

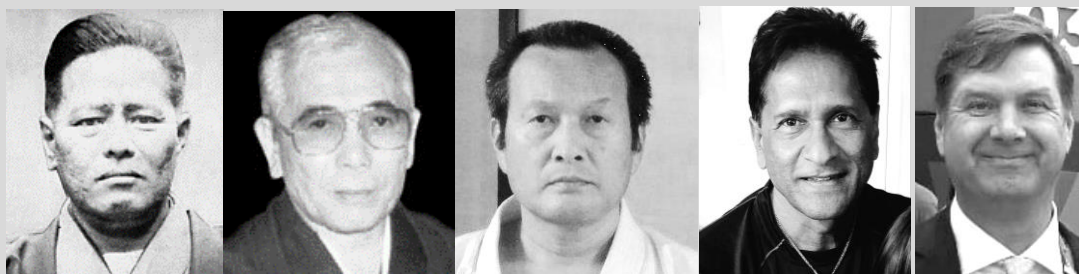
**PAN-AMERICAN GOJU RYU KARATEDO
SEIWAKAI NEWSLETTER**

**全米剛柔流空手道
誠和会社内報**

**Dedicated to Traditional Goju Ryu Karatedo
ISSUE 49: July/August 2021**

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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池天弁芝

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Kawase Hasui: *Shiba Benten Pond*
Pan-American Seiwa Kai Newsletter
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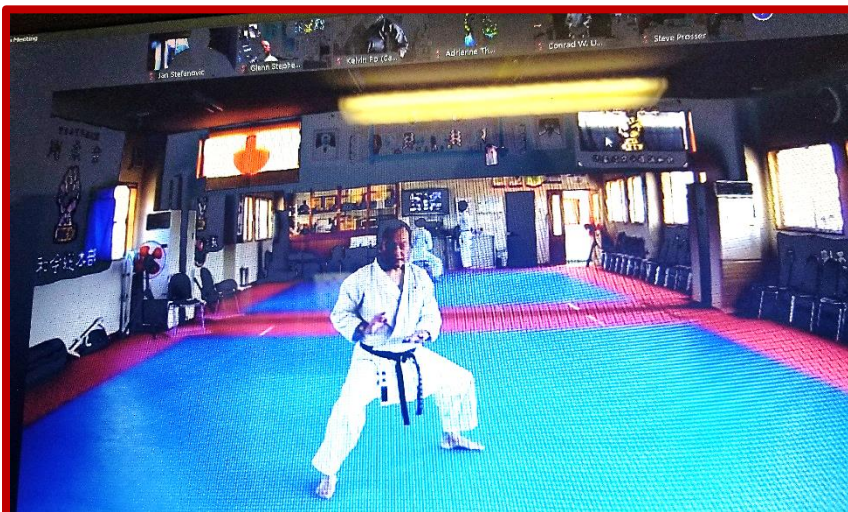
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Seiwakai International Pan American Zoom Seminar



