

**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 63: November/December 2023**

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



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



**Newsletter Editor:
Mark Cramer**

Goshukan Seiwakai Canada

Craig Vokey: President

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Shuseikan Seiwakai Canada

Michael Beardwood: President

Vassie Naidoo: Liaison

Seiwakai Canada

Peter Brown: Representative

Vassie Naidoo: Liaison



Kawase Hasui: *Fujiya Hotel, Miyanoshita, Winter*

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Past Event Pan American Seiwakai Seminar
November 10, 11, & 12
Santa Monica and Los Angeles



Friday in the Hombu Dojo LA



The presence of animal forms and concepts in Goju Ryu was a topic that Fujiwara Shihan brought up on Friday evening at the Hombu Dojo. This theme was weaved in and out of our training throughout the seminar.



Saturday Morning Beach and Water Training



The sun, the beautiful beach, and the wonderful comradery among our Seiwakai family makes this seminar session a favorite.

Saturday Afternoon Demo by Beyond Karate



Mallica Skyler Cooper's special group of young karateka put on a demo for the Seiwakai family at the beginning of Saturday afternoon's training at the Rustic Canyon Rec Center. This is the first post-pandemic demo that they have done, and it is always heartwarming to watch.

Saturday Afternoon Training



At the Saturday Evening Banquet, Several Seiwakai International Shihan Titles and Dan Grades were Awarded.



Russ Costello, Kyoshi



Mark Cramer, Kyoshi



Johnpaul Williams, Kyoshi



Terri Herrera-Pounds, Renshi*



Krishan Narayan, Renshi



Sanjit Mandal, Renshi

*It should be noted that Terri Sensei is one of a handful of female title holders in Seiwakai International.



Craig Vokey
JKF Goju Kai Rokudan



Samantha Parsons
Seiwakai Int. Yondan



Tyler Brown
Seiwakai Int. Shodan



Mallica Skyler Cooper acted as the emcee, and both Fujiwara Shihan and Vassie Naidoo Shihan discussed the status of Seiwakai International. Craih Vokey Shihan shared information regarding Pan American Seiwakai including his recent trip to Chile. Mark Cramer Shihan discussed the status of Seiwakai USA, and Theresa Herrera-Pounds Sensei discussed the activities of the Seiwakai International Woman's Board. (And yes, those are really halos above their heads.)

Sunday Kata Training



Linda Rose (Student of **Russ Costello**, Seiwakai USA Director) – This was a weekend for the body, mind, and spirit. Being a relatively new member of the Seiwakai family, I wasn't sure what to expect at the Pan-American Goju Ryu annual seminar in Los Angeles. For one, I didn't expect the warm welcoming of hugs, handshakes, and greetings from my fellow karateka. I also couldn't have fathomed the quality of the instruction – the very detailed, deep dive into the training techniques and kata. Seiichi Fujiwara Shihan started with the most fundamental of all – how to bow. He then emphasized training and endurance techniques, such as the duck walk and 100 pushups (yes, 100!). Then the real work began. Step by step, he dissected the technical details and bunkai of each kata from Gekisai dai-ichi to Shisochin, including Sanchin and Tensho. It was eye-opening and couldn't have gotten any better. Was it exhausting? Yes. But by the end of the weekend, my body ached (good aches), mind was sated with new information, and my spirit was higher than ever. I definitely feel like a bona fide member of the Seiwakai family. I also feel my technique and kata have been elevated to the next level (or will be elevated once I incorporate all the new information into my training). And finally, I can't wait to attend another Seiwakai training seminar. With some luck, I'll see you in Okinawa in August!

James Daly (Seiwakai USA Secretary) – This annual seminar, just like each of the others in the past, has brought with it some new revelations about training and the katas that we perform. Fujiwara Shihan brings technical details that somehow with all my training I appear to have missed in previous years. Possibly my knowledge of the kata has improved, and this allows me to see different techniques that I hadn't been able to appreciate before. All I can say is Thank You Fujiwara Shihan and Vassie Shihan for making these seminars in the United States possible.

