

**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
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All issues of the Pan-American Seiwa Kai Newsletter can be found online at:
<http://www.greatlakesseiwakai.com/usa-seiwa-kai-newsletters.html>

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greatlakesseiwakai@gmail.com



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Kawase Hasui – Snow at Shinkyō Bridge, Nikkō

Pan-American Seiwa Kai Newsletter Table of Contents

Pan-America Seiwa Kai Past Events and News

- **Happy New Year: 2020 The Year of the Rat -- Page 3**
- **Cristina Madrid: Pioneer of Women's Karate – Page 4**

Upcoming Events

- **Great Lakes Seiwa Kai Gasshuku, Shinsa, and Shiai – Page 5**
- **Reminders: USA Seiwa Kai Patches and Seiwa Kai Seminar in Omagari – Page 8**

Articles

- **The Evolution of Olympic Karate: by Mark Cramer – Page 9**
- **Throwing Down the Gauntlet by Emily Mata – Page 12**
- **Martial Arts, the Internet, and New York City: by Kevin Moskie – Page 15**
- **Seiwa Kai Goshukan Canada: Don Benoit Appointed to Technical Committee – Page 17**
- **From the Desk of Johnpaul Williams – Page 18**

Seiwa Kai Around the Globe Past Events and News

- **Seiwa Kai Open International Championships – Page 20**
- **Seiwa Kai Belgium European Seminar – Page 22**

Happy New Year

Akemashiteomedetōgozaimasu

2020 The Year of the Rat

Nezumi no toshi

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

There are twelve animal signs in the Japanese zodiac – rat, bull, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and boar. The rat is the first in this twelve-year cycle. Additionally, there are five elements associated with each animal in the twelve-year cycle – metal, water, wood, fire and earth.

Consequently, your animal zodiac sign will occur every twelve years, while your specific animal/element zodiac sign will occur only once every 60 years. If you were born in 2008, 1984, 1972, 1960, 1948, or 1936 this your zodiac year in the 12-year cycle. If you were born in 1960, this is your birth-year of a lifetime; your animal/element zodiac sign has made its complete 60-year cycle.



Namahage – A New Year’s Tradition



In traditional Japanese folklore, the Namahage are a close equivalent to the Boogeyman. These demon-like-beings frighten young children during a Halloween-like New Year's Eve ritual which is practiced in Japan and particularly in Akita Prefecture.

Local men dress as monsters with frightening masks and straw capes, and they arm themselves with knives or other menacing objects. Two or three of them will parade from door-to-door, and yell things like: “Are there any naughty kids here?” “Are any crybabies around?” or

“Are there any lazy children here?” The purpose behind this ritual seems to be chide the children’s misbehavior and to promote certain virtues like manners, fortitude, and diligence. Since the adults know who the Namahage actors are, they will sometimes ask them to teach their child a special lesson. The Namahage frequently receive mochi or sake at the houses that they visit.

Cristina Madrid: Pioneer of Woman's Karate

On Friday, December 6th, the government of Jalisco, Mexico recognized Cristina Madrid as the pioneer of women's karate. She was inducted into the hall of fame and a star with her name and Karatedo was placed in the hall in the city of Guadalajara. Cristina is a member of the Seiwakai International Women's Advisory Board.



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 _____
(Parent or 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.

Reminders: New USA Seiwakai Patches



The new Seiwakai Patches are available and can be ordered from Jim Pounds Shihan.

KarateATX@gmail.com

Gold is for Goudan and above. Black is for all other dan and kyu grades. They can be ordered for \$5 dollars each and a \$5 shipping fee. You may pay with a credit card for an additional 3.5% fee.

Additionally, official karate gis with an embroidered emblem may be purchased through Vassie Naidoo Shihan, whom you should email directly for costs, sizes, etc.

Seiwakai International Annual Seminar in Omagari, Japan



This year's Seiwakai International Omagari, Japan Seminar will be held in 2 parts.

Part 1:

Training – July 15, 16, 17
Break – July 18
Training – July 19, 20, 21,
Grading and Party – July 21st

**Fujiwara Shihan is holding rooms on a first-come-first-serve basis at the Green Hotel and the Route Inn. Please send applications to Fujiwara Shihan and Vassie Shihan.*

Part 2:

Training – July 29, 30, 31
Break – August 1
Training – August 2, 3, 4
Grading – August 4.