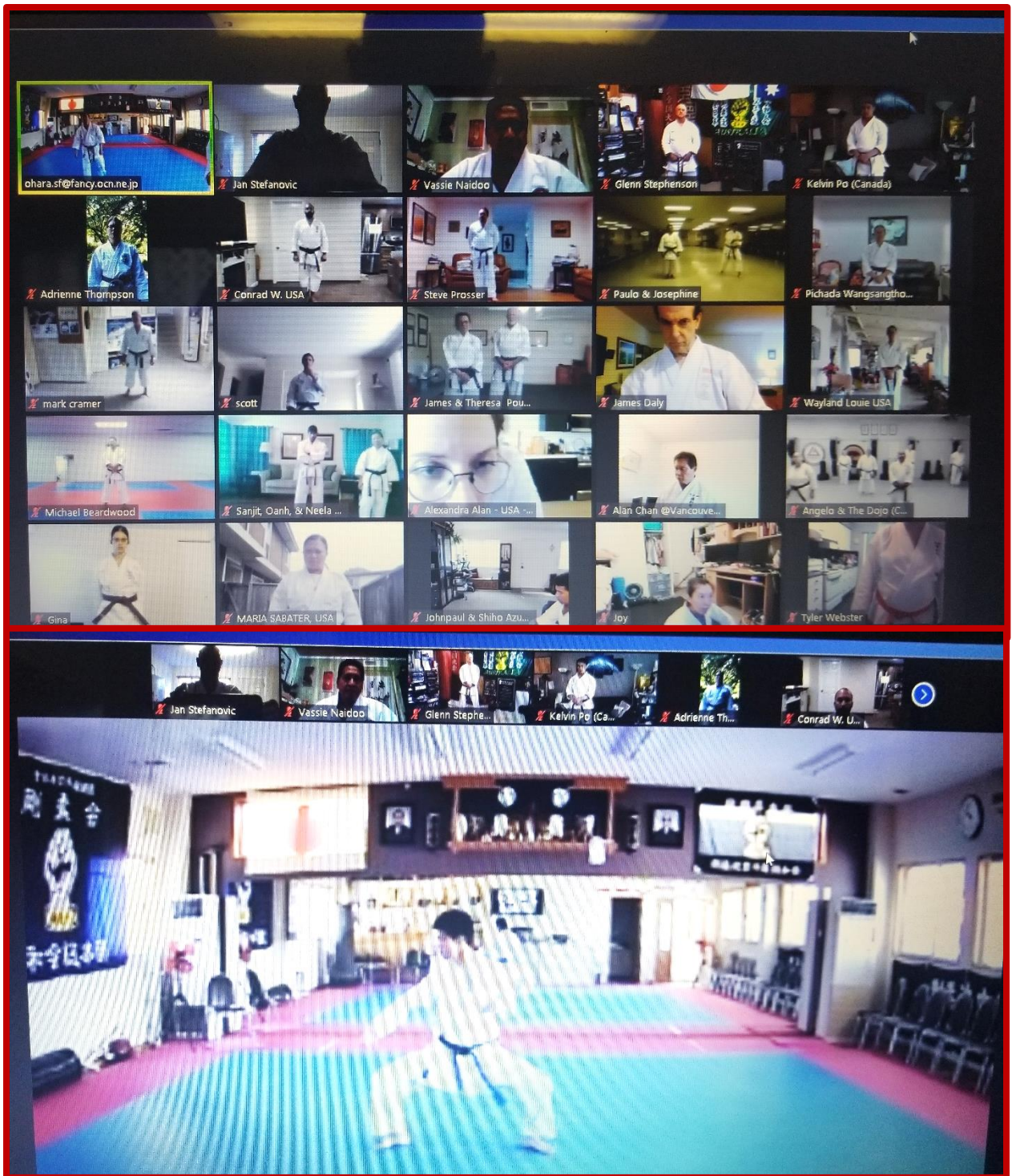
July 23rd and 30th were the two days for the Pan American Seminar, and about 80 Seiwakai members from six countries were present – Australia, Brazil, Canada, Chile, Mexico, and USA.

For the first session in these two days of training, Fujiwara Shihan emphasized the foundations of Goju Ryu Karatedo – Sanchin, Tensho, Gekisai Dai Ichi and Gekisai Dai Ni. He gave very detailed explanations of these kata stated that it is impossible to understand Goju Ryu Karatedo without a solid foundation in these kata.



On July 30, the second day of the seminar, we reviewed the first four kata and moved on to Saifa, Seiyunchin, Sanseiryu, Shisochin and Seipai. Again, very detailed explanations of the kata were given with examples of how certain principals of one kata apply to the other kata of Goju Ryu.

Photos by Jan Stefanovic



Seiwakai Brazil Welcome to Our Family



We would like to welcome Altemar Sabino da Silva Sensei and Seiwakai Brazil to the Seiwakai International family.

Altemar Sensei has been training in Karatedo for 33 years, and their club is located in the southern Brazilian state of Rio Grande do Sul.

In addition to Altemar Sensei, there are 9 other yudansha in their organization.

Additionally, they are members of Confederaçao Brasileira de Karate Interestilos which is a member of the World Union of Karatedo Federations (WUKF).



Gostaríamos de dar as boas-vindas a Altemar Sabino da Silva Sensei e Seiwakai Brasil à família Seiwakai International.

Altemar Sensei treina no Karatedo há 33 anos, e seu clube está localizado no Rio Grande do Sul.

