

**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 60: May/June 2023**

All issues of the Pan-American Seiwakai Newsletter can be found online at:
<https://www.seiwakaiusa.com/pan-american-seiwakai-newsletters.html>

Send submissions to the Pan-American Seiwakai Newsletter to:
greatlakesseiwakai@gmail.com



Chojun Miyagi, Shihan: Goju Ryu Founder

Shuji Tasaki, Shihan: Seiwakai International Founder

Seiichi Fujiwara, Shihan: Seiwakai International President

Vassie Naidoo, Shihan: Seiwakai International Vice President

Craig Vokey, Shihan: Pan-American Seiwakai President

Seiwakai USA:

Mark Cramer: President

Vassie Naidoo: Advisor

Seiwakai Mexico

Marco Madrid: President

Vassie Naidoo: Liaison

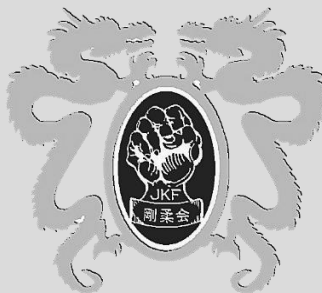
Official Representative for Latin
America Appointed by Tasaki Shihan

Goshukan Seiwakai

Mexico

Eusebido Montes: President

Vassie Naidoo: Liaison



Goshukan Seiwakai Canada

Craig Vokey: President

Vassie Naidoo: Liaison

Shuseikan Seiwakai Canada

Michael Beardwood: President

Vassie Naidoo: Liaison

Seiwakai Canada

Peter Brown: Representative

Vassie Naidoo: Liaison

Newsletter Editor:

Mark Cramer



Kawase Hasui: Lake Haruna, Spring (Ono Gintaro Seal)

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All Canada Seiwakai International Seminar 2023 March 31st, April 1st, and 2nd – Etobicoke (Toronto)



For the first time since 2018, Seiwakai Goshukan Canada was able to host its seminar with Fujiwara Shihan, and it was a tremendous success with nearly 140 people attending this three-day event. A special thanks go out to our fantastic hosts, Paulo Cardoso and Josephine Cardoso, who organized this international event which ran exceptionally smoothly.

As usual, Fujiwara Shihan provided us with excellent training in kata and practical applications from those kata. Also as usual, there was unparalleled Seiwakai comradery with all the people present at the seminar. Everyone had a good time training and learning together for three days.

Congratulations to all of the people who successfully graded at the Seiwakai and JKF Gojukai Shinsa. Your hard work and effort certainly showed in both your kata and kumite performances.

The following photos are the courtesy of Johnpaul Williams and Shiho Azuma-Williams.





Seiwakai Banquet



The Seiwakai Banquet punctuated the first two days of training. Good food and pleasant libation with our Seiwakai family gave the evening a festive atmosphere. Fujiwara Shihan presented certificates to those members who graded in Seiwakai and/or the JKF Goju Kai in California last November.

It was recently Fujiwara Shihan's 73rd birthday, and he was presented with a cake in the shape of his gi and obi which accurately included the kanji that he has on them.

Both Vassie Shihan and Fujiwara Shihan were presented Canadian Flags which were signed by the yudansha present at the seminar.



**By Reverend James Daly
Seiwakai USA Secretary**



Most people would say that total freedom with no cares or responsibilities in the world is the ideal way of living. On the surface it may seem to be perfect but living life from that perspective sets a person adrift without a solid foundation. The act of Commitment is a very powerful, energy releasing activity on this life journey. Commitment also provides a focus that attracts more and more energy during the period of fulfillment. That energy provides us with a feeling of “aliveness and accomplishment.”

One of the things that people look forward to as they get older is retirement. We have worked all our life to get to that retirement and now we can enjoy life. Unfortunately for many, retirement is when their energy begins to dwindle.

The Freedom that they are experiencing gives them little motivation to get up in the morning and look for something that will give them fulfillment and provide an opportunity to draw energy into their lives. A Commitment to a project or to volunteering with a Nonprofit or serving their community provides a kick start to that revitalizing energy flow. I don't see myself ever “retiring.” I love what I do, and I know that I can continue to make a positive impact on people until I breathe my last breath in this human form.

It doesn't matter your age or your status in life. Living your life to the fullest means setting goals and committing to achieving them. By doing so you are stoking the flames of desire and giving them the fuel to keep your physical, mental and emotional engine running strong.

Commitment is a powerful tool in life's toolbox. Commit to being a positive force on this life journey and watch as all the energy needed to fulfill your commitment is constantly drawn to you!

