

**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 65: March/April 2024**

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

**Send submissions for 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: *Futamigaura Beach*

Pan-America Seiwakai

- An Important Message from the Board of Directors – Page 3

Upcoming Events

- Seiwakai Canada Seminar Page – Page 4

Past Events and News

- Seiwakai USA Passport Books are Now Available – Page 6
- Who is Practicing “Real” Goju Ryu? – Page 7

Seiwakai Around the Globe

Upcoming Events

- Goju Ryu Karatedo Seiwakai Training Camp in Sydney, Australia – Page 11
- 34th JKF Goju Kai Master’s Seminar in Brisbane, Australia – Page 12
- 2024 JKF Goju Kai Australia National Championships – Page 13
- Seiwakai England Seminar – Page 14
- Seiwakai Germany Seminar –Page 15
- S.I.W.A.B Seminar in Greece – Page 16
- Seiwakai and JKF Goju Kai Seminars in Japan and Okinawa – Page 19
- South Africa Seiwakai Seminar – Page 22
- Seiwakai Seminar Netherlands – Page 23
- Pan American Seiwakai Seminar – Page 24

Past Events and News

- Seiwakai Russia Seminar – Page 25

Important Message from the Seiwakai Board of Directors



Seichi Fujiwara
President

Vassie Naidoo
Vice President

Satoru Takahashi
Vice President



Seiwakai is a large federation, yet it is a family where many of us know each other well. Many of us have trained together in many parts of the world and in Japan. During this time, we trained and grew together sharing great experiences and developing lifelong memories. It would be wonderful if this could always be the way, but sometimes, and for various reasons, people choose another path. Many of us have been down this road before coming to Seiwakai, and some will choose another route after Seiwakai. The reasons some choose a different path are many and varied, and to any person or group who chooses a different direction we sincerely wish them well in their future.

Regarding recent posts, it should be noted that the expectations of Seiwakai are few. We ask that you train regularly, or when you can. We encourage you to attend various training opportunities through national and international seminars. We ask that you register as a member (or register your students) for a very small one-time fee. We ask that you take rank in Seiwakai. We ask that you observe decorum and treat each other with dignity and respect. We do not see these expectations as unreasonable or arduous.

In Seiwakai the expectations are the same for everyone. There are no special rules or privileges for any group, no matter the size. It should be noted that Seiwakai is also a very progressive group. Seiwakai is very proud to have a women's committee that is composed of talented and dedicated martial artists who are active within the Federation. The vision to have such a group, and to make it meaningful, speaks to the integrity and vision of Fujiwara Sensei. The membership of Seiwakai is also diverse and inclusive and all are welcome - provided they follow the very basic expectations as listed above.

In Japan, to be thought to be 'rude' is a terrible statement about one's character. Politeness, etiquette, and the right way of doing this is very important, even when these things may be challenging. When someone chooses to leave, or is asked to leave a federation, it is never easy. This person is often tempted to lash out, to insult, to belittle, to justify, and to be as hurtful as possible. However, in the end, this is far more a reflection of the person who makes these statements than those they are speaking about. Harry S Truman once said, "The only way to fight defamation is with the truth". Those who have had the privilege to train with Fujiwara Sensei and to be guided by him over many years know the truth.



SEIWA KAI CANADA
SUMMIT

MAY 3-5 2024

We are excited to present the website and registration for our upcoming training seminar in beautiful **Calgary, Canada!**

SUMMIT2024.SEIWAKAI.CA

Register ASAP! Hotel space is limited.

Black belt, brown belt, and green belt (6 Kyu+) members of Seiwakai are invited.

**COME FOR THE TRAINING,
STAY FOR THE ADVENTURE!**

www.travelalberta.com

Mt. Kidd, Kananaskis, Alberta, Canada
Photo courtesy of club member Peter I.

**You need to get your test forms in by April 17th or you won't be able to test.
forms@seiwakai.ca Also bring exact change in yen for the test fees.**

Register for the Seminar Here: <https://summit2024.seiwakai.ca/>

The Seminar Hotels are beside each other and a 10-minute walk to training faculty.

Mention the Western Canadian Seiwakai Karate Association.

