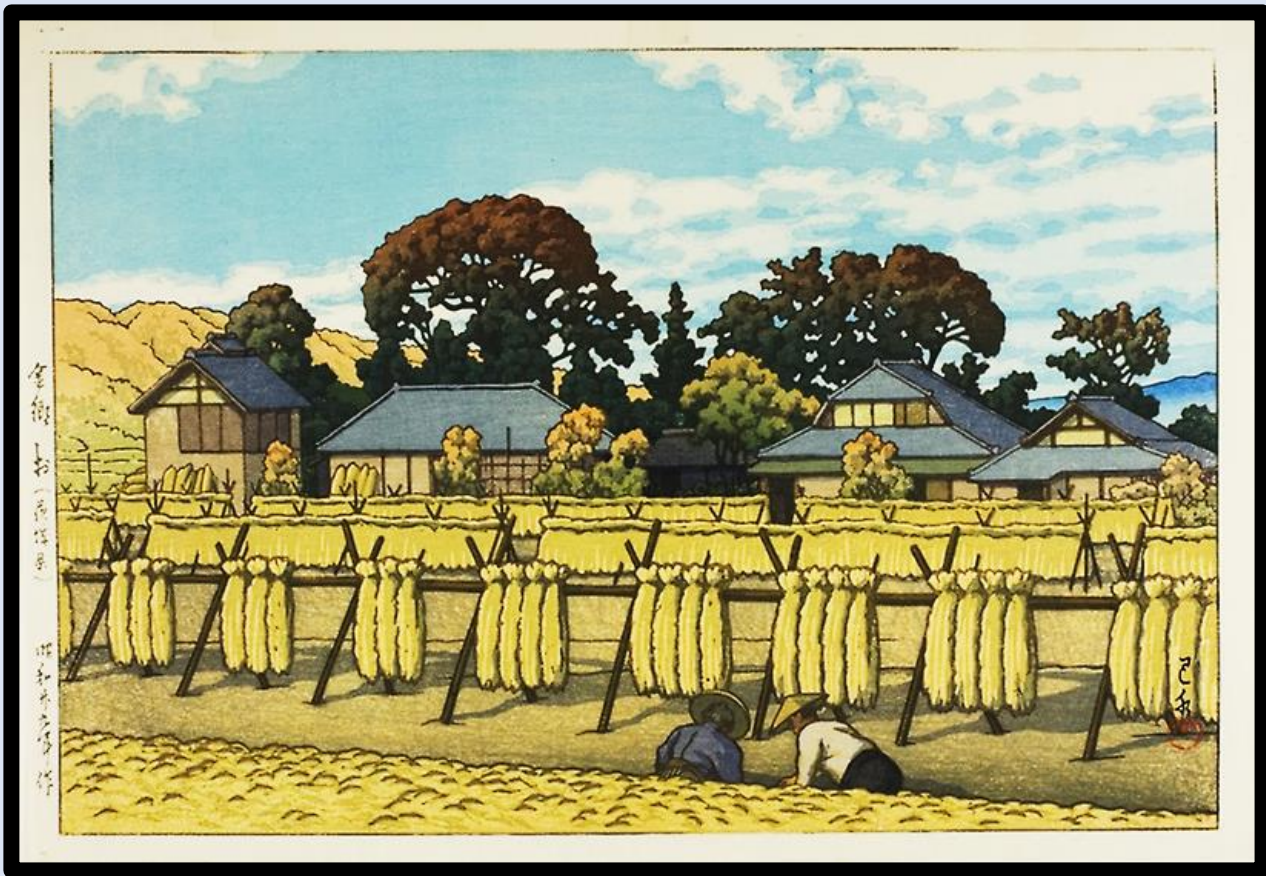
**Goshukan Seiwa Kai Mexico**

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

**Seiwa Kai Canada**

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

**Mark Cramer:** Newsletter Editor



**Kawase Hasui – *Kanago Village Ibaraki Prefecture***

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### **Seiwa Kai Around the Globe**

