

**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 44: September/October 2020**

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)



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



***Kawase Hasui Morning at Hot Spring Resort in Araku***

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## Pan American Seiwakai Virtual Seminar by Seiichi Fujiwara Hanshi and Vassie Naidoo Hanshi



**Date:** Friday, November 6 and Saturday, November 7

**Times: Pacific Time** 5:00 PM to 7:00 PM

**Eastern Time** 8:00 PM to 10:00 PM

**Japan Time:** 8:00 AM to 10:00 AM (Sat. and Sun.)

**You must be stretched out, warmed up, and ready to train when the virtual seminar begins.**

**Cost:** \$70

**Payment:**

**PayPal:** <https://www.paypal.com/donate/?token=zYjIj3pfDi0PnvKdQLYaSK0gTZmrNh9dfFqzeVYKoTb45nYP-4NJV1gYWWlXk1ZrCX1oW&country.x=US&locale.x=US>

**Santa Monica Dojo:** There is button on the website near the contact section on the top right of each page. <http://www.karateofla.com>

**Zoom Link for the Seminar:** <https://zoom.us/j/3109684862>

**Tips to good viewing:**

**Laptop/computer:**

- Click on the dojo screen
- Find the three dots on the right top corner and click “pin video”

**On an iPad:**

- Go to “Active speaker” on the top left side
- Tap the dojo screen not the “Vassie Naidoo” screen.

**Mobile Phones** double tap on dojo screen to make it your main screen.

## First World Virtual Seiwakai Seminar with Fujiwara Hanshi Saturday August 1<sup>st</sup> and 2<sup>nd</sup> 2020 from Omagari, Japan

