

**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 58: January/February 2023**

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

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Vassie Naidoo: Advisor

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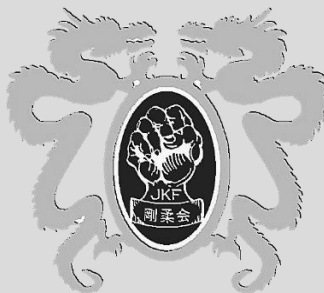
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Seiwakai Canada

Peter Brown: Representative

Vassie Naidoo: Liaison



Kawase Hasui: Snow at Seichoen Garden

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Happy New Year
The Year of the Rabbit
Akemashiteomedetōgozaimasu



Happy New Year, and welcome to the Year of the Rabbit or more precisely, the Year of the Water Rabbit.

There are twelve animal signs in the Japanese zodiac – rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and boar.

Additionally, there are five elements associated with each animal in the twelve-year cycle – fire, earth, metal, water, and wood. Consequently, your animal zodiac sign will occur every twelve years, while your specific animal and element zodiac signs will align only once every 60 years.

If you were born in 1939, 1951, 1963, 1975, 1987, 1999, 2011, or 2023 this is your zodiac year in the 12-year cycle. If you were born in 1963, this is a once in a lifetime animal and element alignment; your animal and element zodiac signs have made their complete 60-year cycle.

Ringing in the New Year (Joya no kane)

At 11:00 PM on New Year’s Eve, Buddhist temples throughout Japan began ringing their bells (bonsho). The bells rang 108 times with the last ring occurring at the stroke of midnight on New Year’s Day.



In the Buddhist tradition, the number 108 represents the worldly desires that cause human suffering, and the bell ringing signifies that these negative desires can be left behind in the outgoing year. (As a point of interest, Suparinpei 壱百零八 means 108.)

A New Year's Message from Fujiwara Shihan



Seiwakai members, who are bound by strong ties, gathered from around the world. Those who participated (in the Seiwakai Seminar in LA) came from not only the United States and Canada, but also from as far away as South Africa and Hungary.

The fact that we were able to hold an instructor only seminar made me very grateful, and I am especially thankful to the representative leaders who led the seminar.

Although the three-year hiatus caused misunderstandings, because of this seminar many people were able to restore and create bonds by sharing our thoughts and feelings. This really reaffirmed the importance of communication for not just me but everyone.

Seiwakai has spread all over the world. I would like to especially thank Leo, Gurmit and Vassie who have made significant contributions in Seiwakai's spread and development.

Currently, after Leo, my colleague Vassie has done a spectacular job taking leadership in the organization and assisting me.

It has become the twelfth year that I have succeeded the late Tasaki Shihan. I understand best that I am unable to do some things as well as Tasaki Shihan.

During this time, I was able to nurture and guide many instructors and high-ranking members of Seiwakai. This is because Tasaki Shihan was a master of kumite, so the strong students were not able to rank up easily.

Tasaki Shihan made me meet many other Senseis and provided me the opportunity to learn Kata. This has become the way and inspiration for me to learn Kata.

We can cover 5th dan up with kumite, however 6th dan and above is judged by form (kata), so everyone who is strong at kumite had a hard time. My sensei knew best that I could not teach in the same way, so he chose a different path for me wherein I studied Kata for 20 years. Therefore, Kata became my property and my teaching style. My sensei passed away seeing my development in this way.

Seeing how many overseas students are active as instructors, I do not think the path Sensei chose for me was wrong. He was right in his decision.

From now on, the time has come for Vassie and me to nurture and develop the next leaders of the association. Although it will be a harsh and arduous road, we have to create someone with strong will and mental strength who can endure anything.

I'd like to address a phrase that embodies the spirit of Seiwakai – Shingi Fudo 信義不動 (unwavering fidelity). This means to follow and believe without hesitation in something you have decided upon.

Believing is a skill and way of life that only the strong can achieve.

藤原聖一

Fujiwara Seichi

A New Year's Message from Vassie Shihan We Need to Train Harder



Seiwakai is the premiere Goju Ryu organization in the world, and we must constantly strive to keep it that way.

At seminars and at gradings I have noticed that the fitness and conditioning levels of many of our members is not what it should be, and consequently candidates for grading cannot properly execute their techniques or perform their kata. To be honest, some of these candidates should not be standing in front of a shinsa panel.