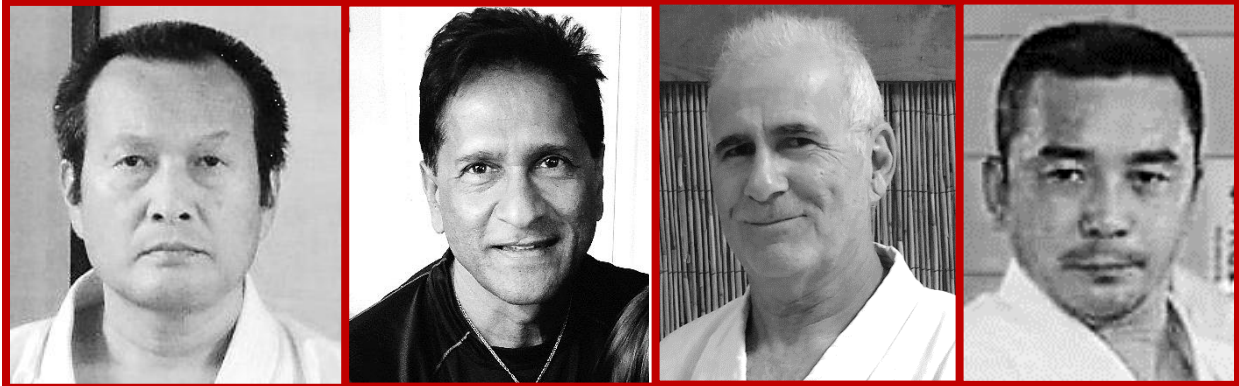
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**2019 USA Goju-Ryu Karate-do Seiwakai  
Annual Training Seminar  
With JKF Gojukai and Seiwakai Shinsa  
Santa Monica, CA, USA  
Friday-Sunday, Nov. 8, 9, & 10**



Open to all Karate Practitioners.

Three days of training in sunny Santa Monica, California with **Seiichi Fujiwara Hanshi**, 8<sup>th</sup> Dan -- President and Head Instructor of Goju-Ryu Seiwakai and Head of the JKF Gojukai Overseas Committee; **Vassie Naidoo Shihan**, 8<sup>th</sup> Dan – Vice President Seiwakai International; **Jim Pounds Shihan**, 7<sup>th</sup> Dan – President Seiwakai USA, **Kazuhisa Saito Shihan**, 6<sup>th</sup> Dan – Seiwakai International Instructor; 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 Surestay Hotel by BW Santa Monica  
3102 Pico Blvd., Santa Monica, CA 90405 (310) 450-5766**



### **Seminar Schedule:**

<b>Friday Evening Nov. 8, 2019</b>	<b>Training 6:00pm – 9:00pm</b>	<b>Rustic Canyon Rec. Center 601 Latimer Rd. Santa Monica, 90402</b>
<b>Saturday Morning Nov. 9, 2019</b>	<b>Beach Training 9:00am – 11:00 am</b>	<b>Guard Station 26</b>
<b>Saturday Afternoon</b>	<b>Training 1:00 – 4:00 pm</b>	<b>Rustic Canyon Rec. Center</b>
<b>Saturday Dinner Enkai</b>	<b>7:00 pm – 9:00 pm</b>	<b>Location to be determined</b>
<b>Sunday Morning Shinsa Nov. 10, 2019</b>	<b>JKF Gojukai Shinsa 9:00 am</b>	<b>Hombu Dojo</b>
<b>Sunday AM Kumite Session</b>	<b>9:00 AM – 11:00 AM</b>	<b>Guard Station 26</b>
<b>Sunday Afternoon</b>	<b>Training 1:00 – 3 pm</b>	<b>Rustic Canyon Rec. Center</b>
<b>Sunday Afternoon Shinsa</b>	<b>3 pm Seiwakai Shinsa</b>	<b>Rustic Canyon Rec. Center</b>



**SEE YOU THERE!**

For further information, contact Vassie Naidoo at 310-399-6955 or [USAgjuryu@gmail.com](mailto:USAgjuryu@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:	\$
			<b>Total \$</b>

**PLEASE MAKE CHECKS PAYABLE TO: KICK (Karate for Inner City Kids)**

**CREDIT CARD (Circle which one): VISA/MASTERCARD**

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

**Mail Registration & 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



## **Seiwa Kai USA –Progress Report Summer 2019 By Johnpaul Williams**

Now that our Seiwakai International summer seminar is over in Omagari Daisen-shi Japan, it's time to provide a 2019 progress report for Seiwakai USA before our Seiwakai USA November seminar in Santa Monica, California. Milestones to date include:

1. Executive committee and board
2. Seiwakai USA Bylaws
3. Seiwakai Women's Advisory Board USA
4. Member Dojo
5. Revenue (Financials)
6. JKF Gojukai Registration
7. Websites
8. Branding
9. Seiwakai USA Yudansha Kai roster