Sandman West – The original 20 rooms are booked, and 15 rooms have been added. There's a March 27 deadline. After that you will have to book at the Four Points or other hotels in the area.

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%2Fkp%2Flocal%2Fm1%2Fcan%2F3&asid=canlbse

- **Phone#** 403-288-6033 Use this code **294255**.
- **Prices** before tax: **King** \$125 – **2Double Beds** and SofaBed \$129 **Price expires on 3/29**.
- 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) **Price expires on 3/29**.
- Extra person 10\$
- **Includes** Breakfast

Seminar Location

COP Bob Niven Training Centre which is a 10 min walk from hotels.

Cost

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

Banquet 7:00 to 9:00

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 1:30 to 3:30
- Seiwakai Shinsa 4:00 to 6:00
- Banquet at four points 6:00 to 9:00

Sunday

- Training 10:00 to Noon
- Testing 1:00 to 3:30
- JKF Goju Kai Shinsa 4:00 to 6:00
- 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>

News Seiwakai USA Passport Books are Now Available
From Emily Mata



Never worry about losing a certificate number or membership card again! A convenient way to keep track of multiple different aspects of your Seiwakai International and JKF Goju Kai memberships. In each booklet, there are pages to record:

- Seiwakai and JKF membership card information in the same place
- Grading ranks and testing dates from Kyu to Dan
- Seiwakai and JKF certificate numbers
- International, national, and regional seminar types, locations, dates, and signatures
- Shihan Title certificate numbers and dates
- Awards and dates.
- And much more!

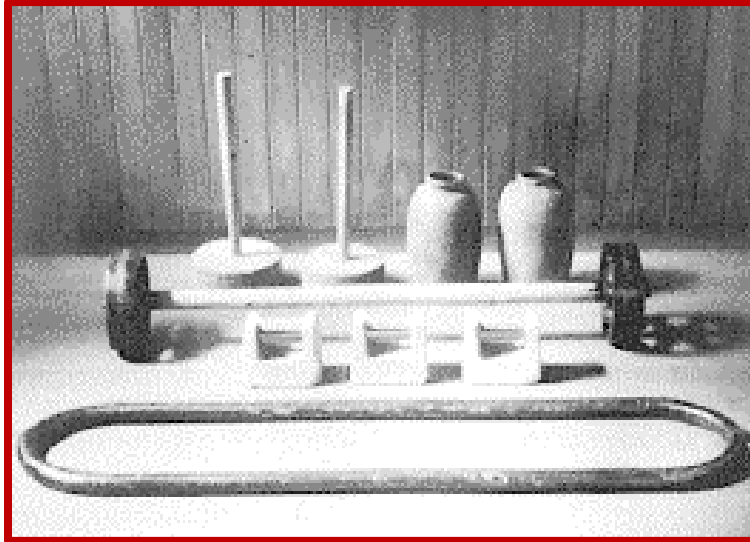
Each booklet also features profiles on important members of the Seiwakai family tree, as well as other informational pages that are great to keep on hand.

Order 4 or less for \$15 + shipping.
Order 5 or more for \$12 + shipping.
Shipping is minimal with USPS.

Place your orders by emailing your requests to: greatlakesseiwakai@gmail.com

Editorial Who is Practicing “Real” Goju Ryu “No Hojo Undo, No Goju Ryu

A few weeks ago, I saw a Facebook post that said, “No Hojo Undo, No Goju Ryu.”



I took this statement to be directed toward Japanese Goju Ryu organizations, and it was posted by an Okinawan Goju Ryu instructor whom I respect. It has been my experience that Japanese Goju Ryu organizations rarely if ever practice Hojo Undo. These are supplementary exercises that use old-style equipment to develop strength, coordination, and posture. This is practiced almost exclusively in Okinawan Goju Ryu organizations.

(Left: Hojo Undo equipment)

I want to be clear that I have absolutely nothing against the practice of Hojo Undo and would encourage anyone who is so inclined to practice it since it has certain benefits. However, it appeared to me that the sensei who posted this statement was making it clear that he didn't believe that Japanese Goju Ryu was “real” Goju Ryu.

