

**PAN-AMERICAN GOJU RYU KARATEDO
SEIWA KAI NEWSLETTER**

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誠和会社内報**

**Dedicated to Traditional Goju Ryu Karatedo
ISSUE 39: November/December 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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Jim Pounds: President
Mark Cramer: Vice President
Johnpaul Williams: Secretary
Vassie Naidoo: Advisor



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

Goshukan Seiwa Kai Canada

Craig Vokey: President
Vassie Naidoo: Liaison

Goshukan Seiwa Kai Mexico

Eusebido Montes: President
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Seiwa Kai Canada

Peter Brown: Official Representative
Isao Yabunaka: Senior Member

Mark Cramer: Newsletter Editor



Kawase Hasui – Kansa Temple at Lake Tazawa

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USA Seiwa Kai Seminar 2019



The USA Seiwa Kai Seminar took place this November 8th through 11th in Santa Monica, California, and attendees came from across the USA, Canada, and Australia. The seminar was taught by Fujiwara Hanshi (Japan) who was assisted by Vassie Hanshi and Saito Shihan (Japan) who made his first trip to the USA Seiwa Kai Seminar.

Our good friends from Eibukan Goju Ryu, Hamabata Sensei, Kinjo Sensei, and Sakaue Sensei, were helpful, and supportive. As has become the custom, Kay Sakaue provided excellent translations of Fujiwara Hanshi's detailed explanations. Without these, much would be lost.

Friday's seminar began at 6:00 PM with an outdoor training session on the grounds of the Rustic Canyon Recreation Center. Fresh air and invigorating exercise are always a good combination. Saturday morning was another outside training event on the beach at Santa Monica. Kihon training in the sand and then Sanchin kata waist-deep in the surf is something that we look forward to each year.

Saturday's afternoon session and Sunday's training moved indoors at the recreation center. Detailed examinations of kata were given. Upon returning to our homes, we will all endeavor to make improvements so that next year we can return a bit better than we were this year.

The Seiwa Kai Banquet and Awards Ceremony was Saturday evening at Z's Mediterranean restaurant. Good food, pleasant libations, and great company made this event enjoyable. Several people were recognized at the banquet.

Joe Palminteri was given a special award for being an inspiration to all of us. At eighty-three years old, he trains as hard as a person half of his age. He was also graded to Godan.

Sanjit Mandal and Krishna Narayan received their Godan certificates, and Mark Cramer received his JKF Goju Kai Renshi certificate. Additionally, Craig Vokey, Pan American Seiwa Kai President, successfully graded to Nanadan. Congratulations to all!

I have taken upon myself to unofficially proclaim Jamie Duggan the winner of The Seiwakai Jetlag Award for having the most disrupted circadian rhythm. Jamie flew from eastern Australia to the west coast of the U.S. He flew spring into autumn and arrived the day before he left.

We are all looking forward to next November when we will once again train together, learn from the world's best instructors of Goju Ryu, renew old friendships, and forge new ones.

Friday Evening Outdoor Training at Rustic Canyon Recreation Center



Saturday Morning Training at the Beach



Saturday and Sunday Afternoon Training at Rustic Canyon Center



The Seiwa Kai Party and Awards Ceremony



Great Lakes Seiwa Kai Spring Gasshuku, Shinsa, and Shiai With Vassie Naidoo Shihan – March 27th through 29th 2020



This coming March 27th through 29th, Great Lakes Seiwa Kai will be hosting their annual Goju Ryu Karatedo Seminar and Seiwa Kai Friendship Tournament.

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

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



Schedule of Events

Friday, March 27th Toledo School for the Arts; 333 14th St., Toledo, OH 43604

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

Saturday, March 28th Douglas Rd. School -- 6875 Douglas Rd; Lambertville, MI 48144

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

Sunday, March 29th Seiwa Kai Friendship Tournament Douglas Rd. School 6875 Douglas Rd

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

Fees – Seminar

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

Fees – Tournament:

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

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

TSA STUDENTS: This is a required performance for the 2019-2020 schoolyear. Failure to participate in the performance will result in the student being given written assignments.