Além de Altemar Sensei, existem outros 9 yudansha em sua organização.

Além disso, eles são membros da Confederação Brasileira de Karate Interestilos que é membro da União Mundial das Federações de Karatê (WUKF).

Pan American Olympic Karate Athletes

Below are six karate athletes from the Pan American region to cheer for on August 5, 6, and 7. They are listed in alphabetic order and their photos appear (L to R) in the same order.

Hamoon Derafshipour (IOC Refugee Team), is currently residing and training in Canada. He was selected for the International Olympic Committee's Refugee Team for the Tokyo 2020 Games.

Daniel Gaysinsky (Canada) started in karate at age 6. His mother enrolled him to provide an outlet for his excess energy. At 16, realized that anything was possible with dedication and hard work, sparking his dream of competing for Canada. He qualified for karate's Olympic debut at Tokyo 2020 by earning one of the three spots available in the +75kg kumite event at the Olympic Qualification Tournament in Paris in June 2021.

Brian Irr (USA) is the third member of the USA Karate Olympic team, qualifying as the continental representation from the Pan-American Karate Federation's continental games. He will be competing in the +75 male kumite category. Irr invited coach Brody Burns to sit in his chair.

Sakura Kokumai (USA) qualified in the first phase of qualification, securing her Olympic spot by ranking top four in the world in the female kata division. Kokumai selected Brian Mertel to be her on-site coach at the Olympic Games in Tokyo.

Tom Scott (USA) qualified for the Tokyo Olympic Games as an alternate in the -75kg category. Tom's performance through the Olympic qualification process left him exactly where he needed to be as a spot became available. The team's Captain America is heading to Tokyo. Brody Burns has been selected as Tom's coach.

Ariel Torres (USA) punched his ticket to Tokyo when he won gold at the World Karate Federation Olympic Qualification Tournament in Paris, confirming his status as a favorite in the male kata division. Javier Mantilla was chosen as Torres' coach for his Olympic debut.



USA Seiwakai Instructors' Series Training Seminars

By Jim Pounds

On May 21, USA Seiwakai held their first Instructors' Series Training Seminar via Zoom. The first half of this training was *Oyo Ido* exercises taught by Johnpaul Williams Shihan, Head Instructor of Seiwakai of Silicon Valley.

Oyo Ido is a form of applicable moving basics meant to facilitate a flowing continuous kumite style of attack and defense. Like many Goju-Ryu kumite exercises, much mental focus is necessary at first to master the multiple techniques, but with continual practice the mind can operate on a tactical level above the actual movement. And that is the point – to allow the body to attack and defend seamlessly with the mind directed to the strategy of winning.

Williams Shihan began with basic moving combinations and continually added more techniques until the concluding Oyo Ido sequences were quite intricate as well as effective.

The second half was taught by Jim Pounds Shihan, head instructor of Seiwakai of Texas on the topic of *down and dirty Goju-Ryu defense* – the techniques you won't see in competition kumite. First covered were the concepts and strategy of Goju-Ryu Defense, from unbalancing, closing distance, disrupting strikes, controlling the opponent's head, and using effective angles.

Applications covered included head butts, pressure point strikes, throat and groin attacks, knee and elbow strikes, kensetsu geri to leg joints, and inside mawashi geri to an opponent's groin. Each technique covered was followed by repetitive drills for each.

Finally, kata Sanseiru was examined to see how some of these down and dirty techniques were used against multiple opponents as taught by the kata.

The intention of the Instructors' Series is to give instructors an opportunity to teach a bit of their specialties to other USA Seiwakai members. Every instructor has a different focus and different expertise within the Goju-Ryu syllabus that aren't often seen except by their own students. We also want to present a forum other than the performance of kata, which is best presented by Fujiwara Hanshi, Vassie Naidoo Shihan, or your own dojo head.

Mark Cramer Shihan will be presenting the next Instructors' Series Training on August 28th on *USA Karate and WKF Competition Kumite Rules for Coaches and Competitors*. Using live student demonstrations, Cramer Shihan will demonstrate scoring techniques, penalties, and ring protocol. There is a flyer in this newsletter.