I believe that many people have been skipping rigorous conditioning because it's difficult, but rigorous conditioning is essential for all traditional Goju Ryu karateka. These exercises should include stretching, running, sprinting, jumping jacks, pushups, abdominal exercises, and more. This type of conditioning is essential so that your muscles can properly work in synchronization with one another in kihon, kata, and kumite. This conditioning is also preventative medical "insurance" in that it will help avoid injuries and will lead to a more satisfying life.

Conditioning should not begin a few weeks before a seminar or a shinsa; it needs to be an ongoing routine of every instructor and every student. Additionally, as we age fitness becomes more and more difficult particularly if we don't keep up with it.

We need to turn this trend around and ensure that Seiwakai remains the premiere Goju Ryu organization in the world. Make it your New Year's resolution to raise your level of fitness and keep it throughout the years to come.



Great Lakes Seiwakai Spring Gasshuku, Shinsa, and Shiai With Vassie Naidoo Shihan – March 17th through 19th 2023

This coming March 17th through 19th, Great Lakes Seiwakai will be hosting their annual Goju Ryu Karatedo Seminar and Seiwakai Friendship Tournament after a three-year pandemic hiatus.

This seminar will be taught by Hachi-dan Vassie Naidoo Shihan who is the Vice President of Seiwakai International, and President of the JKF Goju Kai USA. Vassie Shihan will be assisted by Nana-dan Mark Cramer Shihan, President of Seiwakai USA and other highly qualified Seiwakai instructors.

Vassie Naidoo Shihan is well known throughout the international traditional Goju Ryu community as a superbly knowledgeable instructor who trained directly under Gogen Yamaguchi, Shuji Tasaki, Leo Lipinski, and Seiichi Fujiwara.



Schedule of Events

Friday, March 17th 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 18th Douglas Rd. School -- 6875 Douglas Rd; Lambertville, MI 48144

- Session 2 – 10:00 to 11:30
- Lunch Break
- Session 3 – 1:00 to 3:15
- Shinsa 3:30 – Seiwakai
- Banquet – 7:00 to ? Location *TBA*

Sunday, March 19th Seiwakai Friendship Tournament Douglas Rd. School 6875 Douglas Rd

- 10:00 to 5:00 Kata and Kumite (1st through **dual** 3rd place metals will be awarded.)
No food or drinks (except water and clear sports drinks) will be allowed.

Fees – Seminar

- All three days \$50 total (Make **Checks** Payable To: **Mark Cramer**)
- Family Discount: **Two** family members – \$85 / **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-Seiwakai) 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 \$79.99 for a king and \$87.99 for a double queen room. Make reservations ASAP and mention **Great Lakes Seiwakai** to get this fabulous discount.

TSA STUDENTS: This is a required performance for the 2022-2023 schoolyear. Failure to participate in the performance will result in the student being given written assignments.

ALL SEIWA KAI STUDENTS:

Peepees 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 (approximately 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 - 3rd Place – Gold, Silver, & Dual Bronze Medals

INFORMATION – Mark Cramer – greatlakesseiwakai@gmail.com

REGISTRATION – Participants from out-of-town register at the door. Local participants register through your Sensei or their designee.



**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 _____ (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.

Seminar/Tournament Apparel

Tee Shirts, Hoodies, and Zip-up Hoodies with the names of all seminar and tournament attendees (registered by March 1st) will be on the back with the double dragons surrounding the JKF Goju Kai Fist. Great Lakes Seiwakai Goju Ryu Karatedo (in Japanese Kanji) will be on the front. The garment is black, and the lettering is white (as shown).



Order at: https://shopsli.com/great_lakes_seiwakai/shop/home

This QR will also take you to the shop.

Orders must be placed by Feb. 16 to allow time for the company to print the shirts and hoodies.



Prices:

- Tee-Shirts \$18.95
- PosiCharge Competitor Tee \$20.95
- Long Sleeve Tee-Shirts \$22.95
- Crewneck Sweatshirt \$26.95
- Hoodies \$29.95
- Zip Up Hoodies \$35.95

Adult and child sizes are available.

Pick up your order at the seminar/tournament. (Saturday or Sunday)

A New Year and New Opportunities with the Seiwakai Women's Advisory Board

By Terri Herrera-Pounds



Happy New Year to our entire Seiwakai family! 2022 was a great year for the Seiwakai Women's Advisory Board (SIWAB), despite the challenges of a pandemic. In fact, we learned to be more creative in our ability to reach out to the women of our Seiwakai organization. And in doing so, we were able to reach across the globe to even more women.