1. Executive report: In the first quarter of the year, Vassie Naidoo Hanshi bravely dissolved our previous structure in favor of a democratic leadership. In doing so, Seiwakai USA was reorganized with a newly created and elected executive committee and board. The 2019 Executive Committee and Board consists of:

- Jim Pounds as President
- Mark Cramer as Vice President & Publisher
- Johnpaul Williams as Secretary, Treasurer & Membership Chair
- Sanjit Mandel as board member
- James Daly as board member
- Kevin Moskie as board member
- Robert Dalessio as board member

2. Together, the executive committee and board created and ratified a transparent "Bylaws" which is available for public review. Please send your request to [SeiwakaiUSA@gmail.com](mailto:SeiwakaiUSA@gmail.com) to review.

3. At the request of Vassie Naidoo Hanshi, a Women's Advisory Board has been formed. First on a national level and also on the international level with the support of Fujiwara Seiichi Shuseki Shihan & Hanshi of Seiwakai. The director of the Seiwakai USA Women's advisory board in the USA is Terri Herrera-Pounds of Seiwakai of Texas.

4. Member Dojo report: We are proud to report that to date, Seiwakai USA currently encompasses 14 individual clubs hosting classes in 18 locations across 17 cities Nationwide! Primary cities include:

1. Pacific Palisades California
2. Toledo, Ohio
3. Bakersfield, California
4. Blanco, Texas
5. Norwalk, California
6. Dallas, Texas
7. San Jose, California
8. Austin, Texas
9. Santa Monica, California
10. Temperance, Michigan
11. Pleasanton, California
12. Staten Island, New York
13. Santa Barbara, California
14. Kingston, Pennsylvania
15. Menlo Park, California
16. Campbell California
17. Los Angeles, California

5. Treasury Financial report: With numerous participating member dojo in the USA, we've raised \$1,200 in contributions. In raising the fund there was a simple charge fee of 3.2% per transaction for the service (Square). Effectively, to date Seiwakai USA has had a total income of \$1,161.60. Furthermore, we've had three expenditures totaling ¥30000 yen, plus transfer fees bringing the expense to \$299.47 USD. This leaves us with a current balance of \$862.13 USD. A special thanks to Sensei Dan Tappe who also contributed yet no longer operates an active dojo.

6. JKF Gojukai Registration: Seiwakai USA now has three unique divisions.

- Seiwakai USA East
- Seiwakai USA West
- Seiwakai USA Central

By registering these regions with the JKF Gojukai (¥10000 yen each), Seiwakai USA bolsters the presence of JKF Gojukai nationwide. Seiwakai USA participants who wish to have dual membership with the JKF Gojukai must first hold membership (in good standing) with Seiwakai as your sponsoring dojo. Please see you Sensei or club director for further information.

7. Internet report: Our Seiwakai USA website is up and running thanks to Mark Cramer Shihan. The website is [www.SeiwakaiUSA.com](http://www.SeiwakaiUSA.com)  
Please review the website at your earliest convenience to confirm your information is correct.

8. Branding report: Uniformity and consistency are important for any branding campaign. Many Seiwakai dojo across the country have already subscribed to naming their clubs "Seiwakai CITY-X", or "REGION-X Seiwakai." Examples of course include "Tri-Valley Seiwakai" & "Seiwakai

Karate of Silicon Valley", followed by a sub name such as "Blanco County Karate" This is a great format to follow in continuing keyword recognition and common scale.

As requested by Fujiwara Seiichi Shuseki Shihan and Hanshi of Seiwakai, we ask that all members subscribe to the Seiwakai Kanji as the logo worn their Dogi (uniform). The Kanji 誠和会 should be in gold for 5th Dan and above, black for all others. This is an International request, to help identify members when they train in Japan or when Fujiwara Seiichi Shuseki Shihan is teaching abroad at seminars. Please also wear our country flag above the Kanji. The final designs will be available at the Santa Monica seminar.

On behalf of Vassie Naidoo Shihan, embroidered patches with the Seiwakai kanji and an American flag above, are available from Jim Pounds Shihan for \$5 per patch and a \$5 shipping cost per order. These gi patches are authorized and sized to fit youth uniforms also. You may pay with a credit card for an additional 3.5% fee. Mix and match gold and black as needed. Karate gi with the embroidered emblems attached may be purchased through Vassie Naidoo Shihan, whom you should email directly for costs, sizes, etc.



9. Seiwakai USA Yudansha Kai roster: To date, Seiwakai USA has over 75 active registered Seiwakai International Yudansha recorded. There are many additional members who have yet submitted their membership application or membership ID number.