**Hotel and transportation costs will be higher since it is Tohoku festival time. A total of only 30 rooms are reserved at the Green Hotel and the Route Inn at a cost of 10,000 JPY per night. Please send applications to Fujiwara Shihan and Vassie Shihan.*

Additionally, the **JKF Goju Kai Overseas Seminar** will be on August 6th and 7th. The JKF Goju Kai Tournament will be on August 8th and 9th. These are the same dates as Olympic karate competition. The venue is Osaka Prefectural Gymnasium Nanba, Osaka.

The Evolution of Olympic Karate: By Mark Cramer

I started my Karatedo training in 1971 and competed in my first sport karate tournament in February of 1972. When I joined the Yamaguchi Goju Kai organization in January of 1974, I began to hear discussions about Karatedo becoming an Olympic sport, and those discussions definitely caught my attention. Many years have passed since then, and sport karate will make its debut in the Olympic Games in Tokyo this year. I'm excited, and I'll watch with great interest.

To be clear, I view traditional Karatedo as a budo, a way of combat which also has a sporting component. In this regard, I am reminded of some thought-provoking words of Eiichi Miyazato who was he a direct student of Chojun Miyagi. He was also a technical advisor to the JKF Goju Kai, and consequently his words carry a good deal of authority within traditional Karatedo circles. Miyazato Sensei told us: "The techniques [that] we have today have been passed down through the ages by our ancestors who have stood in 'real places of battle', experiencing life and death situations, and have developed and improved techniques to survive. These techniques, with which we are entrusted, stand upon these long traditions."

Recalling these words caused me to reflect upon the evolving relationship between Karatedo as a budo and karate as a sport. My feeling is that if we stray too far from these "long traditions", Karatedo will cease to be a budo and will become just another sport with little or no direct correlation to the real life and death situations mentioned by Miyazato Sensei. I do not want to see karate evolve to the point where the tail wags the dog. I do not want to see Olympic sport karate overshadow or replace Karatedo as a way of combat.

Please do not misinterpret this as an indictment of sport karate or those involved in it. The international karate athletes and coaches of today are superbly trained; the international referees and officials are extremely competent. Additionally, I have been involved with sport Karatedo for a long time and have witnessed an evolution in sport karate during the fifty years between 1971 and 2020. I competed in the first USA National Championships which was recognized by the US Olympic Committee. That was in Atlanta in 1986, and I have competed and refereed in many more of the USA National Championships and Team Trials since then. Consequently, I have seen many changes over the years – changes in the governing bodies for sport karate, changes in leadership, and most significantly, changes in the rules of sport kumite.

I first began competing well prior to the USOC's inclusion of karate as a sport. Back then, Shobu Ippon Kumite rules were used in traditional Karatedo matches. Athletes of all weights and heights fought to a single point, which represented the incapacitation of an opponent regardless of their body type compared to yours. A waza-ari was worth a half-point and was awarded for a technique which, in theory, could significantly diminish your opponent's ability to continue the fight. An ippon was awarded for a technique which could incapacitate your opponent, and ippons were rarely awarded. I can count the number of ippons that I saw awarded on my fingers. Furthermore, if no one scored an ippon or two waza-ari, the match went to hantei (judges' decision) even if one person had a half-point lead.

These matches were conservative, and reverse punches, front kicks, and round kicks dominated. This was quite different from the contests of today. The rules did not prohibit all contact to the face that was in excess of a controlled "skin touch." In one such match in 1975, I hit my opponent

square in the nose with an ura-ken-uchi (back fist strike) and blood ran down his face and unto his gi. I wasn't awarded a waza-ari, and the match wasn't even stopped to deal with the bloody injury. It was explained to us that an ura-ken-uchi was not considered a technique that could diminish your opponent's ability to continue the fight. The bloody nose was viewed as a mere inconvenience in a real battle. Shojiro Sugiyama of the JKA was the referee, and these matches represented the tradition that Miyazato Sensei spoke about.