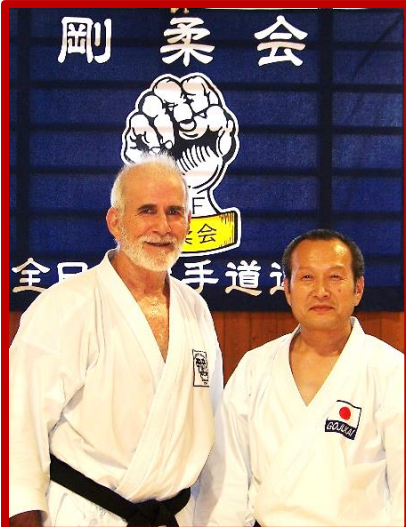
The mission of the SIWAB is not to segregate Seiwakai women from the men, but rather to encourage and inspire our women Karateka, while promoting our organization. As the SIWAB prepares for 2023 and the fourth year since our inception, we want to encourage not only the women of Seiwakai, but the men as well, to keep informed of the opportunities being brought forward by the SIWAB. To kick off this year, the SIWAB has three exciting announcements:

- On March 20th, the SIWAB will host its first online women's seminar of the year. Two sessions (2 hours each) will be held so Karateka around the globe can participate. For our participants from the USA, Canada and Mexico, session 2 will take place at 9am PST; 11am CST; 12pm Toronto time and 10:00am Mexico time. Guest instructors to be announced. The seminar is free, though donations are gratefully accepted.
- Last year, the SIWAB organized an online Kata Tournament that was very well received. Participants videoed themselves running an 'approved' Kata, and then uploaded for judging by Seiwakai men and women during a two-day period. Participants who placed in the top three of their group received a personalized e-certificate. For 2023, the SIWAB is preparing for another online Kata Tournament. Dates are being finalized, so stay tuned for more information.
- And lastly, the SIWAB has a new Facebook Page, *Seiwakai Women International*. This page is a public page that was established to be open to more Karateka of Seiwakai.

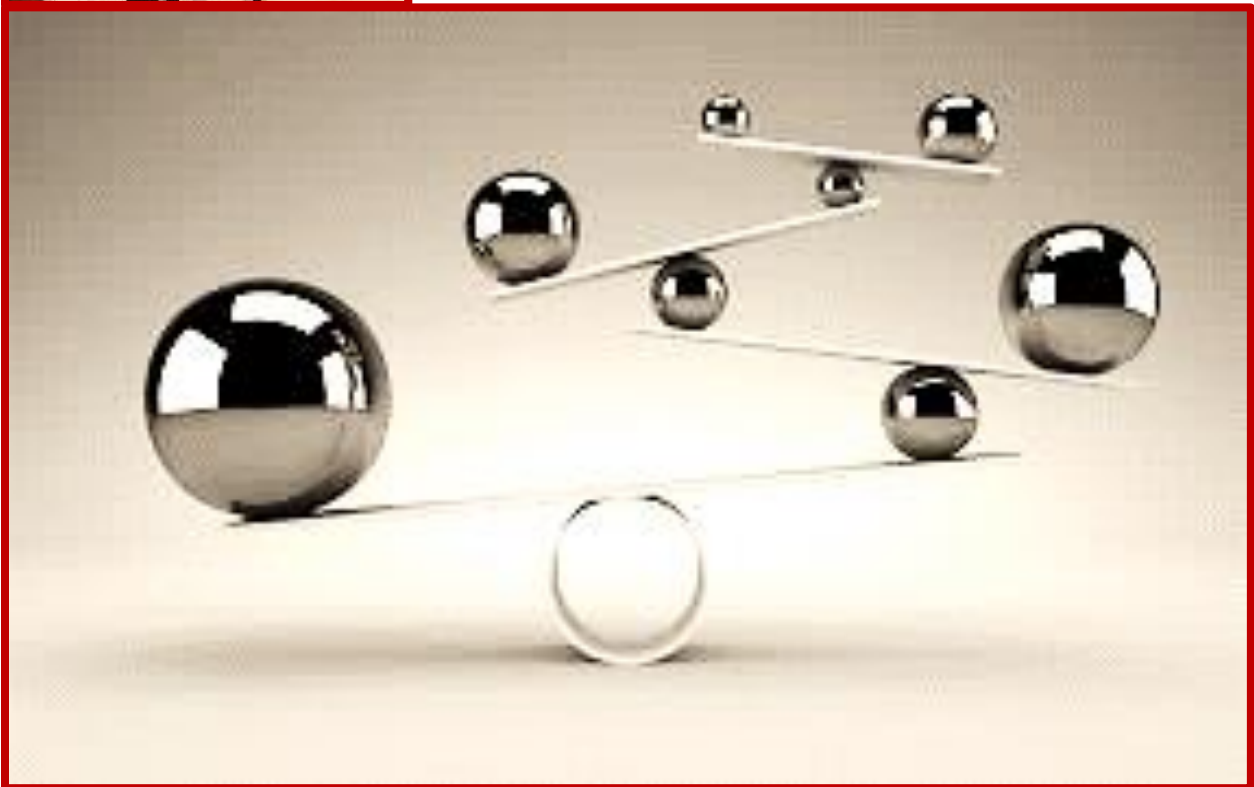
For questions about these happenings, or other questions, please reach out to the SIWAB board at siwab2019@gmail.com.