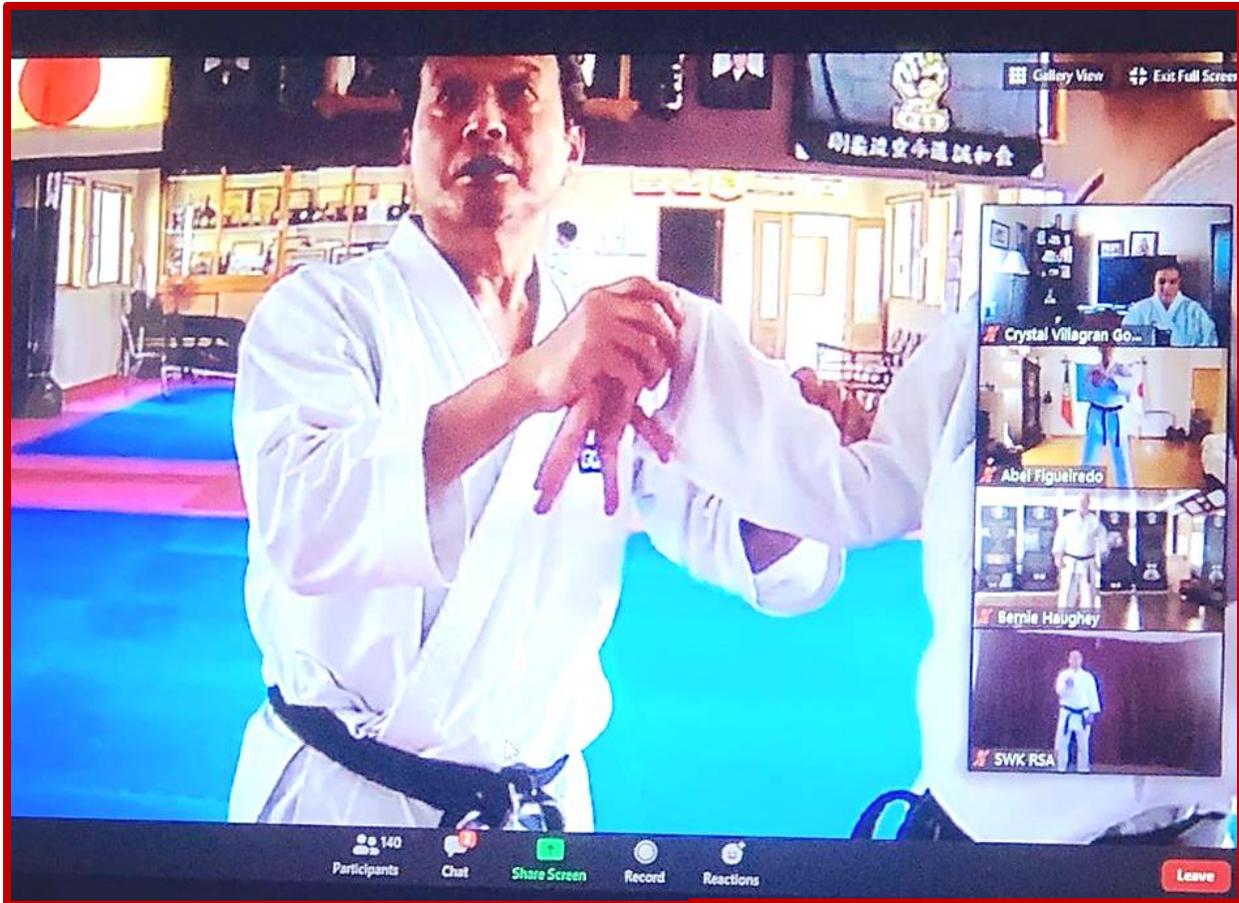


Photos Courtesy of Crystal D, Villagran

**Marie Tanabalan:** A very motivating seminar with Seiichi Fujiwara Hanshi, live from Japan. Over 200 participants around the world within Seiwakai International, joined together in this virtual training. The first session for all grades with a second session for those 4th Dan and above. Thank you to the Seiwakai Directors for organizing this and making it possible to connect with the Seiwakai Family.

**Goju Ryu Karatedo Seiwakai Australia (Shared by Glenn Stephenson):** I would like to thank Abel Shihan for hosting, Vassie Shihan for the behind scenes negotiations and all the Directors for creating zoom with Seiichi Fujiwara Hanshi. What a fantastic group of people participating in the first WORLD SEIWAKAI KARATE DO virtual seminar they were from all over at the world many different countries many different languages all with the same enthusiasm of karateka thank you all.

I was one of the lucky ones that were able to participate in the higher grades training it was fantastic and I am so glad that I was able to join in on this event.



**Fujiwara Shihan demonstrates the importance of thumb and finger positions in Tensho Kata.**

**Robert James Davies:** After many months of being starved of instruction due to the corona virus pandemic, the chance to take part in a zoom seminar by our chief instructor Sensei Fujiwara was an opportunity not to be missed. After looking at the scheduled date and time, I realized it would mean training at 1:00 AM on Saturday 2<sup>nd</sup> August in my dining room while the rest of the family was sleeping.



Myself and many of my fellow seniors around the world knew we would have to make a few adjustments to our daily or nightly routines in order to take part. It was a small price to pay. On the night, I decided to watch a movie to keep myself awake, so I watched appropriately titled *Apocalypse Now* which finished at 12:30 AM which gave me plenty of time to arrange the furniture and set up the laptop Sensei Fujiwara started off demonstrating and teaching Sanchin and Tensho kata placing great emphasis as usual on the breathing and the technique. For me, this was really good as I only had a space of 2.5 mts sq. It