Peace and Richest Blessings Always

A Matter of Common Sense and a Matter of Equity

About a half dozen years ago I was describing to one of my classes the common procedures for performing Sanchin Kata at the Seiwakai seminar in Japan. I mentioned that it was typical for the men at the seminar to kneel, remove their gi tops, fold them, and place them on the floor to their right prior to performing Sanchin kata. I mentioned that women kept their gi tops on.

Then, one of my students asked why the gi tops were removed, and I responded that it was to watch for proper posture, proper abdominal breathing, and proper muscle contraction. However, I really wasn't prepared for the question that came next. One of my female students asked: "If the gi top is removed to check for proper posture, breathing, and muscle contraction, then why can't women remove their gi top if they are wearing a sports bra?" Then she followed up by stating: "It isn't as if a woman is exposing anything with a sports bra on."

I stood there thinking for a moment, and all that I could explain was that Japanese culture and US culture are very different. The rules of modesty in Japan are not the same as the rules of modesty here in the US.

Then came the really big question. "Why can't women here in the US take off their gi tops if they choose to and are wearing a sport bra?" I didn't have a good answer that would justify requiring female karateka to wear a gi top if basic rules of modesty were not violated. Sports bras are not revealing, so it seemed like common sense to give my female students the choice of removing their gi top while performing Sanchin kata if they felt comfortable doing so.

To be honest, I haven't had many women students choose to remove their tops during Sanchin kata, but a several have. However, all of my students have the same opportunity to demonstrate the skills that they are acquiring through their practice in Sanchin Kata.

Regarding Sanchin Shime for women, why not? I cannot come up with a good reason to exclude all women from this traditional Goju Ryu practice.

Below: Olympic Gold Medalist and 2-Time World Champion Sandra Sanchez Undergoing Sanchin Kata Shime in a Sports Bra



Canada, Mexico, & USA Form North American Karate Federation



The National Karate Federations of Canada, Mexico, and USA signed a memorandum of understanding to form the North American Karate Federation (NAKF), a regional subset of the Pan American Karate Federation (PKF). Federation presidents Craig Vokey (CAN), Samantha Deciderio (MEX) and Elisa Au (USA) signed the MOU during the North American Cup, held April 5, 2023, in Las Vegas, Nevada.

The NAKF will aim to increase collaboration in the region, with plans to organize tournaments, training camps and other events to strengthen the national teams. NAKF also plans to extend collaboration with other countries and regional federations, to advance karate in North America. Also in attendance at the North American Cup was Dr. Jose Garcia Maañon, President of the Pan American Karate Federation and 1st Vice President of the WKF. Also Mr. Tony Mendez, PKF Treasurer and WKF Executive Committee member.

66 athletes representing Canada, Mexico, and USA competed in the 2023 North American Cup. First place winners in each category qualified directly for the 2023 Pan American Games in Santiago, Chile later this year. The final qualifying event will be held in May in San Jose, Costa Rica.

Seiwakai Around the Globe



Goju Ryu Karatedo Seiwakai International

Seiichi Fujiwara



President

Satoru Takahashi



Vice President

Vassie Naidoo



Vice President

Ben Mare



**Director
Africa**

Gurmit Singh



**Director
Europe**

Abel Figueiredo



**Director
Europe**

Pal Gila



**Director
Europe**

Glenn Stephenson



**Director
Oceania**

Craig Vokey



**Director
Pan America**

Eddie Liu



**Director
Asia**

“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)

Dates for Seiwakai Seminars for 2023



Japan 2023

Seiwakai Seminar in Omagari, Akita Prefecture, Japan

- August: 9 through 15
- First Half: 9, 10 & 11
August 11 all day Special Training with All Japan Champions Nishiyama Kakeru and Ono Hikaru
- **August 12 morning session special training with All Japan Champions**
The remainder of the day is free time.
- Second Half: 13, 14 & 15
- August 15 we will finish early and the Seiwakai Testing to follow.
- Seminar fees will be 35,000Yen. The extra cost is to cover the expense of bringing in the All-Japan National Champions.
- **Accommodations & Registration** are through Glenn Stephenson Use the following link:
<https://forms.gle/ujJUeGsoSpYer3PbA>
- Links for Seiwakai and JKF Goju Kai Applications for Testing
https://www.seiwakaiusa.com/uploads/1/3/4/1/13416818/seiwa_kai__jkg_testing__application_form__form_5.pdf

Travel Day to JKF Goju Kai Events in Osaka – August 16

- JKF Goju Kai Seminar and Shinsa: August 17 & 18
- JKF Goju Kai Tournament: August 19 & 20

If you need an accommodation in Osaka for JKF Goju Kai Overseas Seminar and Tournament, please contact Mari Harrison on mari.harrison812@gmail.com

Mari contacted several hotels near the venue (Edion Arena in Osaka) and booked 35 rooms (double/twin rooms) in total for a reasonable group booking rate.

