

**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 61: July/August 2023**

**All issues of the Pan-American Seiwakai Newsletter are Dedicated to Accurately Reporting Seiwakai Events, Goju Ryu News, and Karatedo History & Philosophy.**

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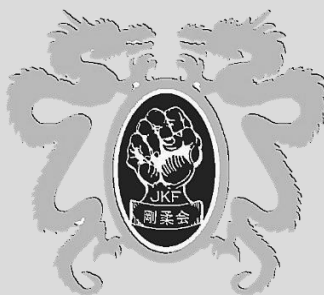
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**Vassie Naidoo: Liaison**



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**Kawase Hasui: Sunset at Ichinokura**

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## Sad News – The Passing of Cristina Madrid



Cristina Madrid recently passed away and will be greatly missed by all who knew her. She was a wonderful person, a fierce karate competitor, and a consummate professional who touched our hearts.

She was a Rokudan in Seiwakai who had a long and storied competitive career. In sport karate, she was a long-time member of Team Mexico and competed at the Mexican National Championships, the Pan American Karatedo Championships, the Pan American Games, and the WKF World Championships winning medals at each level.

Throughout her martial arts career, Cris received many distinctions as an athlete. In 1997, La Unión de Morelos awarded her the distinction of Most Outstanding Athlete, and in 1999 she was awarded El Luchador Olmeca (The Olmec Fighter). In 2019 she was inducted into the Jalisco Hall of Fame as a pioneer of women’s karate.

Additionally, Cris was actively involved in promoting women’s issues in sports in Mexico and with Seiwakai International. She was Director of the Mexican Karatedo Federation’s Women’s Commission and a member of Seiwakai International Women’s Advisory Board.

Professionally, Cris was a lawyer working for the Institute of Basic Education for the State of Morelos until 2019. From 2019 until the time of her death, she was in charge of the Sport Development Department of the Poblano Sports Institute.

Cristina Madrid was such a positive force in this world, and it is difficult to realize that she is gone. She will be long remembered by everyone whose life she touched.



**Upcoming Events**

**Pan America Seiwakai Seminar 2023**

**USA November 10, 11 & 12 In Los Angeles – Save those dates!**



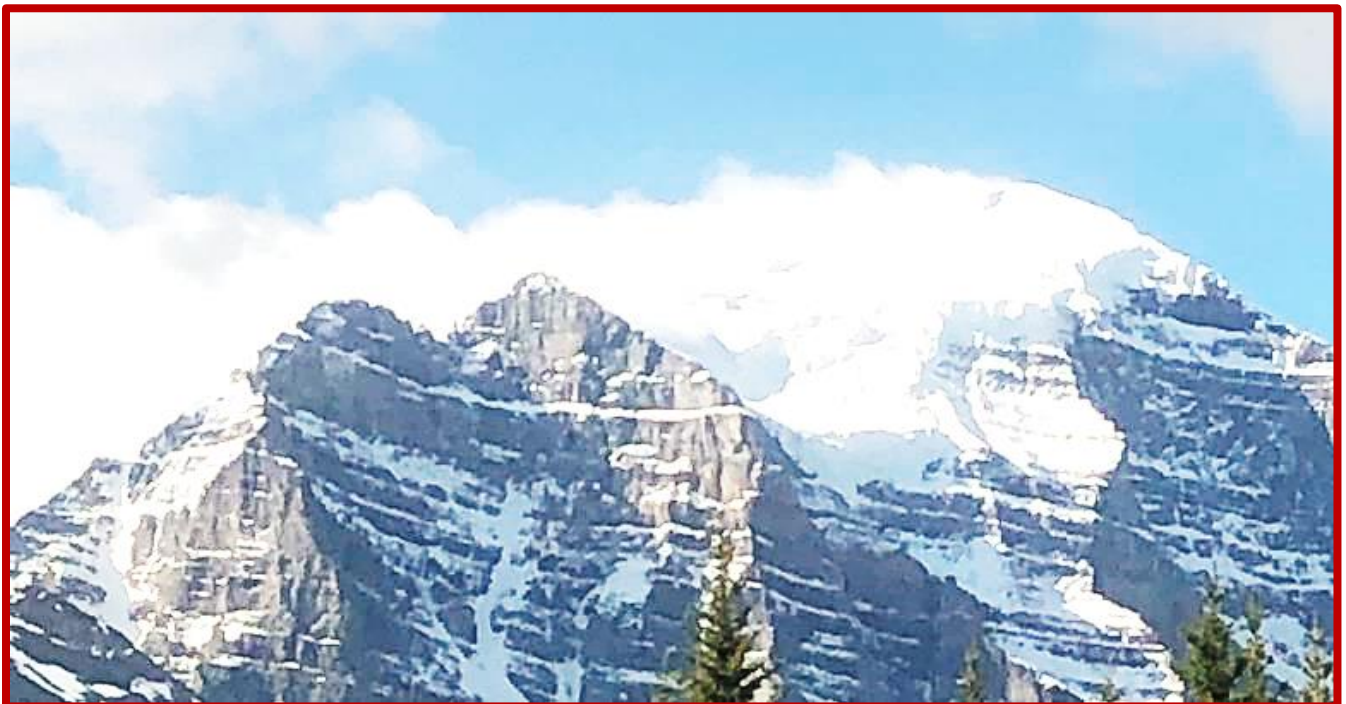
**Registration and hotel information will be included in the next issue of the newsletter.**