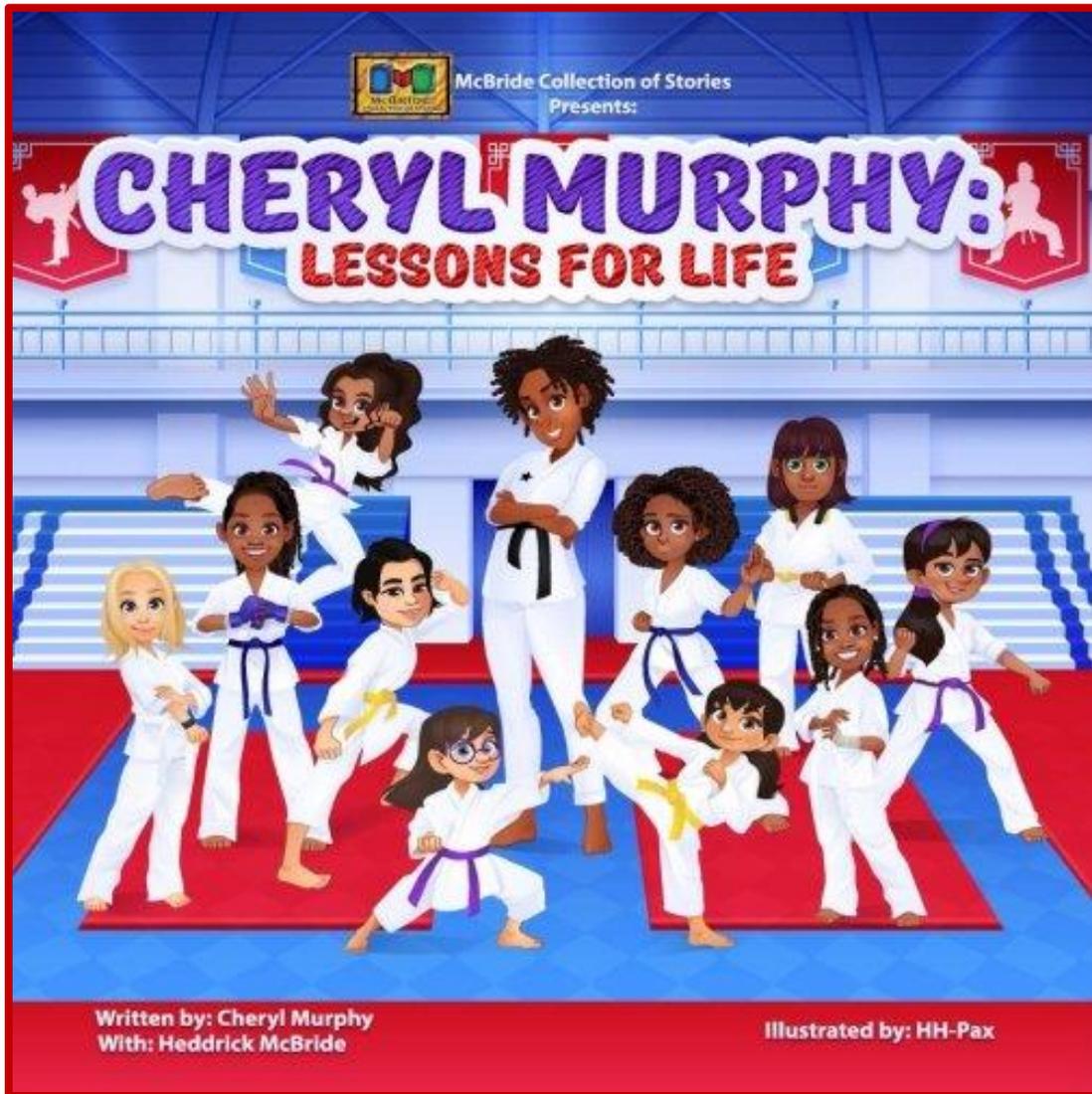
got a bit more difficult for me as we progressed through the katas. due to the lack of space. I also had to keep the sound down on the computer so as not to disturb the family so I missed out on some of the explanations translated by the very capable Kai who's English is improving all the time.

After completing Seisan and Kururunfa, I looked at the time. It was almost 3-30 AM. Wow! That went quick. That was my first ever Zoom session and I loved it. Sensei Fujiwara worked really hard and showed what a great kata coach he is and I look forward to the next one.