She is not a travel agent and does not get any commission so please be nice to her. You will be paying when you check in although cancellation fee will apply depending on the hotels.

Please let Mari know the below.


- Arrival Date / approx. time
- Departure Date
- If sharing a room, the name of person you are sharing with.

As there are limited rooms available, we cannot guarantee your room. Please contact Mari as soon as possible.


Seiwakai South Africa

September 8, 9, & 10


SEIWA-KAI AFRICA




VASSIE NAIDOO
HANSHI 8TH DAN




BEN MARÉ
KYOSHI 8TH DAN




POL GILA
KYOSHI 7TH DAN



PETER KLIPFEL
RENSHU 7TH DAN



JAY PADAYACHEE
RENSHU 7TH DAN



誠和会

JHB 8 - 10 SEPT 2023

SEIWA-KAI SOUTH AFRICA

ITINERARY

Friday 8th September 2023

17h00 - 19h00 3rd Dan and Above Kumite Training

Sat 8th September 2023


08:00 - 09:00	White - Brown Belt	Basics & Kumite
09:30 - 10:30	Blue - Black Belt	Basics & Kumite
11:00 - 12:30	Brown - Black Belt	Basics & Kumite
13:00 - 13:30	LUNCH	
13:30 - 15:30	Brown - Black Belt	Basics & Kumite
16:30 - 17:30	3rd Dan & Above	Kumite Seirin Tenho

Sun 10th September 2023

09:00 - 10:00	White - Green Belt	Basics, Kata
11:00 - 12:00	Blue - Black Belt	Basics, Kata
13:00 - 14:00	LUNCH	
14:00 - 16:00	Brown - Black Belt	Yudansha Prep
16:00	Yudansha Test	

PARTY 19H00

Contact: Ben Maré
+27 82 354 4535
seisenben30@gmail.com



ACCOMADATION

CITY LODGE

Uncapped WiFi
 Convenient location, close to major routes
 Café for Full English and Continental breakfast,
 lunch and dinner daily
 Sundowner bar
 Fitness room
 Sparkling swimming pool
 Boardroom
 24 hour reception and check-in
 Same-day laundry and dry cleaning
 Complimentary parking

VENUE

21 Carol Road, Silverfields, Krugersdorp,
 GAUTENG

Seiwakai Pan America

USA November 10, 11 & 12



Seiwakai Poland Seminar



WOLOW SEMINAR
16th-18th June 2023

剛柔流空手



President England Seiwakai
Shihan Gurmit Singh 7th DAN

SEIWAKAI POLAND
hosted by GOJU RYU WOŁÓW

The address: OSIR Wołów, Panińska 4a, 56-100 Wołów
for details call na contact: Peter +48 731445125, osensei.piotr@gmail.com



Dear Karateka,

I would like to invite you to Goju Ryu Seiwakai Seminar in Wołów on June 16-18. The seminar is led by Shihan Gurmit Singh 7th Dan, Co-Director for Europe and UK Seiwakai, President, appointed by Leo Lipinski and Hanshi Fujiwara Sensei. Amrit Singh, son of Shihan Gurmit, is also invited as a training assistant.

Shihan Gurmit Singh is an eminent Teacher and Karateka who in the late 70's to the first half of the 80's trained and lived in the Dojo of the famous Shihan Gogen Yamaguchi. In the late 80's Shihan Gurmit Singh, asked to represent the prestigious IKGA within the United Kingdom (International Karate-do Gojukai Association).

Shihan Gurmit Singh had the good fortune and honor to learn from Shihan Gogen Yamaguchi himself, and trained in personalized training sessions with Shihan Sakomoto and took part in regular high-level group classes.

Around 1986, Shihan Gogen Yamaguchi wrote a letter to Shihan Gurmit Singh to contact Shihan Leo Lipinski, who was flying to London. Shihan Gurmit invited him to his Dojo in Southall, where Shihan Leo Lipinski was very impressed with the high training standards of his students in the Dojo. Since then, they have remained on friendly terms with each other, visiting each other regularly and discussing Karate-Do. Soon after, they, together through discussions with Shihan Shuji Tasaki left the IGKA and formed Seiwakai Goju Ryu Karate-Do International.