Mark Cramer (Seiwakai USA President) First of all, it was great to reunite with our Seiwakai Family, and the feeling of a united purpose was certainly present. From the beginning of the seminar, it seemed as if Fujiwara Shihan was sending a clear message – if you're not in good physical condition, then you can't properly practice karate. Fujiwara Shihan had us do all of the

exercises that he has his elementary school and junior high school students do – duck walks, bear crawls, squats, pushups, leg lifts, and superman lifts. After conditioning on the level of Japanese elementary school students, we went into kumite drills and the practice of kata where moves were meticulously explained and precisely corrected. We all left the seminar with a better understanding of our physical condition, our kumite strategy, and our kata performance.

Crystal Villagran (Seiwakai USA Director) On November 10th, 11th, and 12th, the Pan American Seiwakai Seminar took place in Los Angeles, California. With an amazing panel of instructors led by Fujiwara Shihan, the event was a great success. Per usual, the workouts were grueling, and the instruction was unparalleled. However, what stood out to me the most was the undeniable feeling of warmth and comfort being around my brothers and sisters from close and afar. There is a magic that happens when we all gather in the name of something we love and are loyal to—Goju Ryu Karate. This past seminar, we trained hard, exchanged blows, shared laughs, and experienced heartfelt moments. Throughout the weekend, whether it was sharing the dojo floor together or sharing a toast in gratitude at the enkai dinner, it was a family affair.

Theresa Herrera-Pounds (Seiwakai USA Director) The 2023 Seiwakai Pan American Seminar was an amazing experience. The wealth of knowledge and insight Fujiwara Hanshi shared with the attendees was invaluable. It was also wonderful to have senior Sensei from the USA, Canada, and Hungary providing their guidance.

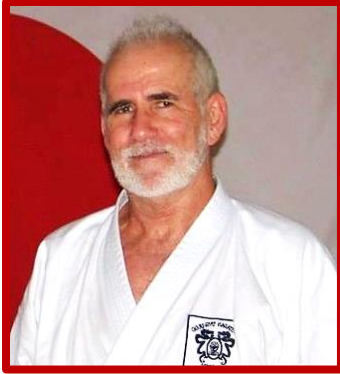
I was honored to be asked to speak on behalf of the Seiwakai International Women’s Advisory Board (SIWAB), and to meet many other female attendees who are up and coming. I am grateful to Vassie and Fujiwara Hanshi for their continued support of the SIWAB.

Due to personal obligations and Covid, it has been several years since I’ve been able to attend the Pan American Seminars in person. It was so heartening to see everyone and pick up exactly where we left off. It was also the first seminar for my 10-year-old son, and it was so wonderful how everyone took him under their wings. When we say “Seiwakai Family”, we mean it.



Emily Mata JKF Goju Kai Sandan

(Emily was unable to attend this year’s seminar, and her certificate was given to her instructor who presented it to her on November 24.)



Past Event **The Tribe** By **Jim Pounds**

In LA this November, my son Jacob graded for and was awarded his Junior Shodan in both the JKF Gojukai and Seiwakai. He is 10 years old and has been training since he was 5 ½. It goes without saying that his mom and I are very proud of him.

Watching Jacob this weekend become initiated into our Seiwakai “tribe” was very interesting and its value became evident to me right away. There are so few rites of passage for young men and women these days. Without them, youth never realize their potential depth of will and power, but it is more than that. They can acquire those valuable traits from football, wrestling, competitive swimming, and other sports – anything that pushes them beyond perceived limits.

However, there is not always a tribe to be adopted into ... a tribe with an entire host of aunties and uncles to take them under the communal wing to guide and mentor them. Through being accepted and nurtured, our youth also learn to accept and nurture others. They become mentors-in-training, which ensures the survival of the tribe and its values. They acquire physical strength and hone willpower, but also learn to be a part of a culture that accepts them (around the world) yet doesn't judge by race, sex, or nationality. I just don't know many avenues or venues where Jacob could experience that.

Obviously, Jacob was so high from the experience of being out of his comfort zone and then succeeding, but what stuck with him most was that feeling of belonging to a larger family. He was very sad to be leaving all his new aunts and uncles – his elders, not to mention his two Hanshi – our tribal Chiefs. Belonging and acceptance are powerful notions.