It was also great to see many of my friends from around the world. Stay safe and well everyone. I miss you all.

**Chris Perry:** The virtual seminar by Fujiwara Shihan was awesome. I wasn't sure what to expect through the computer but was impressed at how organized and structured it was. In some ways it was easier to see the details and instruction on the screen to understand the technical aspects of what Fujiwara Shihan was trying to get across. Although nothing beats face to face training, this was fun, educational and was good to see many of my Seiwa Kai friends faces. Looking forward to the next one!

## US World Medalist Authors Children's Book on Karate's Lessons for Life



This book was written for all young people and particularly for young women. It addresses the life lessons that Cheryl Murphy has learned throughout her illustrious Karatedo Career – dedication, perseverance, education, training, adversity, overcoming, and competition. These are lessons that are important to teach young people in any age and are particularly important in today's world.

Cheryl's Karatedo career spans several decades. Some of her accomplishments are:

- Two Time WKF Women's Kumite Team Bronze Medalist
- World Games Bronze Silver and Bronze
- World Combat Games
- Six Time Pan American Kumite Champion
- Pan American Games Kumite Bronze Medalist
- Six Time US Open Kumite Champion

## Congratulations to Craig Vokey Nanadan



Seiwakai Family and Friends,

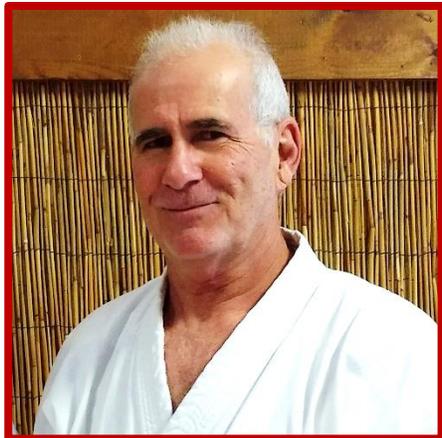
Seiichi Fujiwara Hanshi and I are happy to announce that last November, Craig Vokey successfully graded to Nanadan at the Pan American Seiwakai Seminar in Santa Monica California. Vokey Shihan has a list of impressive accomplishments in leadership positions including being President of Pan America Seiwakai, Director of Seiwakai International, and President of Karate Canada.

Congratulations from all of us in the Seiwakai.

Sincerely,

*Vassie Naidoo*

Vassie Naidoo



## **Keep Up!**

**By Jim Pounds**

As I'm sitting here this morning attempting to write in snippets while homeschooling my son, I'm thinking of how much has changed over the past seven months in every facet of my life. We don't go out to eat. We haven't been traveling at all, other than a couple of short camping trips in our travel trailer. My son is learning from home. We wear masks in public places and obsessively sanitize our hands. Isolation is a very real concern.

On the karate side, much has also changed. The gym I rented dojo space from has closed, probably for good. All Seiwakai and JKF Gojukai seminars that were scheduled have been cancelled. Other than my own family members, I only teach by Zoom. My youth classes have disappeared completely. When we attempted to teach by Zoom at a discounted monthly rate, only three of my kids even showed up. I understand. It is difficult to teach kids by Zoom and there are space limitations and distractions. Many families in my small town don't have adequate Wi-Fi or internet capabilities to even get to an online class. In all honesty, some of my parents really don't care. That's a shame, but I can't control that.

However, some things don't change at all. This pandemic has brought my nuclear family closer than ever. We are still eating healthy, but we eat more at home. We're on a better sleep schedule and we spend less money on things we don't need.

In my martial arts training, I've also learned to adapt. I train with my son three times a week here at our home dojo. I do my own self-training just as I always have. I'm teaching adult students in a weekly two-hour Zoom class and we've learned how to use the breakout room function to teach two or more groups at once. This allows other senior students to teach and hone that skill set. We've learned that on Zoom, we also need to face the direction our students are so the mirror image doesn't confuse them, just as we do when we teach live. We've learned to adapt our basics, kata, and moving basics to work in the smaller spaces that many are having to train in at home.