Organization:

Price for the entire Seminar: PLN 150 or € 30

Price for 1 day: PLN 90

Price for children under 12: PLN 50

Thursday 15th June

17:00-19:00 training for chief instructors

Friday

17:00 Official Start

18:00 – 21:00 Training

Saturday

10:00-13:00 morning training

13:00-15:00 break

15:00-18:00 evening training

19:00 Sayonara Party

Sunday

10:00-13:00 End of the Seminar

Accommodation:

- Accommodation for chief instructors will be provided free of charge

- Accommodation for students 20 PLN/day

Transport:

Please contact me to arrange transport from Wrocław Airport to Wołów.

We will be happy to help and advise you on transport.

Contact: Peter

mobile: +48 731445125

whatsapp +4474 45468490

email: osensei.piotr@gmail.com

Seiwakai Hong Kong Seminar



From Eddie Liu

The 2023 Hong Kong Kata Seminar will be held on 8th July 2023, 13:00-17:00, Fujiwara Shihan has agreed to be the host for the seminar.

The 2023 Hong Kong Karate-Do Goju Kai (Seiwakai) Championship will be held on 9th July 2023, 09:00-17:00, there will be a celebration dinner in the evening at 18:00-22:00.

Fujiwara Shihan will be back to Japan on 10th July 2023.

All directors are more than welcome to visit and share your practices in the events mentioned above. Please feel free to contact me for further information.

Here are the plans of my visit to Japan in this coming summer, for your information.

On 9th Aug 2023, I will arrive in Tokyo with 10 students of mine.

On 10th Aug 2023, we will attend the Omagari kata Seminar.

All the accommodation has been well arranged. I will let you know the exact number of participants as soon as possible.

On 16th Aug 2023, I will visit Osaka with some of students to join the JKF Gojukai seminar and Tournament.

Seiwakai Slovakia Seminar

Dear friends and karatekas,

We would like to inform you about an upcoming Goju-Ryu Seiwakai seminar with Kyoshi Rastislav Mráz - 8. Dan to be held on June 24 (Saturday) in Lučenec, Slovakia. The seminar will be focused on the basic principles of the work with energy and its applications in kata and kumite.

For more information do not hesitate to contact us on rozloznik@gmail.com or [Peter Rozloznik](#) here on FB.

Špeciálny seminár GOJU RYU karate do SEIWAKAI Slovensko v Lučenci



PROGRAM :

- Základná technika, kihon, kihon-ido
- Majstrovské kata
- Bunkai kata
/Bojový význam technik/
- Práca s energiou
- Goju kumite
- Bonus – nájsť náhradný zdroj energie špeciálne pre Bujutsu/bojové reálne karate/

TERMÍN : 24. JÚN 2023
ČAS : 10.00 – 12.00
14.00 – 16.00
CENA : 35 €

Športová hala ARÉNA
Artézskych prameňov 3394
984 01 Lučenec
Ubytovanie :
Možnosť ubytovania na letisku Boľkovce . Zúčastníkov poprosím o rezervácie do 30. mája 2023 na horeuvedené číslo volať! /cena : 15€ / . Zároveň Vás pozývame na občerstvenie po tréningu na letisko Boľkovce(5km od Lučenca).

Kontakt:
+421 905 603 057 attila.veszelka@gmail.com

Vedie najúspešnejší reprezentačný tréner seniorov a majster sveta
Kyoshi Dr.Rastislav Mráz – 8.Dan

Seiwakai Seminar in Australia

By Rene Tleige



We had the pleasure of training with the president of Goju Ryu Karatedo Seiwakai, Hanshi Seiichi Fujiwara. Thanks to the Shihans Glenn Stephenson and Stacey Karetsian for bringing the world's best to Sydney.

Seiwakai India Seminar
Taught by Glenn Stephenson
May 13 and 14



Seiwakai India Seminar
May 17 & 18



Seiwakai Europe Seminar Lisbon Portugal

May 19 – 21

Taught by Paul Coleman, Rastislav Mráz, Pal Gila, Gurmit Singh, and Abel Figueiredo



Ten European countries and 110 participants pre-registered for the seminar, and many more attended this event. This seminar was a very good demonstration of Seiwakai-Europe unity; it also demonstrated a sense of purpose for Seiwakai Europe.

Both Shihan Fujiwara and Shihan Vassie are pleased that the leadership of Seiwakai Europe adapted to changing circumstances and ensured the success of this fantastic event.