Any USA member Sensei or Shihan who is interested in teaching an upcoming seminar should contact Jim Pounds Shihan directly at KarateATX@gmail.com with your topic idea. The seminars are every other month. Proceeds benefit USA Seiwakai.

New Date!

USA GOJU-RYU SEIWAKAI INSTRUCTORS' SERIES #2

Via ZOOM

Saturday, August 28, 2021

10:00 – 11:30 am PST / 1:00 – 2:30 pm EST

USA KARATE & WKF COMPETITION KUMITE RULES FOR COMPETITORS & COACHES



How can you effectively compete if you don't know the rules of engagement? The rules have changed!

Mark Cramer Shihan is a long-time karate competitor, judge and referee in several sport karate organizations including USA Karate.

Using actual competitors to demonstrate, he will break down effective scoring, fouls, and penalties so you will better understand the rules and how to be most effective when competing or coaching competitors.

\$20 Registration by August 26th (Benefits USA Seiwakai)

Register and pay USASKO Treasurer through VENMO: @Chris-Perry-297

USANKF National Championships and Team Trials

RESCHEDULED:

NEW DATES: September 1 Thru 5, 2021 in Chicago, Illinois



USA Parks and Recreation Programs Spark Growth for Karate

By Johnpaul Williams

Now having the Olympics debuting Karate as a sport, the grill is obviously hot! Taking advantage of the recent media attention of Olympic Karate events, two (2) new Seiwakai locations have been secured both here in the bay area in the town of Los Gatos with Los Gatos-Saratoga Recreation as well as another in Desoto Texas (near Dallas Texas).

In the months of April, May and June 2021, the National Recreation and Park Association (NRPA) held several forums and released various memorandums in regard to gearing up for the Fall 2021 Covid re-opening. Among the topics, Karate was mentioned several times as being the easiest Olympic sport to add to any Park and Recreation program and was touted as preferred for both its "sport and cultural nature." The NRPA stated that time and time again, after the Olympics, sports where our national team receives a medal or sports that debuted enjoyed over 500% increase in registration of new members.

I strongly urge Seiwakai USA and International members to take advantage of the new opportunities upon us. As you know, many commercial locations had no choice but to shut their doors, not being able to collect student situations and deuce in order to pay rents, so a broad club membership base is available. Wouldn't it be great to get real karate back into your local park and recreation program, instead of the hybrid Tae Kwon Do / Kung Fu / MMA program listed "karate" where the instructor teaches Pumsae forms, calls himself Sifu and Shihan at the same time?

Working with your local parks and recreation center easily alleviates the problem associated with landlord tenant relationship and rents. Many, if not all park and recreation programs take a cut from the top of 30 or 40%, leaving the remainder to the instructor or club program. Instructors are required to pass a basic background check and the instructor, or the program is required to carry an insurance policy usually ranging between 1 and 3 million dollars. These are easily attainable and take most people less than 2 days to complete. The only out-of-pocket fees are for your insurance and sometimes fingerprinting to go along with the background check. Some cities do pay for fingerprinting and background check fees while others cover only the background check fee and fingerprint fees must come from the instructors themselves.

Now lets get out there and spread some real Seiwakai Gojuryu Karatedo

Johnpaul Williams
SEIWAKAI KARATE of SILICON VALLEY
www.gojuryu.net

Seiwa Kai Around the Globe



Goju Ryu Karatedo Seiwa Kai International



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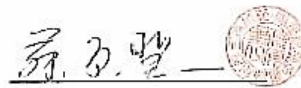
Craig Vokey
(Pan America)



Eddie Liu
(Asia)



Goju Ryu Karate-Do Seiwa Kai International
Member of
All Japan Karate-Do Federation
All Japan Karate-Do Federation Goju Kai



Seiichi 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 U18 Online Kata Championships

By Marie Tanabalan

On behalf of the SIWAB Board

Recently, SIWAB (Seiwakai International Women Advisory Board) hosted the first online kata championships for Seiwakai members under 18yrs.

The competition was met with excitement and anticipation from members across Australia, Asia, Europe, South Africa and America. In total 119 students competed across 18 categories. A full range of Seiwakai Goju Ryu kata were on display for judges across the globe to watch and score, and for the competitor's families to see online during the weekend long championships.