No Jiyu-Kumite, No Karate

Another difference between Japanese and Okinawan Goju Ryu is the practice of jiyu-kumite (or free sparring) which many Okinawan Goju Ryu organizations to this day rarely engage in. When Okinawan karate was first introduced into Japan in the 1920s there was no jiyu-kumite only prearranged partner drills such as Sandan Gi. The Dai Nippon Butoku Kai is Japan's oldest martial arts organization, and it was extremely influential in the pre-war years. They believed that Okinawan karate lacked the dynamics and spontaneity found in the traditional Japanese martial arts of judo and kendo, and this left the karate trainee ill-prepared to defend oneself in a real fight. Hence, it was not a “real” budo or martial art.

Gogen Yamaguchi Shihan had formed a Goju Ryu karate club at Ritsumeikan University in the 1930s and didn't want karate to be considered inferior to the traditional Japanese martial arts of judo and kendo who also had clubs on campus. Both of these Japanese martial arts had dynamic and spontaneous formats where practitioners could test their skill and spirit against others, but karate did not.

In order for karate to be considered a martial art which was equal to judo and kendo, it had to have a similar format. To this end, Yamaguchi Shihan developed jiyu-kumite, or free sparring, which was very different from today's WKF sport kumite. Many of the present-day forbidden techniques

were allowed, and at the first public demonstration of jiyu-kumite, the audience thought that they were witnessing a real fight.

The development of jiyu-kumite was welcomed by the Dai Nippon Butoku Kai which had made it abundantly clear that karate without jiyu-kumite is not a “real” Japanese martial art. It was only after the development of jiyu-kumite that the DNBK recognized karate as a true Japanese Budo.



Vassie Shihan tells an interesting story about training in Okinawa at a JKF Goju Kai Seminar with Tasaki Shihan in July of 1998. As the Okinawans began doing Hojo Undo, Tasaki pulled Vassie to the side and started doing the Yamaguchi type of Jiyu-kumite.

Vassie Shihan explained that Tasaki Shihan was making a silent statement. “You might be able to do exercises with Chi Ishi (a wooden pole with a concrete weight at the end), but if you can’t defend yourself in a real fight, then you are not doing “real” karate.

Above: Tasaki Shihan is doing Yamaguchi type jyu-kumite. Note that Tasaki Shihan’s fingers are in the eyes of Glenn Stephenson Shihan, his kumite partner. This type of jiyu-kumite is very different from WKF style sport kumite.

Okinawan Goju Ryu and Japanese Goju Ryu are both “Real” Goju Ryu

First of all, we are fortunate to be members of the JKF Goju Kai which includes both Japanese and Okinawan Goju Ryu organizations. Jiyu-kumite is required in all dan-level gradings up to Godan (5th black belt), and Hojo Undo is recommended for training in the JKF Goju Kai “green book”.

With that said, some people still argue that since the most Japanese practitioners are not doing everything that was included in the curriculum of Chojun Miyagi Shihan, they are not practicing “real” Goju Ryu. Others argue that Okinawans who do not engage in Jiyu-Kumite are not developing the spontaneity and dynamics needed to defend themselves in a real fight. Consequently, they are not practicing “real” karate.

Whereas there are some merits in both sets of arguments, perhaps it is time to stop arguing and recognize that both the Japanese and the Okinawan Goju Ryu organizations are practicing “real” Goju Ryu Karatedo. Both are greatly beneficial to the practitioners’ physical, mental, and spiritual

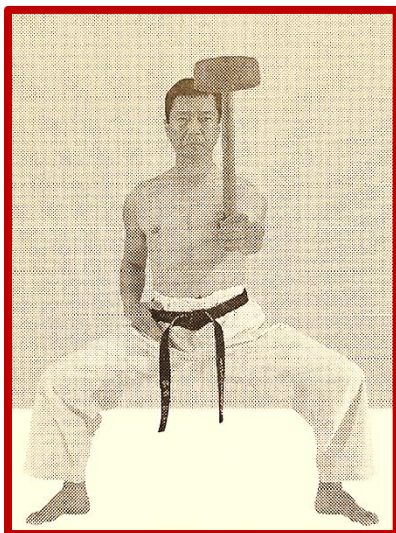
development, and this is the most important aspect of Goju Ryu Karatedo. Both Okinawan and Japanese Goju Ryu have things to offer to everyone. It all comes down to what someone is looking for.