At this time, very little protective equipment was allowed. Cups, mouthguards (gumshields), and small fist pads which covered the knuckles were allowed. Anything else including shin, instep, and foot pads were expressly forbidden.

From the general public's point of view, these conservative matches were boring and brutal. By the time that the US Olympic Committee recognized karate as a sport, the rules had evolved into Shobu Sanban kumite, which meant that the match was extended from one to three points.



Scoring was slightly modified to encourage a wider spectrum of scoring techniques such as elevating a wasa-ari to an ippon for several scenarios: breaking your opponent's balance and scoring immediately, scoring to the unguarded back, scoring at the precise moment an opponent's attack, a successful combination of techniques, and jodan kicks. However, a kick to your opponent's abdomen with the instep was considered too ineffective to be awarded a wasa-ari; only a kick with the ball of the foot could score. This made the rules somewhat consistent with the principles of a real fight. However, it also made the rules fairly complex and difficult for the untrained spectator to understand. It was difficult for the general public to understand how the same technique could sometimes be scored an ippon, at other times be scored a waza-ari, and at other times be waved off as ineffective.

Additionally, weight divisions for kumite were added and more protective equipment was allowed. Cups, mouthguards (gumshields), and fist pads were required, and eventually shin pads were permitted. All of this made sport karate appear a bit less brutal to the general public. However, instep and foot pads were forbidden at this time. Nonetheless, this type of sport karate still symbolized a slightly watered-down situation of a life and death situation with someone who has a similar body.

As time went on, sport karate gradually evolved into a more audience-appealing sport which made it more likely that it would be accepted into the Olympic Games. As the rules evolved and were simplified, they no longer represented a life and death situation. Any punch which meets the criteria for scoring, and which is delivered to a scoring area is worth one point. It no longer matters if the punch was delivered to the unprotected spine of an opponent or if the punch is to the head

of an opponent who was moving toward you. Regardless of the dynamics of the match, all punches are worth the same.



Any acceptable kick to the body is awarded two points regardless if the kick is delivered with the ball of the foot or the instep. Certainly, a kick which is delivered with the instep of the foot to the abdomen of a well-conditioned athlete is not as effective in a real fighting situation as a punch to the face of an opponent who is moving toward you. However, in the modern scoring system, the less effective kick is worth twice as many points as the more effective punch.

Acceptable jodan kicks score three points as do certain throws that are followed by a successful scoring technique. This scoring system

awards more points for kicking techniques, and it has a greater audience appeal than the conservative matches of yesteryear. The rule changes have increased the athleticism of the players of sport karate and have made it easier for anyone to follow. However, these rules no longer represent the dynamics of a life and death situation. In my opinion, the older scoring systems did a better job of that.

The list of required equipment has become more extensive. The required karate mitts, shin/instep and foot protector, body protector, and female chest protector all make it safer for the karate athletes, but it takes sport karate further away from representing the life and death situations described by Miyazato Sensei.



There are times when I wish that the older style of Olympic sport karate was going to be in the Olympics. However, I know that the hands of time cannot be turned backwards. Time will continue to move forward, and Olympic-style sport karate will continue to grow and evolve.



It is possible that we will see karate evolve into just another sport. Instructing athletes in techniques and strategies which are designed to score points may become the norm. Instructing students in techniques and strategies which are designed to allow them to survive a life and death situation may become a thing of the past. If this occurs, the budo aspect of Karatedo could be lost forever.

One can only hope that traditional Karatedo and Olympic sport karate will be able to coexist and that the general public will be able to distinguish between the two.

Throwing Down the Gauntlet

By Emily Mata (USA Women's Advisory Committee Member)



This past year, in January 2019, my Sensei posed a challenge to all the members of our dojo. It's a simple one, really: keep a count of all the kata you perform for one year. Every single time you train, write down the number of kata that you do, and keep a running total throughout the year. Sounds easy, right? Some folks are too busy with work, school, family, or any combination of the three to take on the challenge, which is understandable. The number of us who were willing and able to, though, added up to four karateka out of the twenty-something at our dojo, each of us being yudansha. One of us dropped out three months in, which left three of us.