Several others will soon join the ranks, if successful at the November Gasshuku (seminar) and Shinsa (audition to grade). If you have not done so already, please follow the link to the online survey to record your membership and most recent grading. This will help in the future to properly identify eligibility and assist with applications. The link is <https://forms.gle/mU2sruHwUE34Lc266>

**Applications for both Seiwakai and JKF Gojukai gradings are due by October 31st for those participating at the November Santa Monica seminar.**

The dates of the Seiwakai International Seminar Japan 2020 have been decided. Please reserve July 29 to August 4 2020 on your calendar. Hotel prices of our venue in Daisen Akita should not be affected. The Karate division of the 2020 Olympic Games are August 6 to August 8 2020.

We look forward to your participation in our continued growth for the future.

Jim Pounds - President Seiwakai USA

Mark Cramer - Vice President Seiwakai USA

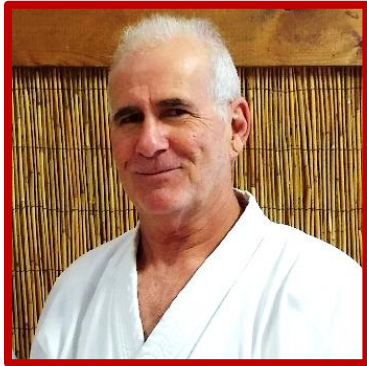
Johnpaul Williams - Secretary Seiwakai USA



## COMMITMENT

**Jim Pounds, President, Seiwakai USA**

***“Every day, you’re getting a little bit better or a little bit worse.”***



I first heard this quote from Mark Victor Hansen, the international motivational speaker and co-editor of the *Chicken Soup for the Soul* book series. The first time I heard it, I remember thinking that I could coast along in the middle of those two directions when I didn't feel like putting in the effort. Now I don't think so.

Believe me, I'm not that astute about my own state of being, but I have students and I'm hyper-aware of their state of karate. The ones who practice get better. The ones who don't get worse. They don't stay in the same place. They regress. So, by observation, I must assume we are all probably the same.

This valuable lesson is true to every aspect of our lives, but for this article, I want to direct it toward several aspects of our karate lives – self-practice, group training, and training with our mentors. Mastery requires we spend time at all three.

Training by oneself is essential for growth and improvement. No one is pushing you, directing you, watching you. You are the master of your own universe and can decide just what needs work. What does need work may be different from your sensei's perspective, but the important thing is that you are working on your karate. In karate training, getting better at one thing generally makes us better at all things, even though it may take a long time to realize the correlation. YOU get to decide what to work on. Do it regularly and you'll discover a creativity emerging within. Your time of self-practice makes all other practice easier.

Group training allows us to train with our peers in methods dictated by someone qualified to teach. Group training teaches us a lot about the dynamics of energy. It gives us role models and partners to train with. The group is our barometer for how we're doing and how we stack up to others. It is important to have sensei who are like bonsai artists – always shaping us with their knowledge and with their unique perspective outside of us. They see what we can't and know what we don't. The group provides the energy and the partners while the sensei provides the direction. Both are necessary to make us a little bit better.

Training with our mentors is where the true depth of knowledge is transferred from master to student, not only techniques and applications, but also the philosophical 'knowing'. We are being passed something valuable beyond words through the many years of experience of our senior sensei, masters, and Hanshi. In Zen practice, this is known as the transmission, in which the knowledge of the master is transferred to the student in an instant, transcendent manner.

This transference of knowledge and philosophy is beyond words or demonstration and is only acquired from being in the presence of the master. However, the ability to accept the transmission

generally requires years of diligent practice and study before the student is even capable of accepting – or of even understanding the gift being presented.

Training with our mentors is a rare honor, the highest honor of course is the opportunity to train with Hanshi Fujiwara. Next would be the honor of training with Vassie Naidoo Shihan, and on down through our many capable Shihan. Be aware that you will walk away from these opportunities with something almost indescribable – an understanding beyond the obvious about an art you thought you knew.