If you are looking for a slightly older tradition that closely follows the curriculum developed by Chogen Miyagi and emphasizes the physicality of Hojo Undo, it is available in the form of Okinawan Goju Ryu. This will contribute to your physical, mental, and spiritual development.

If you are looking for a slightly more modern tradition with a slightly modified curriculum of Miyagi Sensei which includes jiyu-kumite thus enabling someone to defend themselves in an actual altercation, it is available in the form of Japanese Goju Ryu. This too will contribute to your physical, mental, and spiritual development.

It is really a win/win situation. Each choice is a good choice.

JKF Goju Kai Seminar with both Okinawan and Japanese Karatedo Organizations



**JKF Goju Kai Hojo Undo
From the “Green Book”**



**Modern Sport Kumite Which is Done by Most
Karateka Today**

Seiwakai Around the Globe



Goju Ryu Karatedo Seiwakai International

Seiichi Fujiwara



President

Satoru Takahashi



Vice President

Vassie Naidoo



Vice President

Ben Mare



**Director
Africa**

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)

FUJIWARA HANSHI

Upcoming Event

SYDNEY TRAINING CAMP

CHIEF INSTRUCTOR
SEIWAKAI GOJU RYU
INTERNATIONAL
8TH DAN JKF GOJUKAI

PROUDLY SPONSORED BY



**GOJU RYU KARATE DO
SEIWAKAI TRAINING CAMP**



SYDNEY AUSTRALIA

Goshukan Karate Academy | 3/17 Stanton Road, Seven Hills

Tuesday 9th April & Wednesday 10th April 2024

9am - 12pm | 2pm - 4pm

Extra Class: Wed 10th April | 7:30pm - 9:30pm (\$50pp)

CAMP FEE \$195pp

(includes Wednesday night)

BOOK NOW! bit.ly/Fujiwara_Hanshi_2024

Upcoming Event **34th JKF Goju Kai Australia Master Seminar**
12-13 April 2024
Brisban



AUSTRALIA

SEMINAR

12-13
APRIL
2024

JAPAN KARATE FEDERATION GOJUKAI

 **547 ANN ST, BRISBANE
CITY QLD 4000 AUSTRALIA**

OFFICIAL JKF GOJUKAI COACHES

-  **SHIGENORI SATO**
8th Dan, Hanshi, Japan
-  **TATSUO TAKEGAWA**
8th Dan, Hanshi, Japan
-  **MASAO TADA**
8th Dan, Hanshi, Japan
-  **SEICHI FUJIWARA**
8th Dan, Hanshi, Japan
-  **SEIGO ISHIDA**
7th Dan, Kyoshi, Japan

50th Anniversary Celebration





From Glenn Stephenson

April this year has several great events.

9-10 April 2024 Sydney Seiwakai Seminar with Seiichi Fujiwara 8th Dan & Seiwakai President

12-13 April 2024 Brisbane JKFGA Presents 34 JKF Goju Kai Seminar

14 April 2024 Australia National Championships

Check Links on Web page.

<https://jkfga.com.au/.../jkfga-national-championships-2024/>

<https://jkfga.com.au/events/jkfga-seminar-2024/>

SEIWAKAI ENGLAND
GOJURYU KARATE DO

剛柔流
誠和会

The power of our Hard Soft Style

Hosted by




**Seiwakai UK
National Seminar
with Guest Instructor
Abel Figueiredo Shihan
7th Dan**

**Cherwell School (South Site Gym)
Marston Ferry Road
Oxford OX2 7EE**

**11th & 12th May 2024
Children & Kyu Grades 10:30am - 12:30pm £15
Adults & 3rd Kyu+ 1:30pm - 4:30pm £20**

Oxford Karate Academy & Oxon Karate Club are honoured to host the Seiwakai National UK Seminar with Guest Instructor Abel Figueiredo Shihan on 11th & 12th May 2024 in Oxford. Please do join us to learn the power of our hard soft style. Limited spaces and first come, first served, contact info@oxfordkarateacademy.com



KARATE SEMINAR GERMANY

**GOJU-RYU KARATE DO
SEIWAKAI**

24th, 25th, 26th of May 2024
with Pál Gila (7th Dan, Seiwakai)
Kata, Kumite and Bunkai