I wrote a previous essay titled ‘The Value of the Karate Sensei’ which explores another facet of the importance of what we do for youth, but I maintain that our offering up this powerful rite-of-passage into our tribe is equally significant as the day these kids walked into our dojos.

So, I say thank you to our Seiwakai family, our “tribe”, for so selflessly and genuinely supporting, but never coddling, our younger members. Never underestimate the value of pushing them and then accepting them in and celebrating their accomplishments. They are our leaders of tomorrow and will rise to the occasion.



Proper Protocol for Titles and Seminars

By Vassie Naidoo

錬士 教士 範士

Renshi Kyoshi Hanshi

I have noticed that some Seiwakai members are using titles, scheduling seminars, and making corrections at seminars in a manner that is not consistent with proper Japanese etiquette and values. We are a Japanese Karatedo organization with Japanese cultural values. We practice much more than just the physical aspects of karate. We practice physical characteristics of karate along with Japanese cultural values. This means that we should use the titles of Renshi, Kyoshi, and Hanshi, schedule seminars, and behave at seminars in the same manner as these things are done in Japan.

It is not okay to use these titles in the manner that has developed in Western culture where someone will introduce themselves as “Hanshi Deena” or “Kyoshi Mike”. This is arrogant and inconsistent with the values of Seiwakai.

- **Do** refer to a title holder as Sensei or Shihan
- **Do** mention your title in a bio that you have written about yourself.

BUT

- **Do not** use a title in reference to yourself.
- **Do not** address someone by a title.
- **Do not** use your title in an email, text or on a website.
- **Do not** refer to yourself as Sempai, Sensei, or Shihan.

You can refer to someone else as Sensei or Shihan. However, technically, sensei (先生) means someone born before you, implying that they possess more knowledge than you, and you can't be born before yourself.)

Proper Seminar Protocol

When scheduling a Seiwakai Seminar, you must follow the proper Seiwakai protocol. That means that you need to email me with the seminar dates and location. **Do not** CC Fujiwara Shihan. He will not respond, and neither will I if Fujiwara Shihan is included in the email. In the USA, first contact Mark Cramer Shihan who will then contact me.

If you are a senior instructor and are invited to teach at a seminar, you need to ask the seminar host if they have notified me about the seminar. Please ask the host: “Have you cleared the seminar with Vassie Shihan.” If they have not, do not accept the invitation to teach until I have been notified and have given approval.

Also at a seminar, only the listed instructor(s) should be teaching. Everyone else should be training. It is not okay for senior students to be walking around making corrections. You are there to train. Unless the seminar instructor asks you to make corrections, doing so is improper.

Once again, we are a Japanese Karatedo organization with Japanese values. Please be mindful of these procedures and follow them.

Past Event

Don Benoit Shihan is Awarded his Hachi-Dan Certificate

Don Shihan tested for his Hachi-dan on April 1st, 2023, with Seiichi Fujiwara, President of Seiwakai International and was officially awarded his certificate on October 14th, 2023, at the banquet for Goshukan Canada's fall camp.



Past Event Seiwakai Chile With Craig Vokey



I had a great time training with the San Bernardo Seiwakai Chile club!
Gracias mis amigos por su amable hospitalidad.



Upcoming Event

**Great Lakes Seiwakai Spring Gasshuku and Shinsa
With Vassie Naidoo Shihan – March 15th through 17th 2024**



This coming March 15th through 17th, Great Lakes Seiwakai will be hosting their annual Goju Ryu Karatedo Seminar and Shinsa. The Shinsa is scheduled for the 17th.

This seminar will be taught by Hachi-dan Vassie Naidoo Shihan who is the Vice President of Seiwakai International, and President of 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.



More details will appear in the next issue of the newsletter and on the Pan American Seiwakai Facebook page.

Upcoming Event Canada Seminar 2024 – May 3, 4, & 5, 2024
Black and brown belts only (If registration is low by mid-February, green belts will be invited.) – Save those Dates for next Spring.