I have a couple of different observations about this experience, and they all sound like fairly obvious conclusions to come to when you increase the amount of karate training you do— my kata has improved exponentially, my athletic performance is incomparable to a year ago, my interest in training and improving my karate has increased so much... etc etc. All of the improvements to myself and my karate happened automatically, and I really had no idea how much I had improved until I took a look back. The karate I was doing a year ago can't even hold a candle to what I'm doing now. My kihon is much more solid, my kata is stronger and smoother, I have a deeper knowledge of the bunkai, and my kumite has even benefitted. I don't struggle to find motivation to train anymore.

I'm not saying I'm the strongest karateka in the world, or even in my dojo, but compared to the karateka I was a year ago... it's like I'm a different person. All it took to make so many self-improvements was a little bit of friendly competition to motivate me to push myself further than I've ever gone before.

My Sensei, who was one of the few people taking on the challenge, would always remind us that "it's not about who gets the highest number, it's about improving the karateka you see in the mirror", and other bits of wisdom like that. Of course I know that it's about improving your karate and pushing yourself to be better for your own sake... but it feels pretty good to finally pull ahead of one of your dojo-mates who's been beating you for half a year, let me tell you. That's probably the competitive spirit in me, but finding motivation to train can be tough, and taking on this challenge was a perfect motivator.

As someone who has to balance college classes, homework, and projects as well as karate, it can be hard to find the time and more realistically, the motivation to go out and train. On days when I least felt like doing karate, I made myself go to the gym to "just get a couple of kata in" to maintain my number so I wouldn't fall too far behind. It turns out that those days are what helped the most.

If I took days off just because I didn't feel like doing anything, I wouldn't have seen the improvement in myself that I have. This challenge has changed my mindset and my habits completely; a year ago, I could go a whole week without training. Now, I can barely go two days without doing any kata. To me, this challenge has been a blessing for me and my karate.

So, I am throwing down the gauntlet, so to speak. I challenge you and the members of your dojo to keep track of the number of kata you all perform and see who can do the most by the end of 2020 (and beyond). My Sensei, Mark Cramer, has been keeping track of all the kata that he has done probably since before I was born.



To keep a weekly total of the kata, I use a chart that my sensei made, and a blank one will be attached at the end of the article. Whenever I complete a kata, I put a tally mark in the corresponding box and add them up by weekday.

Some days I focus on a few select kata that I have been trying to improve. On other days I focus on all of our katas which include a couple of katas which are outside Goju-Ryu system. At our dojo, we happen to practice Nipaipo and Tokumane-no-kun-dai (a bo kata) quite often, so they're on my personal chart. I leave the last one blank row because there are a few more non-Goju kata that I practice on my own. I keep a blank copy of the chart on my phone, screenshot it every week, and mark it up in my photos app.

In our dojo, a good minimum number to shoot for is around 3,000 in a year, which is an average of just a little more than 8 kata per day. I ended up averaging more than 10. A few things to keep in mind; this challenge is about making yourself better, not about getting the highest number (even though winning is a plus)! Don't push yourself past your limits; there's no use hurting yourself just to get a couple extra kata in. Make sure to take at least one day off a week, if you can.



Everybody benefits from this challenge, because in the end, you are improving yourself, and therefore pushing others around you to improve. So, show your dojo-mates, take on the challenge, and see how much your karate changes for the better!

がんばれ!

(Editor's Note: Miss. Mata performed 4,000 kata in 2019.)

Dates:

	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
SANCHIN							
TENSHO							
GEKISAI ICHI							
GEKISAI NI							
SAIFA							
SEIYUNCHIN							
SANSEIRYU							
SHISOCHIN							
SEIPAI							
SEISAN							
KURURUNFA							
SUPARIMPAI							

Total: Weekly –

Total: Yearly –

Martial Arts, the Internet, and New York City

By Kevin Moskie



New York City, it is quite a place to live at times. We have world class restaurants, museums and Broadway shows. We are sometimes called the city that never sleeps. You might expect that a city of so much notoriety would include some very well-known styles of karate and accredited instructors associated with large worldwide organizations.

That was never really the case, the New York martial arts community has always been a somewhat eccentric group of instructors who always seem to wind up working against each other. It is not often you find a traditional Karate Dojo or martial arts style here. There have been some world-renowned masters who have called this city their home but mostly they have aged out of relevance. Even styles that advertise traditional karate

usually have no connection to Japan, Korea or any other Asian nation. It takes some knowledge and experience to find a real instructor in the Big Apple.