All SEIWA KAI STUDENTS:

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

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

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

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

AWARDS – 1st - 4th Place; Gold, Silver, & Dual Bronze Medals

INFORMATION – Mark Cramer – greatlakesseiwakai@gmail.com



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

NAME _____
PHONE _____
ADDRESS _____
EMAIL _____

CITY/STATE/PROVINCE _____ ZIP/POSTAL _____
COUNTRY _____ DATE OF BIRTH ____/____/____
AGE _____ DOJO _____ TEACHER _____ STYLE _____
PHYSICAL OR HEALTH IMPAIRMENTS _____

PARTICIPANT WAIVER and AFFIRMATION OF ACCURACY

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

Participant's

Signature _____ Date ____/____/____

Co-signed if under 21 _____ (Legal
Guardian)

Number of People Attending: _____ **Total Cost** _____

To be Completed for the Seiwa Kai Friendship Tournament

Name _____

Gender (Check One) _____ Male _____ Female

Age (Check One)

(Child) _____ 6-7 _____ 8-9 _____ 10-11

(Youth) _____ 12-13 _____ 14-15 _____ 16-17

(Adult) _____ 18+

Karate-Do Experience (Check One)

_____ Beginner – Under One Year of Training

_____ Novice – Under Two Years of Training Or Green Belt

_____ Intermediate – Under Three Years of Training or Brown Belt

_____ Advanced – Three Or More Years of Training or Black Belt

Events

Kumite _____

Kata _____

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

Pan American Seiwa Kai Seminar 2020

The plans are in the works. Next November, we'll be in Mexico!



Next November's Seiwa Kai Seminar will be a truly Pan American event. As of right now, the plan is to have the seminar at a resort in an accessible location such as Cancun. Every effort is being made to have an all-inclusive price where the training, room, food and drink will all be covered.

Start your advanced planning for this weekend of training and fun.



Goshukan Canada



Junior World Championships

Part of our Dojo Team and Family went to Chile for the Junior World Championships! Andrew continues to strive to be the best he can be. Your Dojo family is very proud of you.



Ontario Karate Federation

Ontario Karate Federation held the third Team selection and Marissa Meandro won gold in the under 21 Women's kata division

The Zombie of the Fourth Floor



As many of you know, I teach Karatedo at Toledo School for the Arts. This four-story building is more than a hundred years old and is located between downtown Toledo and a century-old residential area. The school building was originally designed and used for manufacturing. The heating and cooling system has been modernized, and large cylindrical metal air ducts carry heat and air-conditioning from room to room. They also carry sound from room to room, and sometimes I can hear conversations from the nearby dance studios while I am teaching Karatedo in my room.

Grace, one of our newer and younger employees, was on the fourth floor working late into the evening. It was already dark, and Terry, our chief custodian, was getting ready to leave. He saw that she was working late, and explained that since he was leaving, she would have to set the alarm when she left. She would be the last person in the building.

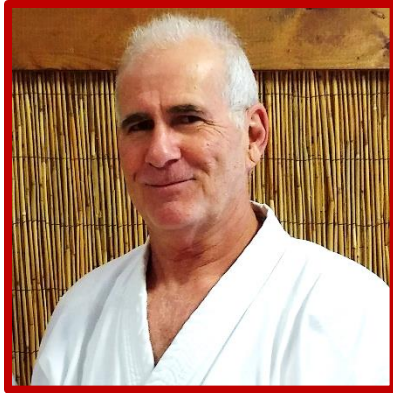
Grace went about her business, but soon began to hear a noise through the heating duct. She said that it sounded non-human and resembled the sound that the zombies make on the popular program, *The Walking Dead*. She turned on her phone to record the noise because she was certain that no one would believe her if she told them of the sound without any evidence to back it up. Then Grace bravely attempted to track down the location of the sound which seemed to be moving. Suddenly the eerie noise stopped.

Grace slowly walked up to the door of the room where she thought the noise might be coming from. She slowly reached to open the latch. Suddenly the zombie-like sound started up again. Startled and frightened, Grace turned around, ran through the hall, down four flights of stairs, and out of the building.

The next day, Grace had the evidence of the zombie-sounding noise recorded on her phone, and she played it to her students. She asked: “Has anyone else had ever heard this noise, and does anyone know what it is?”

Lakaisha, one of her students, cocked her head and smirked. “That’s sensei Cramer doing Sanchin Kata” she said holding back a chuckle.





Thoughts from Your President

It has been my pleasure to serve as the President of Seiwakai USA in 2019. There was much organizational work to be done this first year, and I'd like to thank our Board of Directors, especially our Vice-President Mark Cramer and our Secretary-Treasurer Johnpaul Williams. All of you helped keep it "between the ditches" as they say in Louisiana. We had a lot to do and we got most of it done.

This year I believe the main order is not to fall victim of Sophomore slump, where we lose a bit of our focus and drive because we have taken care of the initial obstacles. This year I would like to see a renewed emphasis on outreach – becoming more involved with other martial artists in our areas, a renewed emphasis on teaching and mentoring youth, attending more karate events – seminars, workshops, competitions – our own as well as others. I ask each of our dojo heads and your key people to brainstorm about what you can do to be more visible and more involved in your own backyard.