Well done to all the students who stepped up and took to the Online Stage and braved the challenge! I know that from the feedback we have received all the Sensei were proud of each and every one!

Thank you to our Judges who set aside time to help with the competition, without whom we wouldn't have a tournament. Special thanks to: Janine Boothroyd (Australia), Atlas Lau (Hong Kong), Emma Wretzel (South Africa), Vivienne Kiss (Germany), Lucas Hartmann (Germany), Inaya Shahjahan (England), Caroline Hang Hong (England), Jasmine David (England), Emily Mata (US), Sam Parsons (US), Chris Perry (US), David Hale (US) and Sydney Pfeiffer (US). SIWAB would also like to thank our friend David Westcott from Yamaguchi Goju Kai England for developing the interactive and user-friendly website to host the Online Championships. He was brilliant and helped every step of the way! Our thanks also for the support that Vivienne Kiss provided in running a successful tournament.

Finally, to the Sensei of the various participating Seiwakai clubs, who cheered and encouraged their students behind the scenes!

Australia - (Hoshindo Karate Adelaide, Sports Karate Australia, Goju Ryu Kenrenkan)

Hong Kong - (Cheung Fat Sport Centre Dojo, Hong Kong Seiwakai)

Sri Lanka - (KAJ Gojuryu Sri Lanka)

India - (Institute of Traditional Martial Arts)

Indonesia - (Goju Ryu Seiwakai Indonesia)

Russia - (Kazan)

England - (Seiwakai East London, Seiwakai Oxford)

Germany - (Goju Kai Kemtau, Goju-Kai Amtsberg)

South Africa - (KFY Clubs South Africa)

US - (Seiwakai Texas)

Final Results by Club

Club	# Competitors	# Golds	# Silvers	# Bronzes	Position
Seiwakai East London	42	6	3	10	1
Seiwakai Oxford	25	3	4	7	2
Hong Kong Seiwa-Kai	3	3	-	-	3
KFY Clubs South Africa	10	2	1	3	4
Goju-Kai Amtsberg	5	2	-	1	5
Goju Ryu Seiwakai Indonesia	6	1	4	1	6
Institute of Traditional Martial Arts	5	1	1	-	7
Goju Kai Kemtau	1	1	-	-	8
Goju Ryu Kenrenkan	5	-	3	1	9
Cheung Fat Sport Centre Dojo	2	-	1	1	10
Hoshindo Karate Adelaide	4	-	1	1	11
KAJ Gojuryu Sri Lanka	1	-	1	-	12
Kazan	5	-	-	2	13
Seiwakai Texas	4	-	-	2	14
Sports Karate Australia Seiwakai	1	-	-	1	15

Close Quarter Fighting Tactics: The Signature of Goju Ryu By Akira Shiomi

This article was originally published in the Japanese magazine, *JKFan*, in 2004, and on July 13, 2012, Akira Shiomi Hanshi gave a lecture on the concepts contained in this article to those who attended the JKF Goju Kai Seminar in Tokyo.



In this photo, Shiomi Sensei is giving the lecture on this article at the JKF Headquarters in Japan. Many Seiwakai members were present, and several can be recognized on right side of this photo.

In people's hands and on the tatami, you can see several of the paper copies of the article that he gave those who were in attendance.

(Although this article appeared in one of our early editions of this newsletter, it is beneficial for all Goju Ryu practitioners to take a fresh look at the article and reflect on the insights of Shiomi Hanshi.)

In combat at close quarters, a circle, Muchimi¹, and breathing will be set to one.
"Close-quarters combat techniques from which there is little distance to strike a person."



If Goju-Ryu karate can be characterized in a word, it might be described as the broadly outlined circle made by *Sumi*² with a thick full calligraphy brush. I will describe some fundamental techniques which are the key characteristics of Goju-Ryu here.

1. Motion of a Circle.

Goju-Ryu karate might be thought of as the arc of the circle compared to a line. The arc of a circle is like an arched dome, it is strong against any external pressure applied, and much stronger than a straight line or a flat surface when placed under external pressure. The motion and operation of a circle in training is important

in order to master the effective "connection between the waist and an arm" (that is, effectively combining the circular torqueing motion of the waist with the moving of the arm). The best motion for generating power in martial arts is natural and not broken. In Goju-Ryu when the circle receives (e.g., blocks are made with a circling motion), and when there is no attack an attack is immediately made also using a circling motion. Thus, conceptually, in Goju-Ryu karate, the motion of a circle can respond to all combat situations.