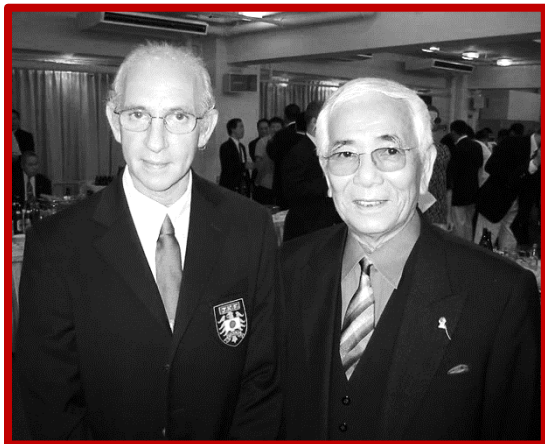
Sadly, I'm always amazed at how easily we yudansha pass up these opportunities. The excuses are many:

- Too expensive
- I'll have to use vacation time
- I don't like to fly
- I already know what we'll be covering
- I don't need to grade this year

Mohandas Gandhi said, "*Action expresses priorities.*" If it is important, you will find a way. If it is not, there will always be an excuse.

I'll close by recalling a memorial article written by Sensei William Dometrich about his Sensei, Dr. Tsuyoshi Chitose, the founder of Chito-Ryu Karate. Sensei was lamenting about all the missed opportunities he had to train with his Hanshi, and now that Dr. Chitose was deceased, those missed opportunities could never be made up. He counted the number of times he did train with Dr. Chitose over the many years of their association, and it was a startlingly low number. It made me go back and count the number of times I was able to train with Sensei Tasaki or Sensei Lipinski and I was shocked. I invite you to do the same.

Our senior instructors are treasures and once they are gone, so is the knowledge, except for what was passed on. Ponder that next time you decide that getting to a training with Fujiwara Shihan or Naidoo Shihan is a huge inconvenience.



***“The way.  
Who will pass it on straight and well?”***

**Gichin Funakoshi –  
Founder of Shotokan Karate**

## Women’s Advisory Committee

### USANKF Nationals Experience

By Emily Mata



I had the fortunate experience of competing at the USANKF National Championships and Team Trails in Chicago, July 2019. It felt inspiring to be surrounded by so many dedicated karateka that week. I came away with many lessons learned and lots of experience. My first observation when I walked into the competition area was “Wow, we should get some team jackets.” Really. It seemed like every single person in the convention center had some type of warm-up gear with a team logo on it. It was impressive; the pride and uniformity that people brought to the tournament.

My second observation was that everyone seemed like they had everything so well put together, as if they knew exactly what was going on and exactly how their events would turn out. Granted, this was my first time competing in the National Championships, so of course there was a little bit of confusion. It seemed like everybody besides me had done this before. My mantra for the four days that we were at the competition was “I’ve been training for this”. It didn’t really help that I had WKF World Championships silver medalist, Sandy Scordo, in my kata division. It was tough not to psych myself out while watching the competition, but I was right, I had been training for this.

Altogether, Great Lakes Seiwakai brought home two gold, one silver, and two bronze medals; as well as a fifth place in kata, a fifth place in kumite, and a seventh place in kumite. Watching my teammates compete was almost as nerve-wracking as walking onto the mat myself. The biggest lesson I learned was that you shouldn’t compare yourself to others. Forget how good their kata looks. The only competition you really have is with yourself. You can train to win against others, but if you don’t train to better yourself, what’s the point?



#### From Theresa Herrera-Pounds (SIWAB)

The Seiwakai International Women’s Advisory Board (SIWAB) has a new Facebook group! This group provides a means for Seiwakai women around the world to stay connected and to share information. The group is open to Seiwakai women only, by invitation. Any Seiwakai woman wishing to join can send a request through Facebook to the *Seiwakai Women International* group, or via email at [SIWAB2019@gmail.com](mailto:SIWAB2019@gmail.com). Thank you!

## Seiwakai Goshukan Canada From the Post of Craig Vokey



It was a fun and productive training at The Orangeville dojo, and thanks to Angelo Panoussis Shihan for organizing this event. I'm looking forward to seeing everyone for our all camp this October in Sudbury from Oct 4-6 at Laurentian University. Details will follow but will be almost identical to last year.

Proceeds will go to support bringing Fujiwara Sensei back to Canada in 2021.

## Pam American Junior Karate Championships From the Post of Angelo Panoussis

We are excited to announce that one of our hard-working Seiwa Kai Goshukan Canada students, Andrew Kirchberger, was a member of the bronze medal kata team at the Pam American Junior Karate Championships. We are proud of him and the team for all the work they put in. Thanks to all the coaches and parents that helped with their success.



Andrew Kirchberger – 3<sup>rd</sup> from the left

# Congratulations

By Vassie Naidoo

I recently found out that two members of our Seiwakai family won medals at the USA National Championships and Team Trials last summer.