Over the years I have met and talked to many well-known instructors. Unfortunately, for every real legend I have met there are ten snake oil salesmen who give Martial arts a bad name. The 1950's and 1960's were like the wild west of Karate in New York City. Servicemen who were exposed to martial arts overseas began to return home. Martial arts clubs began popping all over the tri-state area. I don't think the average person realized most servicemen stationed overseas only spent a year or two in any Asian country.

Upon return many of these men opened dojos. Their limited exposure to and the difficulty keeping contact with overseas instructors prior to the invention of the internet created a void for many instructors. It became quite common for instructors of the 1960's and 1970's to embellish personal histories and the lineage of the style they practice or created. The colorful stories and histories some instructors spun over the years were entertaining and created some legends.

The invention of the internet really hurt some of these instructors. The stories they created were now verifiable and many did not pass the test. Most real Japanese organizations created web sites which provided information about their style and lineage. Many schools and teachers had to correct their histories. Others continued to use their creative stories. Over time undocumented stories became obvious it discredited the instructor.

For example, the ancient art of Tibetan Warriors who protected the Dalai Lama was a story that was no longer a credible. Yes, that was a real history set forth by an organization which some unsuspecting students believed and repeated. Another embellished story was, the last Koga Ryu Ninja lived in Queens, New York. That instructor eventually changed the name of his style after being contacted by a real Japanese Group. I even saw someone advertise he was a "certified warlord". He even gave his certificate number.

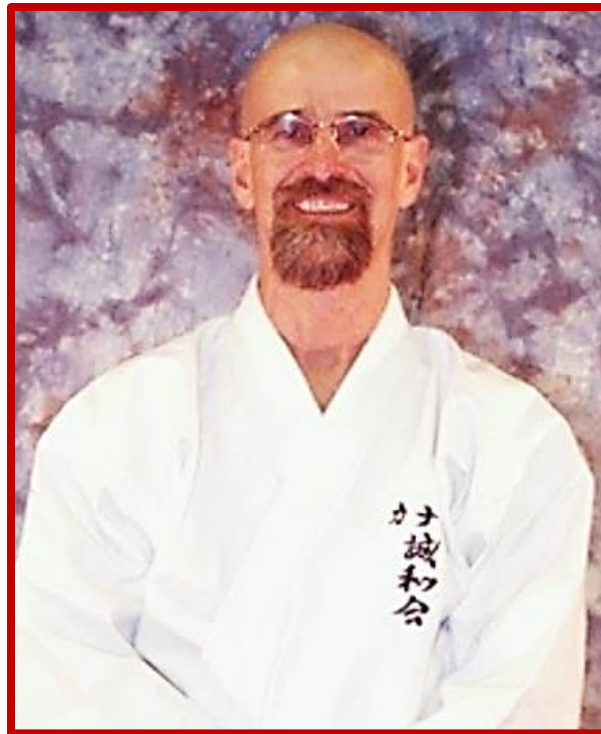
I did not include names of instructors or styles because that would be wrong. We are looking to provide actual history, not make fun or drag other martial artists down. We should however be honest with the public and protect confused potential students from making a mistake that could end a martial arts career before it starts. The internet vetted many of these less than honest schools and instructors. Some no longer provide their lineage or history on their web sites which is OK. Hopefully the future will bring more accredited schools and instructors to the attention of the general public in New York.

Seiwakai's aim is to help students and instructors become renowned martial artists. We try not to create controversy or call attention ourselves. I show pictures of our events to friends and practitioners of other styles that I meet. Many times, I am asked, why isn't anyone in my pics wearing a master's belt? I say in a respectful manner, my instructor does not need a name tag.



**Above: An American Martial Arts “Master”
Complete with a Master’s Belt**

New Member Joins the Karate Canada Technical Committee



Mr. Don Benoit of Goju Ryu Karatedo Seiwa Kai Goshukan Canada has been appointed as a member of Karate Canada's Technical Committee. We wish him much success in this new role.