Venue

Zwönitztalstr. 12
09235 Burkhardtsdorf
Germany



Training on Friday

6 – 7.30 pm

Training on Saturday

10 – 12 am

2 – 4 pm

from 6 pm Seiwakai Dan testing up to 4th Dan

Training on Sunday

10 – 12.30 am

2.30 – 4 pm

Fee (to be payed in cash on location)

25 Euros p.P. (three days)

20 Euros p.P. (two days)

10 Euros p.P. (one day)

Contact Information

erzkarate@gmail.com

If you are interested in taking a Dan examination, please write in advance, the latest 1st of April 2024!

SIWAB Board Members



MARIE TANABALAN
EUROPE



SABINA MADRID
MEXICO



KA MAN CHAN
ASIA



KINNIE FAN
ASIA



TERRI HERRERA-POUNDS
USA



ELIZABETH UBALDE
CANADA



JANINE BOOTHROYD
OCEANIA



TIMMY SINGH
AFRICA

We want to take this opportunity to welcome onboard Sabina Madrid who is the new representative for Mexico.

Thank you to Seiichi Fujiwara Hanshi and Vassie Naidoo Hanshi for the continued trust and support!

If you would like to get in touch with the board members and/or added to our mailing list, please email us at siwab2019@gmail.com

Upcoming Event S.I.W.A.B. Seminar in Greece

This is exciting news! We are announcing the first in-person seminar hosted by S.I.W.A.B. (Seiwakai International Women Advisory Board). Join us for a weekend of training with other karate-ka, taught by Senior Ranked Women within Seiwakai, in the beautiful city of Glyfada, Athens, Greece, 31st May to 2nd June 2024. The Friday and Saturday will be open to women and girls only, whilst the Sunday session will be mixed and open to families. We extend the invitation to other like-minded karateka from other dojos and associations to join us for Goju Ryu training. The instructing panel will be made up, of some of Seiwakai's best exponents of Goju Ryu; Malwina Martin (Australia), Teresa Fialho (Portugal), Vivienne Kiss (Germany), Ka Man Chan (Hong Kong), Marie Tanabalan (England) and Sofia Mporou (Greece).

Meet your Instructors



Malwina Martin

6th Dan Seiwakai
6th JKF Goju Kai

3 x Australian
National Kata
Champion



Marie Tanabalan

5th Dan Seiwakai
4th Dan JKF Goju Kai

Top 8 Kumite JKF
Goju Kai All Japan
Championships



Ka Man Chan

5th Dan Seiwakai
3rd Dan JKF Goju Kai

2013 JKF Goju Kai
All Japan Kumite
Champion +55kg



Sofia Mporou

4th Dan Seiwakai
2nd Dan JKF Goju Kai

Balkan, 9 x Kumite
Champion

Greek National
Team Member 2000
– 2009



Vivienne Kiss

4th Dan German
Karate Federation
3rd Dan Seiwakai

European Karate
Federation Judge



Teresa Fialho

3rd Dan Seiwakai
3rd Dan JKF Goju Kai

Seiwakai Europe
Kata Champion
2023

Timetable:

31st May, Friday 4pm to 6pm

1st June, Saturday 10am to 12:30pm and 2pm to 4:30pm

2nd June, Sunday 10am to 1pm (mixed)

Costs:

Whole Weekend - 55 Euros

Friday Only - 20 Euros

Saturday Only - 25 Euros

Sunday Only - 20 Euros

Registration Form:

Email siwab2019@gmail.com

Subsidized transport from Hotel to Dojo to Hotel on a first come first serve basis.

Official Hotel:

Hotel London, Leoforos Posidonos Ave. 38, Glyfada, 166 74, Greece

Λεωφόρος Ποσειδώνος 38, Γλυφάδα, Γλυφάδα

Welcome Dinner on Friday evening at a restaurant in Glyfada. Address and Cost to be confirmed.

Please indicate when registering if you would like to attend the Welcome Dinner on 31st May, 7pm until late.