**Canada Seminar 2024**  
**From Douglas Smerek**  
**May 3, 4, & 5, 2024**  
**Save Those Dates for Next Spring**



The dates have been confirmed for **2024**. Fujiwara sensei will be in Calgary May 3-5, **2024**. More info will be forthcoming. Everyone in Seiwakai is invited to Calgary Alberta to train and stay for a holiday in the mountains. <https://www.travelalberta.com/>





## Past Events and News

### **W.A.C. and S.I.W.A.B. News**

#### **She May Want to Try Shime**

**By Emily Mata**

Recently, discussions surrounding women and shime practice have blossomed amongst women Seiwakai karateka. To continue the conversation, members of both the Women's Advisory Committee and Seiwakai International Women's Advisory Board met multiple times over the past few months to share our thoughts and experiences on the subject of our gender and shime. All had different experiences in their shime practice – some had never done it, some have had light variations of it, and others have had the full-contact experience. It all came down to what their sensei permitted.

We understand that the majority of our senseis are men, and that not all of them are comfortable with striking women or being seen (or recorded) performing shime on women by spectators in the dojo. It was agreed upon that shime performance (doing the striking) and shime practice (being struck) for women should be managed on a dojo-to-dojos basis. What we proposed as a solution to the senseis who are uncomfortable with performing shime on women, though, is to train higher-ranking women students in our dojos in the performance of shime so that more have the option of practicing it. This would increase numbers of women karateka experiencing both sides of shime. SIWAB could hold a seminar online to educate a wide audience of women karateka in shime performance, and the senseis in their dojos could add additional direction if necessary. In the most recent online meeting, a small group went over proper shime performance and it was quite successful.

Some who have never participated hadn't done so because their senseis didn't feel comfortable striking them in such a manner. Others opted out due to trauma or discomfort with being struck or touched. Both are completely reasonable – there should be informed consent on both sides of the equation, and an option to simply not participate if there is extreme discomfort.

Another topic that came up in our discussions was the practice of removing the gi top during shime. All of the things we check for when performing shime can be tested just fine with gi tops on – breathing, tension, focus, technique, and balance. We remove our tops because it makes the testing easier, and it's a custom – but it's not necessary, no matter the gender. Some women suggested the ability to remove their gi tops for shime, since most wear a T-shirt or at least a full-coverage sports bra under their gi tops. This also comes down to the sensei's discretion. Some dojos let the women choose based on their own comfort, and others don't offer the option. It was suggested that discomfort with women having only sports bras on in the dojo could be solved by holding closed classes for shime practice with just women practitioners in the room.

Our goal in this organization is equality. We train beside each other as equals regardless of gender. We don't want to force shime upon more women, but to simply give them all the option to practice it.



## Goju Ryu Seiwakai Chile

We had an excellent Gasshuku in the City of Ovalle with pleasant camaraderie and the participation of our Dojos of the Metropolitan Region, San Bernardo, San Bernardo Centro, Melipilla and Florida, 5th. Region, Quilpué, Valparaiso. The host was the Ovalle Club Daen Katachi.



# Wabi Sabi

## The Beauty of Impermanence and Imperfection



Photo by Dianne Jackson

With the smoke and ash from the wildfires in Canada drifting southward, our air quality index has been in the “very unhealthy” range. However, this pollution has also produced some stunning sunsets with a red sun and an orange sky. One evening as I was driving home after teaching karate in Michigan, I noticed a blood-red sun low on the horizon. I watched it (when I could) for several minutes as I drove westward. Just as it began to sink below the tree line, it was time for me to turn south toward my home in Ohio. The fleeting beauty of those few minutes was quite enjoyable.

In the photo above, the red sun, the orange sky, and their reflection in water, debris, and mud near an industrial complex hardly fits the classical Western definition of beauty, yet it is difficult to deny the unique beauty that this photo captures.

Both are examples of wabi sabi – the beauty of impermanence and imperfection – which is an integral part of Japanese aesthetics. It is a concept of art, a philosophy of life, as well as a feeling that arises within each of us. If you have ever admired something that was doomed to disappear or found beauty in something that is imperfect, then you too have experienced wabi sabi.