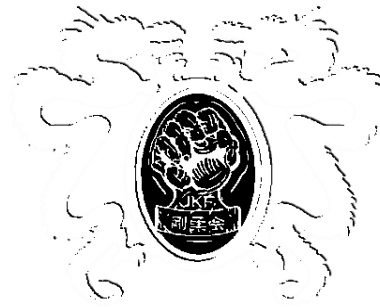
Mark Cramer won a gold in men's 55 years and older kata division, and also won a bronze medal in the Men's Goju Ryu Style-Specific Kata division. (I think that Mark Sensei has grandchildren who are as old as some of the competitors in this division.)



Emily Mata won a gold medal in Women's 18 to 34 years Kumite +65 Kilo division and a bronze medal in Women's Goju Ryu Style-Specific Kata.

Congratulations to these members of our Seiwakai family.

# 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)



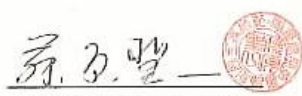
Craig Vokey  
(Pan America)



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 Dates and Times

#### Friday 18<sup>th</sup> October

6pm – 9pm Training

#### Saturday 19<sup>th</sup> October

10am – 12:30pm Training

12:30pm – 3pm Lunch

3pm – 5:30pm Training

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

#### Sunday 20<sup>th</sup> October

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 21<sup>st</sup> 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](mailto: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](mailto: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](mailto: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](mailto:rclangy1@me.com)

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

Takahashi Shihan will not be attending, but we have enough high ranked instructors to help teach. Heads of each country must be responsible for all information and moneys, so that there will not be much waiting like previous years.

Also Saturday Buffet Dinner will be served as you come to the restaurant, unlike last year, so please help yourself as you come in.

Please email all registration ahead of time.



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

## Vassie Naidoo Shihan is bestowed South Africa's Lifetime Achievement Award for Karate

Last night in the Kingdom Kwazulu Natal (City of Durban) South African Karate Legend Vassie Naidoo VP of the Sewakai karate org. (Worldwide) was bestowed the Prestigious Commonwealth karate Commendation Award for outstanding contribution made globally in the field of Martial arts since the 60's ..Salute Maestro Vassie thank you for giving back to the karate fraternity of the Rainbow nation.



## Seiwa Kai Poland Seminar By Pál Gila



Karate Goju Ryu Seiwakai Seminar in Ścinawa, Poland was hosted by Shihan Pál Gila 7 Dan on 8th-9th of June 2019. 48 disciples from Hungary, Germany and Poland took part in the course. The two-hour-long trainings were split into two parts: for the beginners and for the brown and black belts.

Shihan Pál Gila taught kata, bunkai and fighting techniques. There were many interesting and important details that Shihan passed on to the advanced participants. The disciples practiced kata: Gekisai Dai Ichi, Gekisai Dai Ni, Saifa, Seiyunchin, Sanseru, Shisochin, Seipai, Tensho, Sanchin.

The techniques that are a part of Sanchin kata have fundamental meaning for Goju Ryu. The time and speed of doing kata is also substantial. Kata Sanchin is performed while all the muscles are tightened to the maximum, which is connected with a way of breathing specific only for Goju Ryu. Practicing this kata helps to develop concentration, fighting spirit but, most importantly, increases endurance during a fight. When mastered allows the performer to take blows without being harmed in any way. Surely enough, all the participants could have got a deeper understanding of the twists and turns of this kata.

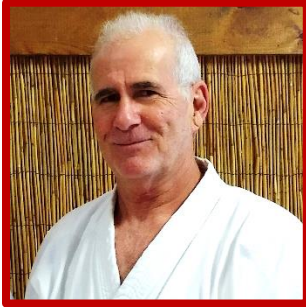
Shihan Pál Gila also taught how to maintain a determined look (readiness to fight), to pay attention to the proper posture (technical maturity), energetic techniques (expression of hard work), consistent zanshin (alertness). The whole scheme has been carried out with the disciples.

At the end of the seminar an examination was conducted, in which 11 participants took part. Everyone successfully passed the exam and raised their rank.

We, organizers and all of the participants, are very grateful for the knowledge passed by Shihan Pál Gila and for all the detailed explanations which allowed us to enlarge our cognizance and skills.

## Jim Pounds Posts from Japan 2019

Continued from last issue...



REST DAY -- AH!