From Douglas Smerek



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/>
https://youtube.com/watch?v=qQ2Sobs2_zk&si=apGQWXtVtOYxCtIh

The Seminar Hotels are beside each other and a 10-minute walk to training faculty. Mention the Western Canadian Seiwakai Karate Association.

Sandman West 20 rooms are reserved.

https://www.google.ca/search?client=safari&sca_esv=567351978&hl=en-ca&q=Sandman%20Hotel%20%26%20Suites%20Calgary%20West&ludocid=12322413833465883273&ibp=gwp%3B0%2C7&lsig=AB86z5XdGbBe_ISLHY-Rpgtw8CfF&kgs=25e4c8b6a291a2a4&shndl=-1&source=sh%2F%2Flocal%2Fm1%2Fcan%2F3&asid=canlbse

- **Phone#** 403-288-6033 Use this code **294255**.
- **Prices** before tax: **King** \$125 – **2Double Beds** and SofaBed \$129
- Breakfast is **NOT** included.
- Contact Courtney Paquette if arriving early and/or departing late (D) 403-202-6502 (T) 403-202-6033 (F) 403-288-6063

Four points Sheraton <https://www.marriott.com/en-us/hotels/yycfp-four-points-hotel-and-suites-calgary-west/overview/>

- **Phone#** 403-288-4441
- **Prices before tax:** **2 Queen Beds** \$159 (10 rooms reserved) **1 King Bed** \$159 (10 rooms reserved)
- Extra person 10\$
- **Includes Breakfast**



Seminar Location

COP Bob Niven Training Centre 10 min walk from hotels.

Cost

\$180 CAD The registration web site should be up in the first week of December.

Banquet

The mix and mingle with food and drink is at the Sandman hotel. Come meet Fujiwara sensei and your fellow karateka. The cost is \$70 per person. Kids under 12 will be \$35 per person. Make sure you register as soon as possible for the mix and mingle as space is limited.

Seminar Schedule

Friday May 3, 2024

- 5:30 to 6pm check in
- 6pm opening ceremony
- Training from 6:15-8:30 pm

Saturday

- Training 10:00 to Noon and 2:00 to 4:00
- Banquet at four points 6:00 to 9:00
- Costs TBA 65\$ (I'm working on a lower cost.)

Sunday

- Training 10:00 to Noon
- Testing 1:00 to 4:30
- Seiwakai and JKF Goju Kai
- If there is a lot of testing, we can try to extend the time.

Links for Calgary Area Sightseeing and Recreational Activities

<https://www.youtube.com/watch?v=P0hYVZeYQe0>

<https://www.youtube.com/watch?v=hRA1NGXKN2k>

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)

Past Event Seiwakai Europe Seminar
Sesimbra, Portugal
October 20, 21, and 22



Abel Figueiredo
Thank you for your big support coming to this Seminar and Championships. Doing so, you are part of the organization, and we are happy so many came and make this event of Seiwakai become such a success. Next one will be better because we are happy constructing future in togetherness spirit.

Past Event Seiwakai Goju Ryu European Championships By Ben Mare

The 1st Seiwakai Goju Ryu European Championship took place on October 22 in Sesimbra, which was attended by a significant number of athletes from AKB who demonstrated great technical quality and sportsmanship among competitors from various countries.

Representing the Dojo de Moura were Rodrigo Lopes and Teresa Fialho with excellent results: Rodrigo Lopes – 3rd Grad Kata 12/13 years old – 3rd Ranked Kumite 12/13 years -44kg Teresa Faith – 1st Ranked Senior Kata – 1st Ranked Kata Veterans

We're on the right track and we congratulate you!





From Rastislav Mraz

After half a year, the European Seiwakai Goju-Ryu Karate seminar was held again in Portugal, this time in the picturesque village of Sesimbra on the coast and under the guidance of Seiichi Fujiwara Shihan 8th Dan.

Once again, the group was great, and the seminar was a wonderful experience. We all gained valuable knowledge for our next karate journey. The seminar was also connected with the European tournament within the Seiwakai organization, in which members of the Slovak expedition under my leadership also participated.