A QUESTION OF BALANCE

By Jim Pounds



We participate in an art that can be both beneficial and depleting to our bodies. The key to our long-term participation is balance and mindfulness, especially as we grow older. What was once easy in your teens and twenties may become detrimental and increasingly difficult over your years as karateka. The beauty of karatedo is that it transcends mere sport in that it is something that can be done for a lifetime, provided we make the necessary adjustments as we go. The ability to practice karatedo for many years is built into the kata and strong respiration of Goju-Ryu, the stretching and strengthening, and the inherent cardio workout of karate training. If one makes the necessary adjustments in tempo and duration in their practice, it is possible to train for a lifetime.



What are some of these adjustments and best practices that make it possible to train for many years?

Frequency:

Most injuries and sore bodies are the result of infrequent training. Like an automobile engine, our bodies need to run regularly at higher revs and temperatures to stay clean and functional. If we

train once every two weeks with a typical class, our bodies are cold-starting – muscles and tendons are not warmed, lubed, and flexible so we run the risk of injury or to excess wear and tear at minimum, which leads to chronic soreness. This infrequent training syndrome creates a self-perpetuating cycle -- lack of training, injury, lack of training, injury. In order to avoid this cycle, we need regular training of the intensity that karate demands. The most common recommendation seems to be three times a week. If your dojo doesn't offer three opportunities a week you need to self-practice in order to bring your frequency up to three times. More is fine, but perhaps it is most beneficial to incorporate “flow workouts”, which are less strenuous, after the prescribed three per week.

Conversely, we also need rest for rehabilitation and peak performance. Most of us are too busy and don't get sufficient rest or down time. If you feel constantly flat and uninspired in your training, that's an indicator you need more rest and probably the relief of cross-training.

Cross-Training:

Although karate training is about as comprehensive as sport training can be, for maximum effectiveness we also benefit from other training to compliment what we may not be getting through karatedo. Often the supplemental training most needed is for flexibility – yoga and swimming are two great examples. Look for an activity that elongates the muscles and lubricates the joints. Karate training tends to compress certain areas of the body because of the high impact activities and the mechanics of kicking particularly. Our hips, knees, and lower backs get compressed which can lead to bone-on-bone arthritis over time. To balance this tendency, we need lengthening activities which create space and allow fluid back into the joints and to hydrate the connective tissues.

Swimming offers buoyancy, increased cardiovascular capability, strong respiration, and physical elongation. Yoga is another great cross training activity for karateka. Many Goju-Ryu practitioners may not know that Gogen Yamaguchi Hanshi, the founder of Japanese Goju-Ryu, was an accomplished yogi as well. The two arts blend well as they balance the hard *yang* (outward) energy of karatedo with the softer, nourishing *yin* (inflowing) energy of yoga. Consider that Goju-Ryu – the way of hard and soft, linear, and circular – already contains more of that blended energy than most martial styles, and that sense of familiarity is perhaps what appealed to Yamaguchi Hanshi.

I have been a student (and former teacher) of Kundalini Yoga since 2004. I was drawn to yoga by a persistent feeling of physical depletion from constant overtraining in karatedo. Karate energy is yang energy and too much of it can deplete us and leave us imbalanced. I also was experiencing constant pain in my lower sacrum. Within a month of parallel yoga practice, I felt so much more energized, and the sacrum pain vanished as well. The added benefit was an added sense of well-being. Needless to say, I was hooked.