Posted: 12 Aug 2019 11:41 AM PDT

We receive a rest day on the fourth day of training, and believe me, you're ready for it!

There is a caveat, however...if you're grading, you may be assigned for extra morning training in the Honbu Dojo, next door to Sensei's ryokan. Or, typically, there is a trip to the nearby mountains to do waterfall training, a practice popularized by Gogen Yamaguchi. The purpose is to eliminate distractions by outside influences. The idea is to meditate beneath a tall waterfall -- the colder, the better -- until one is impervious to the distraction and discomfort of icy water beating down on your head and shoulders. Rather like shimae (body testing) by water. In a good snow melt year, it is fun, but downright brutal. Not to mention you are trying to maintain balance in a jumbled pool of boulders beneath the falls.



Scenes from waterfall training (Misogi) in Akita.

This year I opted out of the Waterfall training in order to really try to rest my back and feet. The group that went reported the falls were pretty gentle this year.

I washed my gis and napped a little, because our annual Seiwakai banquet and party is the evening of rest day. I've always felt we might be better served if we held the party the night before rest day, so we would actually have a day to recuperate from drinking. If you've ever been to a Japanese karate celebration, you'll know what I mean.

The party is a great way to let your hair down and socialize with your fellow karateka from around the world. The food is terrific and the sake and beer flow freely. True to his word, Takahashi Sensei was there – out of the hospital and flashing that great smile of his. The most fun is possibly the karaoke the last hour of the event. Afterward, there are a number of after-parties at The Old Friends Club, The Bowling Alley, or The Riverside Club.



L to R: Pal Gila (Hungary), Crag Vokey (Canada), Jim Pounds (USA)



**Let's hear it for karaoke!!!**

On Sunday, the 21st, we resumed our training in Jinguji, a quaint but growing town one train stop from Omagari on the local train. The civic center where we trained the first three days is being readied to be a polling place for local elections

tomorrow, so we'll train here. I remember training here a few summers back, and the area has grown since then.

We all took the local train at 0940 and arrived Jinguji six minutes later. From Jinguji Station, it is a twenty-minute walk to the large gym in which we will be training. The walk is beautiful -- first past rural homes and well-tended gardens, then alongside taro and rice fields. We saw numerous eagles hunting in the rice fields.



**View from the training gym**

The gym is part of a large recreational complex with tennis courts, indoor pools, a school, and even an onsen (natural spring water baths). We were advised to pack our lunches as there is not any store close by.

On day 5, I would discover there is a small restaurant at the onsen complex, that was very good. The onsen also had a number of excellent massage chairs and flat

tables that, for 100 yen (approx. \$ .95 US) would give you an amazing mechanical massage for about fifteen minutes!

This gym was actually better than the civic center gym in Omagari. The floor is kinder on the feet, and the gym has excellent cross-ventilation because it is surrounded by fields rather than other buildings.



Both days, we began with walking, then stretching, and into moving basics until we were warmed up. From there, the morning session was spent on Sanchin, Tensho, kihonkata (the Gekkisai katas and Saifa), and Seiunchin. Then lunch break.

On Day 4, I ate the sandwich I brought from the Family Mart and sat outside with friends, thankful for the breeze and the beautiful vistas across the rice paddies toward the mountains beyond. Akita-ken has some beautiful vistas, and this was no exception.

After eating, I worked on massaging my left calf and my hip, which, because of a pinched nerve in my back, have been lighting me up for the past three months. It has been a bit of a balancing act trying to keep the pain on a manageable level by stretching and massage. Good thing I have a high pain tolerance level -- the result of many years of karate, distance running, and construction. Nonetheless, I can feel age starting to exact a toll on me. The reward is that I don't see many people my age capable of doing this. For that I am thankful.



**My new vibrating roller!**

On Day 5, after I ate my sandwich lunch, Glenn Stephenson Shihan, the head of Seiwakai Australia and a long-time friend, asked if I wanted to go to the onsen cafe and get a coffee. That's when I discovered (too late) that I could have had tempura or curry or ramen instead of my Family Mart sandwich. Grrrr... But the coffee was good.





### Bunkai Practice

Thanks to Richard Hang Hong Sensei for some of these shots.

Then we found the massage chairs and that was like heaven for my tired and aching body. I think I need one of those chairs for my living room!

Both afternoons, we started back with Sanseiru and went through Seipai as a group, with periods of bunkai oyo (applications of sections of the kata), which were a nice break. Glenn Stephenson was my partner. What I love about Goju-Ryu kata is that everything in them is usable in combat and effective! This is not sport karate.