Benoit Shihan is the chief instructor of Benoit's Martial Arts in Sudbury, Ontario and has been active in the karate community since the mid-1970's. He started his own dojo in 1981. Over the years, he has trained thousands of students in karate and has stressed the need to be respectful, hard-working, and good, productive citizens. In the area of sport karate, Benoit has been instrumental in developing many top athletes who have won provincial, national, and world titles.



From the Desk of Johnpaul Williams

Dear members.

Greetings and Happy New year. There's an old expression of wisdom I would like to share, Ichi-go ichi-e 一期一会. Translated, Ichi-go ichi-e 一期一会 means "one time one meeting". Literally this idiom or yojijukugo means "treasure an opportunity that comes only once in a lifetime." Please treat every day of this year and, of this life, as a unique moment, to learn from, to live in and love.

I would like to share updates to our Seiwakai and JKF Gojukai events in Japan this summer 2020. The landmark year and events apply to all karate-do. Especially our Campbell CA, San Jose CA, Menlo Park CA and Dallas TX clubs having been pioneered by the late Cornell Watson, a member of the 1970 team to Japan, now 50 years ago, for the first World Karate Tournament and formation of WUKO. WUKO is now known as the WKF (World Karate Federation). Today, the WKF is the governing body for Karate to the Olympics and the intent of the original charter of WUKO was the goal of karate being in the Olympics.

The opening and closing ceremonies for the 2020 Olympic games will be held at Tokyo stadium, Friday July 24th and Sunday August 9th respectively. The Karate events will take place at the Tokyo Budokan, Thursday August 6th and finishing on Saturday August 8th. The events are concurrent with the JKF Gojukai seminar, grading and day one of competition in Osaka.

This year, our Seiwakai Honbu Dōjō has decided to split the international seminar into two (2) sessions. This enables many of our members and officials to attend the Olympic karate events in Tokyo. This also eases congestion in our host town of Omagari as the Olympic marathon has been moved to Sapporo near Akita during the same time as the annual Lantern Festival and Hanabi Festival occurring consecutively.

Seiwakai Seminar #1:

Dates - July 15th through July 21st, 2020.

Location - Omagari Budokan in Daisen Omagari.

- July 5th, Grand re-opening of the Omagari Budokan (after having been under construction and remodeling over the past two years). This event will feature Seiwakai, as we are the largest Budo group in all of the Akita region.
- July 18th is a rest day.
- August 21st Seiwakai testing.
- Special note: please speak to your Sensei regarding hotel rooms as most of the rooms of our regular facilities, the Green Hotel and Route Inn, have been booked by attendees for other aforementioned events.

Seiwakai Seminar #2:

Dates - July 29th through August 4th.

Location - Omagari Budokan in Daisen Omagari.

- August 1st is a rest day.
- August 4th Seiwakai testing.
- Special note: please speak to your Sensei regarding hotel rooms as most of the rooms of our regular facilities, the Green Hotel and Route Inn, have been booked by attendees for other aforementioned events.

JKF Gojukai gasshuku, shinsa & shiai:

Dates - August 6th through August 9th.

Location - Osaka prefectural gymnasium in Nanba Osaka.

- August 6th and August 7th seminar.
- August 7th testing.
- August 8th international dinner reception.
- August 8th and August 9th tournament.

Protocol and chain of command: Please only contact the heads of your country and or dojo to express your interest in attending the seminars or booking hotel rooms and accommodations. Please do not contact Fujiwara Hanshi directly as, of course it is not proper protocol in the chain of command nor does he have time with so much happening in his city and prefecture.

Before I close my New Year greeting, I would like to ask that you calendar and strongly consider participating in the following two **future events**:

1. In **November 2020** - Vassie Naidoo Shihan, president of Sewakai International, is hosting the Seiwakai International seminar at a resort in Mexico (additional details forthcoming) and,
2. In the **summer of 2022** - Seiwakai Japan celebrates our **50th anniversary**.

My hopes are that this update and accompanying information help you plan your training and festivities accordingly. I'm looking forward to seeing many of you, both old friends and new faces, in Japan this summer.

Ichi-go ichi-e 一期一会!