2. Combat at Close Quarters

Goju-Ryu features many combat-at-close quarters techniques which are reflected in its kumite and kata. When talking about generating power in a straight line, in physics $\text{Power} = \text{mass} \times \text{acceleration}$. Fundamentally, since humans are limited by their body mass, the only area where power can be increased is through increasing acceleration. However, where the distance for acceleration is short (as is the case when striking at close quarters), the amount of power that can be produced is thereby strictly limited. In order to generate more power, the pioneers of Goju-Ryu karate had to innovate to find other solutions to increase power beyond the limitations of basic straight-line physics. Therefore, for in-close combat, Goju-Ryu uses several other forces that combine into one instantaneous explosion of directed power.

¹ In Japanese, Muchimi literally refers to sticky rice that can be pounded into a sticky paste. It is dense and heavy. When touched it sticks to you, and when you pull away it sticks to you. In Goju-Ryu karate, muchimi refers to the heavy sticky movements used for blocking (eg., kake uke -- hooking hand block) and attacking, and to the notion that you stay close to your opponent in blocking or attacking.

² India ink

Goju-Ryu uses the following forces together:

- the inertial power of the body moving forward rapidly but stopping sharply (like the snap of a bull whip which concentrates the power of the strike into the small area at the tip of the whip) – the knee is bent forward to access this extra power of body inertia but the upper body remains straight with the hips being pushed forward first.
- the power of the twisting torque of the hips is used, with the motion of the sinking body that also harnesses the strong opposing force of rising and thrusting up from the ground (“ground power”).
- Such forces, however, are not enough. In addition, respiratory power is required which further harnesses the body’s internal power in tandem with releasing ki energy (learning proper breathing is thought to crucial to generating power in Goju-Ryu).

“Ki power is stored in the inside of the body and can be harnessed and released by training the mind.”

3. Abdominal Breathing

Typically, people breathe using the muscles of their upper chest, neck and shoulders. Most people tend to breathe in a slightly abnormal way, they tend to hold in their stomachs, make little use of their diaphragm³. This is not the most effective way to get the needed oxygen to our brain and muscles. If you watch babies or animals breathe, you will notice that they breathe with their whole bodies, their bellies rise and fall with each breath⁴. Goju Ryu emphasizes abdominal breathing utilizing both the diaphragm and other stomach muscles.

When it contracts it is forced downward causing the abdomen to expand. This causes a negative pressure within the chest forcing air into the lungs. The negative pressure also pulls blood into the chest improving the venous return to the heart.

Since the belly originally swells with abdominal breathing, this must be controlled since such movement in Bushido (i.e., combat situations) can telegraph your weakest moment to opponents (i.e., when you are breathing in). Therefore, pressure is applied to the belly by tensing the both the diaphragm and the general muscles in the stomach area. This type of isometric training has the general beneficial health effect of tending to massage the organs (such as the intestines and stomach) resulting in the stagnant blood being forced from the organs and being replaced by a fresh supply of oxygen-rich blood from the heart. It is key to understanding Sanchin and Tenshou that the abdominal breathing practiced has this (and ordinary breathing does not have this) effect.

³ The diaphragm is large muscle located between the chest and the abdomen (that separates the chest (thoracic) cavity from the abdomen). It is the main muscle of respiration.

⁴ For some reason, we stop doing this when we outgrow diapers.

Goju-Ryu has two kata that are training katas for breathing that are intended to train for this kind of healthy longer breathing technique: Sanchin and Tenshou. Sanchin and Tenshou are a type of training kata and are referred to as the “heishu” (literally means “closed hand”—even though Tenshou uses the open hand) kata of Goju-Ryu. All other Goju-Ryu kata are not intended to be training kata but to show technique and are referred to as “kaishu” (literally means “open hand”) kata.