Shihan Fujiwara shared with us his standardized training regimen for kyu ranks and asked us to record them (not for public use) so we could begin to assimilate the progression into our regimen when we returned to our home dojos. Two of his students demonstrated the syllabus. Good stuff, which I've already started to incorporate.

We were also fortunate that Fujiwara Shihan had Kazuhisa Saito Sensei demonstrate each kata before we worked on them. Saito is one of Sensei's senior students and a remarkable kata performer. I watch his kata and think, "well mine looks kind of like that..."

The final hour and a half, we were separated into groups based upon our next grading kata. Since I am still ranked Godan (5th dan) in the JKF Gojukai, although Nanadan (7th dan) in Seiwakai, Fujiwara Shihan sent me to work on Seisan kata – the grading kata for Rokudan (6th dan) and my old nemesis. There are some one-leg balance points necessary for the kensetsu geri kicks that, due to past knee issues and my current hip and back issue, give me hell. I am either right on or far off on my balance, with no consistency. It is maddening.

This year, Fujiwara Sensei had Rod Martin from Australia, teach the Seisan group. I've known Rod for a long time, but this was the first time I had the opportunity to have him instruct me. Rod is a healing arts professional and I was very pleased that his instructional style is more from an internal rather than an external approach and perspective. Much of his instruction focused on aspects of internal application and I have to say, it really resonated with me, and immediately gave me a new perspective. Really remarkable how you can be doing something for so many years and then someone with a little different focus, approach, and vantage point can switch your light bulb



on. Not to mention he was tasked with the thankless position of trying to teach a group of primadonna yudansha who already think they are doing it right! Good job, Rod Sensei!

After the train ride back to Omagari and walk to the ryokan, it was time for a bath, a beer, dinner, and laundry. You can always count of an entertaining time at the laundromat with such an interesting and diverse international crowd as we have in Seiwakai.

**The wonderful Seiwakai laundromat crowd**

DAY 6 – IT'S OVER. . .? Posted: 23 Aug 2019 03:54 PM PDT



July 23rd, and we're back in Omagari. The funny thing about this kind of training is that on the first day or two you sometimes wonder how you're going to make it through an entire week of heat, sweat, blistered feet, and spent bodies. Then a miraculous transformation occurs, invariably without you knowing it, and by the end of the week you're feeling strong and confident and actually feeling sad that this is the last day for another year.

Quite a few will be going on to Sasebo to the JKF Gojukai seminar, shinsa (grading), and the All-Japan Goju-Ryu Championships. But many won't and I'm sure they always feel like they're leaving prematurely. The last day always seems to enhance the feeling of camaraderie that has been building between all of us through the sweat, the fun, the beers. The last day is also the day of the Seiwakai shinsa and a fast and furious day of review, a microcosm of all we've been focused on during this year's training.



Canada, USA, Australia, S. Africa, USA, India

I won't give a blow-by-blow of the training day, because the pattern has held pretty true all week. It was plenty hot, I'll say that. We ended near 3:00 pm because there were 29 karateka scheduled to grade, but of course, before we bowed out, we started at Sanchin kata and worked the entire Goju-Ryu kata syllabus through Suparinpei. Always when you think it is finished, it isn't! We were pretty soaked by

then. See the above photo!

I was on the grading panel, all of us 7th dan except Vassie Naidoo Sensei and Seiichi Fujiwara Hanshi, who are 8th dans. The 29 candidates were grading from 1st to 8th dan, so we observed all levels of experience and most were very impressive. In the lower yudansha ranks, some who were not as impressive in kata, were very impressive in kumite, or vice-versa. Of all of them, my unscientific observation was that the 5th and 6th dan candidates were most impressive, but the shodans were the happiest by far. It pleases me to know there is an entire new guard of karateka who are moving up the Seiwakai ladder and who will no doubt assume future leadership roles. Kudos to their instructors! I know we are in good hands in the future.

**And congratulations to all of you who passed!**



Then it was back to the ryokan to soak our aching bodies in the sento bath and enjoy another fine dinner. There was a wee bit of toasting to Fujiwara Hanshi and our Seiwakai family. Some were leaving early tomorrow morning to all points of the globe or heading for Sasebo. The professionals among us decided it was a good night for one last get-together downtown. Tomorrow is a travel day, which means you can sleep on the train or plane.



**HOT, clear sento water**



**Kampai, Vassie Sensei!**



**Jay and me**



**Last night! And that's a wrap!**