For cardio cross training, as well as for enhancing hand-eye coordination, quick-twitch muscle response, and development of both body hemispheres I recommend handball. Since there is no racket involved to extend our reach, we must use the natural extents of the body and use both left and right sides equally, whereas with a racket we are hand-dominant to one side only. An added benefit to handball is that the intense bursts of speed and cardio frequency required mimic the pacing of kumite better than running – and seems to pound the joints less.

Nutrition and Hydration:

I would warrant that intense long-term training in classical karate is as taxing as training for a marathon, and because it is, we would be wise to pay constant attention to diet, supplements, and hydration.

Our bodies need clean fuel to rebuild on a cellular level. We can glean much from looking at the traditional diet and eating preferences of Okinawa and Japan. First of all, presentation, seasonality, and variety are very important in the traditional diet. If it looks good (presentation) and offers a variety of color, texture, and taste (assorted small bowls) we are stimulated to eat and enjoy. A paper-wrapped line-cooked burger, greasy fries, and a sugary soft drink are not even close.

Traditional Japanese fare consists primarily of live and fermented pro-biotic rich foods, clean protein, fresh vegetables, rice, and more likely fish than heavier meat protein. Another observation is the traditional breakfast is a high protein start to the day instead of sweet carbohydrates, which can put our bodies onto a glycogen roller-coaster all day as those carbs are synthesized into sugar. You simply feel different (better!) when your breakfast consists of miso soup, ume plums, a small portion of grilled fish, soup, and a small salad. These foods also keep the body in a more alkaline state. Many diseases, and cancer in particular, thrive in a more acidic environment.

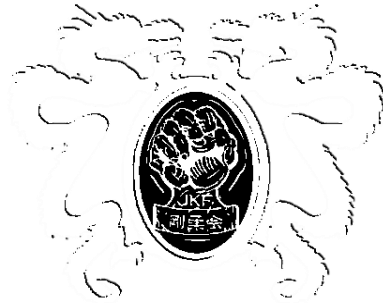
A general rule of thumb is if what you eat makes you feel heavy, bloated, or tired quit eating it. Your body is spending more effort digesting than the benefit it is receiving from the food.

Many adult karateka I know like to drink alcoholic beverages. Drinking alcohol is an inherent Japanese custom, possibly because it also eases the strict social rules and edicts of their society. Drinking allows one to let the hair down so to speak, thus its popularity in Japanese societal activities. And since karatedo is a Japanese art, drinking is ingrained. But, as they say, too much of a good thing is not such a good thing. I'm not here to preach about the long-term effects of alcohol, I just want to say that alcohol is a dehydrating element and to drink to excess after training, especially during long-duration Gasshuku events exacerbates dehydration. We lose so much body fluid from sweating and respiration while training, we need to constantly rehydrate, not further dehydrate ourselves. I speak from my own experience!

Many karate practitioners swear by supplements of vitamins, minerals, and homeopathic remedies. Since we also hear so many conflicting messages about whether supplements are necessary or even beneficial at all, we must decide for ourselves what works or doesn't. For example, some people swear that glucosamine works wonders on their joints, whereas I can't tell any difference when I take it. We are all different. That being said, there are several supplements I find beneficial. I take daily doses of Co-Q-10 for heart health and cellular regeneration, Vitamin C, Vitamin D, and Calcium-Magnesium in addition to a good multi-vitamin, which provides the B vitamins, iron, and trace minerals I may not get. Most of our vitamins are water soluble, so we lose a lot through sweating. I've found vitamins make me feel better in general but eating well is always most important for health. If you eat a lot of fast food and over-processed junk, you probably need vitamin supplements. If you eat well, you may not.

In summation, the beautiful thing about this art is that we can do it for life if we have a mind to. Paying attention to how we eat, what we eat and drink, and how we counter the excesses of our training can help us to do that. After all, it's simply a question of balance.

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



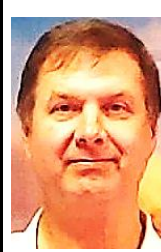
**Director
Europe**

Glenn Stephenson



**Director
Oceania**

Craig Vokey



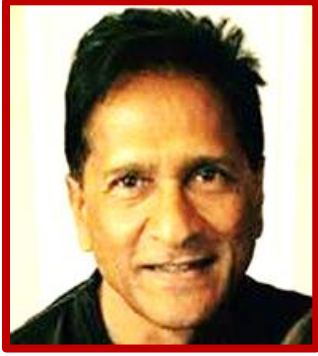
**Director
Pan America**

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)



From Vassie Naidoo Shihan

I recently had a long talk with Fujiwara Shihan with my translator. He was very happy that Pali Gila was added to the Directorship in Europe. This addition will strengthen Seiwakai in Europe. A constitution is in the process of being written which will ensure that everyone works together, and that everyone adheres to a chain of command.