<https://japanobjects.com/features/wabi-sabi>



# 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**



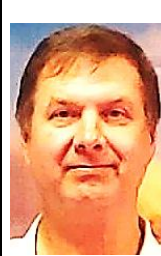
**Director  
Europe**

**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)*

Upcoming Events  
**Japan August 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.
- August 15 the Seiwakai Party will be held at 7pm. Seiwakai is planning a tribute to Cristina Madrid and her life of karate service at the party.
- 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](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

**Seiwakai South Africa Seminars**  
**Johannesburg: September 8, 9, & 10**  
**Cape Town: September 15, 16 & 17**  
**Durban: Date to be Determined**

### SEIWA-KAI AFRICA





**VASSIE NAIDOO**  
HANSHI 6TH DAN



**BEN MARÉ**  
KYOSHI 8TH DAN



**POL GILA**  
KYOSHI 7TH DAN



**PETER KLIPFEL**  
RENSHI 7TH DAN



**JAY PADAYACHEE**  
RENSHI 7TH DAN



**JHB 8 - 10 SEPT 2023**

### SEIWA-KAI SOUTH AFRICA

**ITINERARY**

Friday 8th September 2023

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

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Sat 9th September 2023

08h00 - 09h30	White - Green Belt	Basics & Kumite
09h30 - 10h00	Blue - Black Belt	Basics & Kumite
10h00 - 12h30	Brown - Black Belt	Basics & Kumite
12h30 - 13h30	LUNCH	
13h30 - 15h30	Brown - Black Belt	Basics & Kumite
15h30 - 17h30	3rd Dan & Above	Kumite Sandan Tenho

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Sun 10th September 2023

08h00 - 10h00	White - Green Belt	Basics, Kata
10h00 - 13h00	Blue - Black Belt	Basics, Kata
13h00 - 14h00	LUNCH	
14h00 - 16h00	Brown - Black Belt	Yudansha Prep
16h00 - 17h30	Yudansha Test	

**PARTY 18H00**

Contact: Ben Maré  
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seiseiben30@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

## Past Events and News

### **Poland Seminar**

**From Gurmit Singh**



The Poland Seminar was a resounding success with members attending from all over Poland, Germany, and Slovakia. The whole seminar was focused on the detailed study of the "Principles and Fundamentals" of Goju, required for Kumite.



**Seiwakai Germany Seminar**  
**With Pal Gila Shihan**  
**By Gerrit Kretzschmar**  
**Submitted by Vivienne Kiss**



The Seminar took place on April 28<sup>th</sup>, 29<sup>th</sup>, and 30<sup>th</sup> in Burkhardtsdorf, Germany and was taught by Pál Gila Shihan. This was his fifth time teaching in Germany so far this year. The seminar included students from Germany, Slovakia, Czech Republic and even a student from Dubai (UAE) who flew in just for the seminar.

**Friday** (Friday: 6-7:30 p.m.)

After a short warm up, Pál Gila Shihan did Kihon with the whole group training and explaining basic techniques, especially Ura Tzuki. He focused especially on Shiko-Dachi and the movement forward, backward and 45-degrees. Pál Gila Shihan explained the correct execution and movements in concurrence with hand movements, Harai Uke in particular.

After that, he emphasized on Sanchin Dachi and the correct movement in that stance explaining not only the posture but muscular and anatomic specifics as well. Afterwards we practised Kata Sanchin.

## **Saturday** (10-12:30 a.m. and 2.30-4:30 p.m.)

After a short warm up we repeated the Kihon from the previous day.

Next, we continued with Kata Sanchin and Tensho. Pál Gila Shihan pointed out key elements and thus showed us the differences and similarities between the two Kata and how to best practice the two Kata. Thanks to our interpreter, Pál Gila Shihan could convey details concerning breathing and muscular tension especially for the back muscles.

Afterwards we practised Geki Sai Dai Ichi, Geki Sai Dai Ni and Saifa as a group. Here, Pál Gila Shihan focused on correct timing and especially correct footwork.

In the afternoon session, we split in groups according to our next Dan-testing. Each group practised Kata under close supervision of Pál Gila Shihan. The participants under Sho-Dan practised Gekisaidai Ichi, Gekisaidai Ni and Saifa, Ni-Dan practised Seiyunchin, San-Dan practised Sanseiru, Yon-Dan practised Shisochin, Rokku-Dan practised Seisan.

First, we had to practice the Kata slowly several times before going full speed. Pál Gila Shihan corrected every group as well as giving guidance for individuals until the end of the training session.

## **Sunday** (10-12:30 a.m. and 2:30-4:30 p.m.)

We did a short warm up before continuing doing Kata in groups as we did Saturday.

Pál Gila Shihan showed great patience especially with the under Sho-Dan group who focused on Kata Saifa. He showed correct movement, stance as well as timing.

For the higher-level students, he took a very close look at the individual Katas and continued to show correct movements, application and providing detailed knowledge and practising tips. He answered every question from any student and if he deemed necessary, shared the information with the whole group.

For the afternoon session we did basics for Kumite. Pál Gila Shihan focused especially on footwork and correct movement which we trained extensively individually and with a partner.



**Congratulations to Hong Kong Seiwakai Member Tsang Pak Yin for Winning the Gold Medal at the 2023 WKF Karate1 Youth League Cadet Male Kata held in Croatia.**





**SEIWAKAI SOUTH AFRICA STUDENT EXCELS  
WINNING the SPORTSWOMAN of the YEAR AWARD 2023**



Danielle Van Wyk, who won the Sportswoman of the Year, trains with Emma Wentzel and Morgan Moss in South Africa.