In Bushido a shorter breath is desirable when attacking to release explosive power. However, long breathes are used when performing Sanchin and breathing is natural. Training for the use of a long breath stabilizes mind and body (promoting good health generally) whereas a short breath raises energy for the explosive release of power when fighting. To practice all the time using the shorter breath used for fighting might be very harmful for your long-term health.

When inhaling in Sanchin, the mind must be used to also bring ki in through the Jo Tanden⁵ which is taken down to the point in the pit of stomach known as the Tanden⁶. Sanchin is valuable for learning how to create and direct ki for purposes of combat. It is like learning how to charge a battery whose stored energy can be instantaneously discharged upon striking an opponent. The ki energy taken into and stored in the Tanden is compressed until finally it is released in an explosion and directed at the target. Goju-Ryu fighting is like the operation of a combustion engine: on the intake stroke you bring in air and fuel supply (ki) and combine it with several other forces for an explosive energy stroke that generates power for combat.

When ki is released in this manner, it is like flipping a switch that instantaneously redirects ki from the Tanden to the target in a way that energizes the rapid rotation of each interlocking bodily joint as well, and sinks the body (lowering the center of gravity) and uses “ground power” (i.e, the power of lowering your centre of gravity and rising up pushing off the ground). This is performed with the breathing method described above. In order to master such a technique, Sanchin and Tenshou training are needed. For this reason, it is said that Goju-Ryu starts with Sanchin and finishes with Sanchin. Particularly, it is said that Sanchin synchronizes "the body; breathing, and the mind". It is important not to forget that it is the heishu which promotes and supports the emotional, and tough physical strength characteristic of serious Goju-Ryu practitioners⁷.

⁵ The area located between and slightly above the eyes.

⁶ Refers specifically to the physical center of gravity located in the abdomen three finger widths below and two finger widths behind the navel.

⁷ In conversation, Sensei Shiomi also said that the objectives of Sanchin are to: (1) develop “eye power” by learning to focus in the distance with widened eyes and to create power from the Jo Tanden you have to have your eyes wide open; (2) to develop “muscle power” through isometric training; (3) to develop “proper breathing technique and power”; and (4) to develop “mind power” to learn to direct ki, to develop proper fighting spirit so your mind is not frightened when you enter combat.



Above, Shiomi explains the nuances of Kururunfa.

Sensei Akira Shiomi was born March 25, 1934, in Kyoto, Japan. He studied karate in high school for two years. Subsequently, he began training in Goju-Ryu karate (at the same time he wrote his Ritsumeikan University entrance exams). After graduation, in 1961, Sensei Shiomi was engaged as karate instructor at Ritsumeikan University.

He played an active role from 1981 to 1991 as All-Japan Karatedo Federation's National Team Coach. At the time of this seminar, he had served as a Japan Karatedo Federation Central Technical Committee member for ten years. Sensei Shiomi also served as the Vice Chairman of Japan Karatedo Federation Goju-kai, and is the head of the screening committee. He was also Vice President and Senior Technical Advisor of the Japan Karatedo Federation Goju-kai. He holds the rank of 9th Dan from Japan Karatedo Federation Goju Kai.

Seiwakai 50th Anniversary Yearbook

By Johnpaul Williams

Dear Seiwakai members.

As I've previously mentioned, in 2022 the 50th anniversary of Seiwakai is upon us and a celebration is well deserved. To earmark the milestone, I've begun organizing photos to archive as a 50th Anniversary Yearbook. The 50th Anniversary Yearbook shall become available during the summer 2022 Seiwakai Gasshuku in Omagari Daisen Akita Japan.

I would greatly appreciate photo submissions for inclusion from every member dojo and nation. Requested and recommended images include club or group photos, seminars (gasshuku), historic and memorable Seiwakai events. Photos of Tasaki Shuji, Dr. Kono Toshisada, Fujiwara Seiichi, Leo Lipinski, Takahashi Satoru, Vassie Naidoo, Takahashi Satoshi (Kai), Gurmit Singh, etc.

Also, please include as much information as possible with your submissions such as dates, event, location and names of those in the photo.

Submit images directly to gojuryu@gmail.com and please cc to SeiwakaiKarateSV@gmail.com for storage in our terradrive.

Thank you for your participation and I hope to see you all again in the summer of 2022.

Johnpaul Williams
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