We also selected dates for Seiwakai Seminars for 2023.

JAPAN 2023

Seiwakai Seminar in Omagari, Akita Prefecture, Japan

- August: 9 through 15
- First Half: 9, 10 & 11
- Free Day :12
- Second Half: 13, 14 & 15

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

Canada:

- Toronto, March 31 April 1 & 2

Australia:

- Sydney: Seiwakai April 18 & 19
- JKF Goju Kai, April 21 & 22, Fujiwara Shihan Departs Akita April 16, and Departs Australia April 24.

Portugal:

- May 19, 20 & 21

Pan America:

- USA November 10, 11 & 12

South Africa:

- September 2023 (Specific dated will be determined later.)

In Europe

- One year in London and the next year in another European Country and has to be determined by the 3 Europe Directors
- 2024 will be in London.

In Canada

- Toronto and Calgary will alternate.
- 2024 will be in Calgary (only if every Seiwakai Dojo in Canada is invited).

Everyone Needs to Follow Seiwakai Protocol

From Fujiwara Hanshi

Seiwakai Protocol for Communication with Honbu Dojo and Fujiwara Hanshi

The communication protocol that has been established is as follows:

1. Vice President International – Vassie Shihan
 - Responsible for coordinating all requests to Fujiwara Hanshi outside of Japan.
2. Requests to Japan / Fujiwara Hanshi must be sent to, and discussed with, Vassie Shihan first.
 - Once the request is discussed, Vassie Shihan will discuss with Japan (or as case may be).
 - Most people are doing this now, but some are still not.
 - CCing Vassie Shihan on an email sent to Japan does not follow the established protocol. Please do not do this.
 - Requests to Japan that do not follow the correct protocol may result in the request not being considered.
3. Dan Examinations
 - All instructors need permission from the VP International to conduct a Seiwakai grading in their dojo.
 - Please respect the proper protocols in your country or zone.
4. Seiwakai Instructors visiting other countries.
 - Every instructor who is invited to teach in another country must inform Vassie Shihan before any visit.
 - This also applies to “friendly” visits such as vacationing in another country.
 - This can then be tracked properly and reported to Japan accordingly.

Seiwakai is a large association with many countries, clubs, and instructors. To avoid confusion and to streamline requests and scheduling please follow the protocol as listed.

Thank You
Seiichi Fujiwara



剛柔流空手道誠和会

主席師範 藤原聖一



Goju Ryu Karate-Do Shuseikan Australia

By Bernie Haughey



“Our goal in our Seiwakai Karate family is for every one of our students to have strong character and have a successful life. Every person has a mind and body that can be refined and improved. Goju Ryu Karate has so much to offer us intelligently in

SHUSEIKAN AUSTRALIA
Australian Goju Kai Karate

Training at AGKK is a life changing proactive decision.

You are most welcome to enhance your journey.

I trust my dedicated actions assist you

Kind Regards
Bernie Haughey Sensei
www.agkk.com.au
0409 474 494

terms of health, wellbeing, confidence and continually improving oneself. Training in Karate we aim to pursue excellence and reveal it in and outside of the Dojo in every thought, word, and action.”

A Huge congratulations to our new Shuseikan graduates. You guys did our club proud.

Jack Enright and Craig Wilkinson – Shodan

Edik Volobuev and Ashley Read – Nidan

Selwyn Knoetze and Andrew Wells – Sandan

Taylor Read – Yondan



Thanks to Titus Scheltinga for running the floor. Thanks to Bernie Haughey Shihan, Mario Borg Shihan, Rod Martin Shihan, and Glenn Stephenson Shihan for making the grading panel.

Takigyo with Seiwakai Australia

Photos from Shawn Rogut



Takigyo (ascetic waterfall training) has its origins in the Buddhist and Shinto religions of Japan. This ritual also has a lengthy tradition within the Japanese martial arts community. When people enter a waterfall, they immediately experience the force of the falling water. This ritual is performed to purify the spirit, to fulfill a personal challenge, and/or to satisfy curiosity. Recently, Glenn Stevenson Shihan took some of his students from Seiwakai Australia to Wentworth Falls in the Blue Mountains (NSW) for this **Takigyo** experience.