Follow us on Instagram: @seiwakaiwomenintl.karate

Join our official Facebook group page: <https://www.facebook.com/groups/551356976889845>

#seiwakai #seiwakaiinternational #inspirationalwomen #siwab #seiwakaiintlwomenadvisoryboard

Training Venue:

Christou Nikolaou 47, Agios Dimitrios,
173 43, Attica, Athens, Greece

**Training Schedule:**

Friday 31st May – 4pm to 6pm (women & girls only)

Saturday 1st June – 10am to 12:30pm (women & girls only)

and 2pm to 4:30pm (women & girls only)

Sunday 2nd June – 10am to 1pm (mixed)

Training Cost:

Whole Weekend – 55 Euros

Friday Only – 20 Euros

Saturday Only – 25 Euros

Sunday Only – 20 Euros

Welcome Dinner Cost:

Estimate 25-35 Euros

Welcome Dinner in town of Glyfada

Friday 31st May – 7pm to late (venue tbc)

Hotel:

All members to arrange their own accommodation (and flights).

Official Hotel:

Hotel London, Leoforos Posidonos Ave. 38,
Glyfada 166 74, Greece

Minibus Transport:

From Pick-up-point to Dojo and back (everyday):

Subsidised by S.I.W.A.B. members only pay 15 Euros per person for the whole weekend

***Minibus will collect & return to the Official Hotel**



Upcoming Event **Seiwakai and JKF Goju Kai Seminars** From Vassie Shihan

Seiwakai Seminar in Akita, Japan



Location: Omagari, Japan

Dates: August 7, 8, 9 and 10, 2024

Seminar fee: 28,000 ¥ (about 190 USD; 260 CAD; 284 AUD; 172 EURO subject to fluctuations)

Banquet Fee: 7,000 ¥

Date	Event	Time
August 7, 8, 9 and 10	Training	
August 10	Testing	
August 10	Party	7-9pm

JKF Goju Kai Seminar in Okinawa, Japan



Location: Okinawa, Japan

Dates: August 15 and 16, 2024

Date	Event	Time
August 13 and 14	Sightseeing in Okinawa	
August 15 and 16	JKF Goju Kai Seminar and Testing	

This is the hotel's official website: Harbor View Story - Okinawa Naha City Hotel | Okinawa Harbor View Hotel (transer.com)

10 mins from the airport

1.2km (18 mins walk or 6 mins taxi) from the Budokan.

There are no proper hotels within walking distance of the Budokan.

Please send your itinerary to me and confirm that this hotel is ok. Mikiko Tahata, Seiwakai & JKF Gojukai Japan Office, email mikikotahata.osc@gmail.com, can book your reservation for this hotel or you can make your reservation on your own.

Sightseeing information is listed below or you can visit the website for additional information <https://twomonkeystravelgroup.com/best-places-to-visit-okinawa-japan/#:~:text=10%20Best%20Places%20to%20Visit%20in%20Okinawa%2C%20Japan,...%208%208.%20Yonaha%20Maehama%20Beach%20...%20%E3%81%9D%E3%81%AE%E4%BB%96%E3%81%AE%E3%82%A2%E3%82%A4%E3%83%86%E3%83%A0>

Tour time information will be provided at a later date. The tour bus only seats 60 people therefore this will be offered on a first-come-first- served basis. **The price is approximately \$80 U.S. dollars (approximately 11,830 YEN) per person.**

1. Okinawa Churaumi Aquarium
2. Okichan Theater
3. Tropical Dream Center
4. Ikema Ohashi Bridge
5. Okinawa Memorial Park Ocean Expo Park
6. Pinaisara Falls
7. Nishihama Beach
8. Yonaha Maehama Beach
9. Himeyuri Peace Museum
10. Kondo Beach
11. Miyagi's Tomb Stone

UPDATES and REMINDERS

OMAGARI:

Seiwakai Seminar: August 7th, 8th, 9th, 10th, (Seminar Fees Yen 28,000)

Seiwakai Dan Testing: 10th

Seiwakai Party: 10th, (7pm to 9pm) Yen 7,000

OKINAWA:

Tours, 13th

Sightseeing from Hotel in Naha city: 5hours (for 8:30 - 13:30)