I've even begun kobudo training in order to keep beginner's mind and to be a student again, which has been very satisfying. Being a Zoom student has taught me a lot about what my students must cope with to learn with that format. But learning something new also serves to activate my mind and my body in a different way.

The biggest thing lacking in our training is that we have no kumite or randori, unless we're lucky enough to have a live-in training partner. Unfortunately, teaching my seven-year old to spar is hardly the training I need to keep my edge, so we create a lot of Zoom drills for kumite footwork, tai sabaki, attack and defense angles and things like that. To keep my power up, I'm doing a lot of heavy bag work.

The key for all of us is to **KEEP TRAINING!** Much of it will have to be self-practice, which requires more discipline than attending a class. We must be creative about it or we get bored. Find

a Zoom group to train with so you are instructed and moved directionally forward. Any fees required go to support your Sensei's expenses, like rent, and the platform they bring it on.

We cannot operate in a vacuum or train in a cave – at least for the long-term. Get out there and connect with other martial artists. Try something new.

This pandemic will eventually pass, and we will once again travel to trainings and train with partners, but we don't know when. There is talk of a second (or third) wave of the virus. A vaccine in quantity to protect most of us may be eighteen months away. But it *will* pass. So, take care of yourselves and don't let your guard down. Continue to self-practice and do any kind of good training you can find.

Yogi Bhanan, Kundalini Yoga guru said it very well: "*Keep up and you will be kept up.*" Make *that* your mantra.

Stay well. I'll catch you on the other side!

Jim Pounds, President

USA Goju-Ryu Karatedo Seiwakai

*Editor's Note: Jim Shihan is absolutely correct. Keep training and look for excuses to train. The "excuse" that has worked the best during these unusual times has been a contest with myself to average at least 11 kata per day over the course of the year (4026 kata for leap year). Several others in the Great Lakes Seiwakai Dojo have similar "excuses" to keep training.*

# Sakura Kokumai

## USA's First Karate Olympian

### From the USANKF Newsletter



**Sport:** Karate

**Discipline:** Kata

**Age in Tokyo:** 28

**Hometown:** Los Angeles

**Claim to Fame:** Kokumai won a bronze medal in kata at the 2012 world championships and, more recently, silver at the 2019 Pan American championships.

#### Get to Know Sakura

Sakura is the child of Japanese parents who started karate at the age of 7 while living in Honolulu. Kokumai practiced both kata and kumite until the age of 16. At that point not only was she having more success in kata, but she was also developing thicker, stronger muscles on her 5-foot frame, she said. That meant when fighting in her weight class she was up against girls much taller than she was, so Kokumai began to focus more on kata.

There are 102 katas recognized by the World Karate Federation, and although the athletes get to choose which one they want to perform they will only be allowed to perform a specific kata once throughout the Olympic tournament. They will be judged on elements including strength, speed, balance and technical aspects such as stances, techniques and breathing.

What Kokumai said she loves most about kata is that it emphasizes the art piece of martial arts. Even though she's been performing the same kata for years and the movements don't change, she said, the expression changes dramatically over time as she gets older and more experienced.

"The same kata I performed at 16 is completely different than how I'm performing it now, and that comes with maturity as a person," said Kokumai, who earned two silver medals in the Karate1 Premier League circuit earlier this year, marking her best finishes ever. "It's hard to compare it to other things or even try to explain, but even if I'm practicing the same thing over and over again you notice the changes, and it's because I'm working to try to perfect every single movement.

"That's the beauty of it; it's a nonstop learning process and you're practicing not just to become a champion but to become a better person overall. That mentality has been taught to me as a kid growing up and I think it's helped me to just keep pushing to train every day."

Kokumai is currently fifth in the World Karate Federation rankings of women's kata.