And each of them brought home a medal:

Simonka Poláková 🏆 kumite - European Champion Seiwakai!!!

Dagmar Tothová Skačanová 🥈🥈🥇 kumite and kata

Štefan Polák 🥇 kata

Big congratulations to all medalists and we are looking forward to further successes.

Past Event **Kaizen Cup Championships** By Marie Tanabalan

With the last of the Championship's delegates and officials safely landed back in their country, Indy and I would like to thank everyone who came to participate, supported, watched, cheered, and helped, whether as Officials or in other Volunteering roles. We really could not have delivered without the combined team effort!

A huge congratulations therefore to the overall winners; and they are the participants. You only learn and not lose. Here are a few podium-placed photos from the day, kindly shared to me by many, thank you are credited back to the owners.



The tournament was a tremendous success, and yes, the day went a little longer than in previous years. However, the double elimination format is a new concept in karate in this country and we are sure that with a little tweak it is the best experience we can give to our athletes of all ages, that extra benefit and joy from competing in our sport.

Thank you to Vivienne Kiss our Chief Referee from Germany, member of The German Karate Federation, who also delivered a high-quality Judging and Refereeing Course, resulting in many who attended and took their exams and practical assessment to pass! Well done everyone!

**Past Event West London Seiwakai Seminar
From Gurmit Singh**



The West London Seiwakai Seminar (29 Oct '23) was well attended by over 85 members from Manchester, Oxford, East London, and West London.



Past Event

**World Karate Federation Senior Championships Budapest,
Hungary October 24 – 29
Photos from Craig Vokey**

Executive Committee 2023 Budapest



Craig Vokey Shihan, member of the WKF Executive Committee, ran into some friends in Budapest at the 26th WKF Senior Championships.



Nishiyama Kakeru and Ohno Hikaru



Isao Sato and Rastislav Mraz



Pal Gila

GOJU RYU - SEIWAKAI - JKF GOJUKAI ITALY

KARATE DO GOJU RYU

誠和会 




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DIREZIONE TECNICA A CURA DI

KYOSHI LUIGI STANZIANO **SHIHAN JAMIE DUGGAN**

SENSEI GIULIANO SABATINI

17 DICEMBRE 2023
REAL SPORTING VILLAGE
VIA LICIO GIORGIERI 50, ROMA

info: karatetradizionale.jkf@gmail.com +393482658229

Upcoming Event Our Karate School has the opportunity to host two important Shihans for intensive training. National Technical Director Sensei Luigi Stanziano (7th dan) and Sensei Jamie Duggan (7th dan). All the way from Australia. A unique and precious opportunity for all levels to explore some important aspects of Goju Ryu.

You must notify your membership before November 30th, places are limited.

To request the registration form and other info contact our contacts:

Karatetradizionale.jkf@gmail.com

whatsapp + 393482658229

Upcoming Event



SEIWAKAI KARATE GREECE



26-27-28/01/2024

RASTISLAV MRAZ

KYOSHI 8TH DAN

TECHNICAL DIRECTOR EUROPE

GOJU KAI GREECE KARATE DO ATHENS DOJO



SEIWAKAI SEMINAR



**ASSISTANT
INSTRUCTORS**



**6 DAN KYOSHI
TSAKATANIS DIMITRIS**

**5 DAN RENSHI
TASIOS GEORGE**

**ORGANIZER DIRECTOR GREECE
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f Seiwakai Greece

Email: seiwakaigreece@hotmail.com

Upcoming Event **2024** Seiwakai and JKF Goju Kai



Training in Omagari

August 7, 8, 9, and 10 (Dan Testing and Seiwakai Party on August 10th)

The training in Omagari has been shortened to allow for the trip to Okinawa and the sightseeing of important historical, cultural, Karatedo related sites.

Travel to Okinawa

August 12



Touring in Okinawa (organized)

August 13 and 14

JKF Goju Kai Seminar

August 15 and 16 (Shinsa)

JKF Goju Kai Tournament

August 17 and 18

Fujiwara Shihan, and Vassie Depart from Akita, Hanada, to Okinawa 12th. Fujiwara Shihan and Vassie Return Monday 19th.