Johnpaul Williams

Seiwakai USA Secretary, Treasurer and Membership Chair


Seiwa Kai Around the Globe




Goju Ryu Karatedo Seiwa Kai International



President: Seichi Fujiwara Hanshi










Vice President: Satoru Takahashi



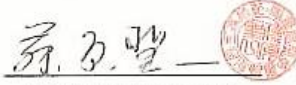
Vice President: Vassie Naidoo

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 (Koshi)

Seiwakai Open International Championships 2019 Club/Country

2019 Seiwakai Open International Championships Medal Rank



Club / Country Ranking

Rank	Country	Club Name	🥇	🥈	🥉
1		Seiwakai East London	7	4	10
2		EKK	6	2	6
3		Yamaguchi Goju Kai	5	3	7
4		Seitou Ryu Karate	3	5	7
5		Portugal - NKGR	2	6	6
6		Seiwakai Oxford Karate Academy	2	3	5
7		Goshukan Karate Academy UK	2	2	5
8		Italy - ASD Gakko Karate Jujitsu	2	1	5
9		Bulgaria - Shindojo	2	1	3
10		Uechi Ryu	2	0	0
11		Elite Karate Club	1	4	3
12		Elitez Karate Club	1	1	3
13		Canada - Ingersoll Goju Ryu	1	0	1
14		Sasori SKC	1	0	0
		Phoenix Karate Dojo	1	0	0
16		Hungary - Leo Karate Do	0	3	1
17		SYTL	0	1	2
18		The Netherlands - Moerdijk+Isshoni	0	1	1
19		Veras Academy	0	1	0
20		Goju Ryu Merton	0	0	2
21		Tora Shotokan	0	0	1
22		Basingstoke Shotokan Karate	0	0	0
		East London School of Karate	0	0	0
		Phoenix Karate	0	0	0

Ranking and Results:

Well done and thank you to everyone who participated, supported, volunteered, and officiated. The tournament wouldn't be the success that it is without everyone's team effort.

The next Seiwakai Open will be on Sunday 8th November 2020, London.

2019 Novice Cup Medal Rank



Club / Country Ranking

Rank	Country	Club Name	🥇	🥈	🥉
1		Bulgaria - Shindojo	4	2	0
2		Elite Karate Club	2	3	3
3		Elitez Karate Club	2	2	5
4		Yamaguchi Goju Kai	2	0	1
		East London School of Karate	2	0	1
6		SYTL	1	4	7
7		EKK	1	0	0
8		Seiwakai Oxford Karate Academy	0	2	3
9		Goju Ryu Merton	0	1	1
10		Seiwakai East London	0	0	2
		The Netherlands - Moerdijk+Isshoni	0	0	2
12		Seitou Ryu Karate	0	0	1
		Phoenix Karate	0	0	1
		Italy - ASD Gakko Karate Jujitsu	0	0	1
15		Portugal - NKGR	0	0	0

Seiwakai Belgium European Seminar
 With Seiichi Fujiwara Hanshi and Vassie Naidoo Hanshi May 8 to 10

SEIWAKAI GOJU RYU KARATE





**All Japan Goju Ryu Karatedo
Seiwakai Europe Seminar in
Belgium**

EUROPE

8th - 10th May 2020 Venue : Sporta Sports centre Tongerlo
 Geneinde 2, 2260 Tongerlo





SEIICHI FUJIWARA, 8th Dan Hanshi

World Seiwakai Director - Overseas Director JKF Gojukai

誠
和
会

PRICE : 85 euro all weekend




All info : +32 496864002 - paul.penasse@telenet.be

Teachers	Assistant Teachers		
 <p>Seiichi Fujiwara 8th dan Seiwakai 8th dan JKF Gojukai</p>	 <p>Paul Coleman 7th dan Seiwakai 7th dan JKF Gojukai</p>	 <p>Raztislav Mráz 7th dan Seiwakai 7th dan JKF Gojukai</p>	 <p>Gurmit Singh 7th dan Seiwakai 5th dan JKF Gojukai</p>
 <p>Vassie Naidoo 8th dan Seiwakai 6th dan JKF Gojukai</p>	 <p>Pal Gila 7th dan Seiwakai 7th dan JKF Gojukai</p>	 <p>Abel Figueiredo 7th dan Seiwakai 7th dan JKF Gojukai</p>	