# Yoshihide Suga, Japan's 99<sup>th</sup> Prime Minister, Ni-Dan in Goju Ryu Karatedo

From JKFan



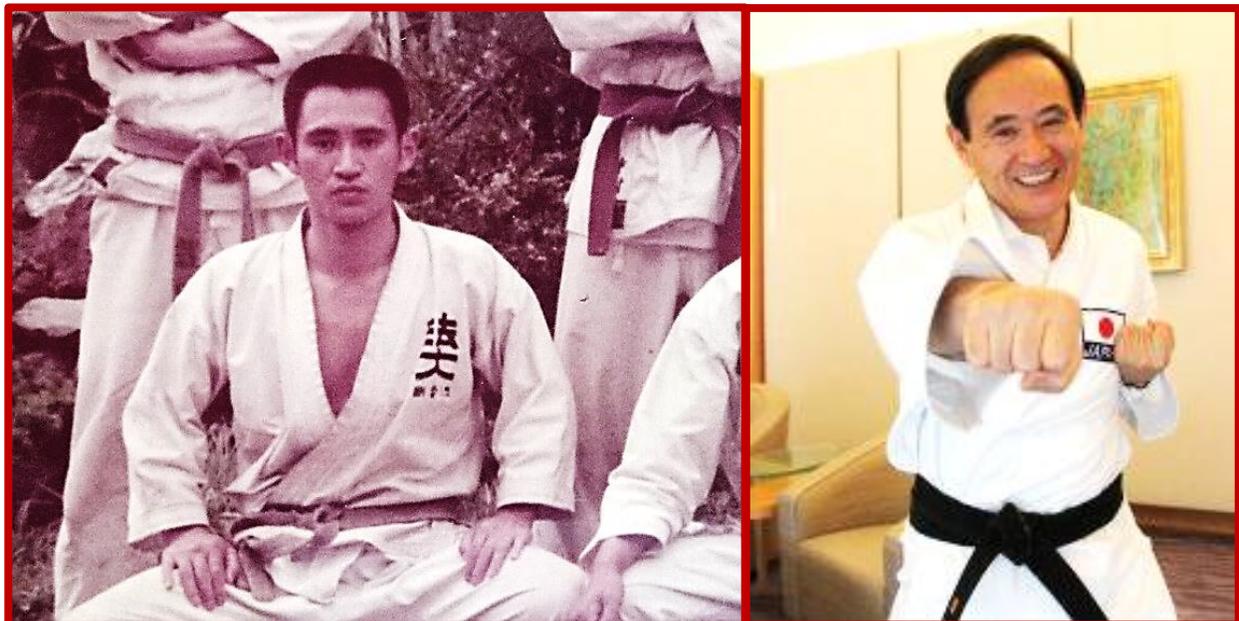
On Wednesday, September 16, Suga, the president of the Liberal Democratic Party, was elected the 99th Prime Minister as a result of the prime minister nomination election held at the plenary session of both houses of the Diet.

Mr. SUGA belonged to the Goju-ryu Karatedo Club when he was a student at Hosei University and was training his mind and body.

Speaking to the All Japan Karatedo Federation in 2014 for its magazine, Mr. Suga said, “The things I developed through Karatedo have served me well after I entered politics. I am keenly aware that the mental strength to endure difficulties was forged in the karate-do club.”

In addition, he became the President of the Parliamentary Federation for the Promotion of Karatedo, which was established in June 2014.

At that time, karate was aiming to adopt the official event of the Tokyo Olympics, and despite the position of a member of the Diet, it has contributed to the spread of karate competition.



Prime Minister Suga served as captain and deputy captain of the Hosei Goju Ryu Karatedo Club.

# Staying Motivated

## The Importance of Training When You Don't Want To

By Emily Mata



I'm sure we've all had those days. "No, I'm not gonna train. I have so much going on..." Anything becomes an excuse to do anything besides practice. Maybe your toe hurts. You had a long day. You have a headache. You'd rather just kick it with some of your friends. A break every once in a while, is necessary, but during these "unprecedented times" (a phrase so overused it's sickening), routine is essential.