Speaking of youth, there is a vast need for mentoring and teaching the importance of character and determination, which are both essential in creating fully-functioning, morally precise adults. The role of community leader has always been a key tenet of the karate sensei. I would like to see us occupy that space again, and the place to start is to become involved with youth. In addition to reaching young people, we also reach (and teach) their parents. A wonderful by-product is that your school will become more financially sound, because youth classes are essential to keeping the doors open. Watching my young students grow and mature into responsible teens, not to mention how karate proficient they become, is a great joy. I also feel the same way about Fujiwara Hanshi's youth in Japan, many of whom I've known since they were white belts and who now handily out-perform me.

So, let's keep this momentum going in 2020. Start a youth program, a women's self-defense class. Invite another dojo to an open training to exchange ideas and learn from each other. Invite them to our annual Pan American Seminar or one of the other seminars during the year. Commit, with me, to making this the best karate organization we can and to bringing in the students who you will be able to pass it on to.

Merry Christmas and Happy Holidays to all of us.

Strength and honor.

Jim Pounds
President

USA Seiwakai Women's Advisory Committee



We would like to recognize and congratulate the women of Seiwakai Pan America for their recent promotions. Their dedication and commitment to this art is an inspiration for all women Karateka.

Cristina Madrid – promoted to Roku Dan (6th Dan) Seiwakai. Cristina is now the highest-ranking woman in Seiwakai Pan America.

Samantha (Sam) Parsons – promoted to San Dan (3rd Dan) JKF Goju Kai.

Oanh Mandal – promoted to Nidan (2nd Dan) Seiwakai

Allison Morrow – promoted to Nidan (2nd Dan) Seiwakai

Sheri Newman – promoted to Shodan (1st Dan) Seiwakai

Thank you all for being an excellent example!

Terri Herrera-Pounds
Seiwakai USA Women's Advisory Chair

Seiwakai Mexico Seminar
22, 23 & 24 November 2019





Shinsa Panel: Eusebido Montes, Christina Madrid, Vassie Naidoo, Jamie Duggan, and Sabina Madrid

On the 22 through 24 of November, Seiwa Kai Mexico and Seiwa Kai Goshukan Mexico hosted a seminar in Guadalajara, Mexico. The seminar was taught by Vassie Naidoo Hanshi who was assisted by Jammie Duggan from Australia. About 120 people were in attendance at this three day event.

On Sunday, Seiwa Kai students from across Mexico graded for their Sho-dan and Ni-dan. Congratulations to Christine Madrid who was awarded her Seiwa Kai Roku-dan certificate.

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)



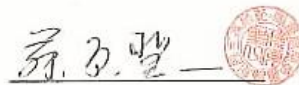
Craig Vokey
(Pan America)



Eddie Liu
(Asia)



Goju Ryu Karate-Do 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 London Seminar 2019



Seiwa Kai South Africa News

By Ben Mare

Congratulations to Candice Leslie who placed 2nd in kumite Under 21 at the WGKF International Goju Karate Championships in Malaysia 2019. Candice won a total of 3 medals,



Seiwakai News



Congratulations to Jay Padayachee who received his Renshi Title presented by Vassie Shihan.



South Africa Seminar in Durban with Vassie Shihan. Many thanks to our Vice President for his expertise and brilliant coaching. Craig Vokey Shihan also visiting South Africa for our Seminar was an inspiration to us all.

Fire Destroys Shuri Castle in Okinawa



A fire destroyed nearly the entirety of Shuri Castle on the Japanese island of Okinawa. It was a World Heritage site that was once the political and cultural center of the Ryukyu Kingdom for 450 years.

Fortunately, no one was injured in the blaze, which started in the early morning hours and was extinguished about seven hours later. Tragically, the fire completely destroyed seven buildings including the iconic main hall.

The fire destroyed not just the building and its history, but also many priceless artifacts from the Ryukyu Kingdom. The wooden structure was first built more than 500 years ago when the Ryukyu Kingdom was an independent nation. It served as the palace of the Okinawan kings until 1879 when the Ryukyu Islands were annexed by Japan.



The palace has been destroyed several times in its history, most recently in 1945 during the Battle of Okinawa in World War II. The site was reopened as a national park in 1992, and the castle was restored to its original appearance.



In the early 20th century karate was publicly demonstrated on the grounds of Shuri Castle.