Many of us haven't yet returned back to life the way it was before the pandemic. Many of us never will, depending on occupation and living situation, and changes taking place in those areas. As the new normal begins to take shape, we all fall into new patterns, cutting out things deemed less essential to our new lifestyles. We must not forget what's always been there for us, though: karate training. It's extra hard now, at least in my experience, to stay motivated. There are no tournaments to look forward to, no gradings to prepare for, not even any practices to attend. Although these shouldn't be the main focus of training as much as improving your skill and technique should be, it's always nice having those milestones. Well, it was.

Motivation was much easier to conjure up when there were concrete goals to work towards. Now it seems like there's little point in keeping my skills sharp. This may just be my own experience, because in Michigan, we are still not allowed to gather in groups to train indoors, and the weather has been steadily growing unfriendly towards outdoor training. I'm sure other karateka in countries where the virus is still apparent understand this struggle.

Through these events, I've come to realize that it is especially important to get up and practice on the nights and mornings when you can think of a million other things you'd rather do than put your gi on and head to the dojo (wherever that may be now).

Karate is more than just exercise, more than just a healthy routine. It's a part of you. It's a break from everything else happening in your life – a quiet meadow in a chaotic wilderness. Somewhere you can focus on yourself and your skills and let everything else fall away for a bit. It's not an escape, but a rest point. Things will eventually return to normal; we'll see each other again, train together in the dojo, learn from each other. And dammit, we will practice kumite again.

For now, though, the future is unclear. Exercising self-discipline is more important than ever, because the road ahead is no longer populated with gradings and tournaments and classes. No more markers to tell you you're heading in the right direction, or even where your destination is. It's a blank slate, and the only thing you really have to hold on to when the entire world is crumbling around you is yourself. So even if all you can squeeze out is a couple of katas, try to practice the next time you'd rather just sit on the couch all night. And when we come back together someday, we can share all that we've been working on in isolation and continue life as normal.

# 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



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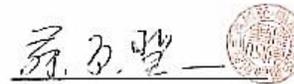
Craig Vokey  
(Pan America)



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)*

## JKF Goju Kai Directors in Okinawa, Japan



## Fujiwara Hanshi Training in Okinawa

JKF Goju Kai Directors regularly train together in both the main islands of Japan and the islands of Okinawa.

In the photo both above and below, Fujiwara Hanshi (President of Seiwa Kai International) was training with the JKF Goju Kai in Okinawa with some of the world's other top Goju Ryu instructors. On the left is Masanari Kikugawa Hanshi who was awarded the title of Okinawa Intangible Cultural Asset. On the right is Nakasone Keikichi Hanshi.



# Seiwa Kai and JKF Goju Kai Europe

Paul Penasse



Because of the Corona drama that is currently plaguing the whole world, we have decided, in consultation with the managers of Seiwakai International, Seiwakai Europe and Fujiwara Shihan, to move the European Seminar in Belgium to 14 - 16 May 2021

All practical matters such as location, hours, ... remain applicable.

For the people who have arranged a personal hotel booking locally and outside the sports centre, we would like to ask you to arrange a re-booking please. We would like to apologize for any inconvenience that has occurred completely beyond our control.

May 14-16, Belgium, Tongerlo – Seiwakai Seminar with Fujiwara Shihan assisted by Shihan Vassie Naidoo from Seiwakai International and by European Top Shihankai (planned)!

Already insured participation of the following countries: Japan, België, Duitsland, Jordanië, Griekenland, Hongarije, Nepal, Italië, Liechtenstein. Nederland, Polen, Portugal, Rusland, Slovakije, UK, USA, Zwitserland, India, Canada

All information @ [www.kamacho-do.com](http://www.kamacho-do.com)  
The Seiwakai Belgium HQ website.

OPEN stage voor alle Goju Ryu stylisten en mensen die er mee willen kennismaken !!