8:30AM Meet @ Hotel in Naha City

8:45AM-9:15AM Monument of Higaonna & Miyagi
9:45AM-10:30AM Shuri Castle Park
11:10AM-11:40 Cornerstone Of Peace
11:50AM-12:50PM Himeyuri Peace Museum
1:30PM Arrive in Hotel

8/14/2024

Sightseeing from Hotel in Naha city: 5 hours (for 8:30 - 13:30)

8:30AM Meet @ Hotel in Naha City
9:30AM-11:00AM Ryukyu Mura Theme Park (Watching Show included)
11:15AM-11:45AM Okinawa Raw Sugar Factory
12:15PM-12:50PM Tropical Beach walk around
1:30PM Arrive in Hotel

Place of admissions are as follows:

Shuri Castle, Himeyuri

Tower & Himeyuri Peace

2 Days Tour with Admission with Tour Guide YEN 17,000 (Price could change depending on the Rate)

JKF Goju Kai Seminar and Dan Testing

August 15th and 16th

JKF Goju Kai Tournament

August 17th and 18th

Please contact me by April 10th to reserve your tour seat.

Thank You

Vassie Naidoo



SOUTH AFRICA

2024

SEIWAKAI

SEMINAR GAUTENG



Mr. Fujiwara Shihan
President
Seiwakai International

INSTRUCTORS



Vassie Naidoo Shihan
Vice President
SWK International



Pai Gila Shihan
Director SWK
International



Saito Shihan
SWK International
Tech instructor



20 -22 Sept 2024

**BOOK YOUR
TICKET NOW**



More information
+27 82 35 44 535



Visit our website
SEIWAKAI.AFRICA

National Seiwakai Seminar of The Netherlands 2024

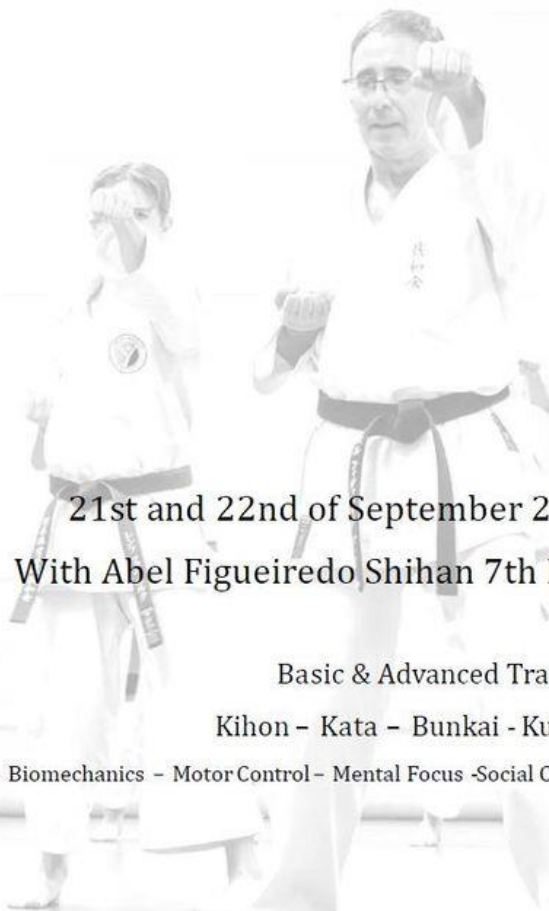


Bloedkoraal 1

4762 BJ Zevenbergen



For Travel Details, Contact [Arno Yarzaray](#)



21st and 22nd of September 2024
With Abel Figueiredo Shihan 7th Dan

Basic & Advanced Training

Kihon - Kata - Bunkai - Kumite

Physiology - Biomechanics - Motor Control - Mental Focus - Social Culture



Venue: Bloedkoraal 1 4762 BJ Zevenbergen	Hosted by: Karate Moerdijk Contact for details: Arno Yarzaray +31634243650 info@karatemoerdijk.nl	Costs: 1 day €30,- 2 days €60,-	Schedule Saturday: 09.30 am - 12.30 pm 14.40 pm - 17.00 pm Sunday: 09.30 am - 12.00 pm 13.30 pm - 16.30 pm
---	--	---------------------------------------	--

Upcoming Events Pan America Seiwakai Seminar 2023
November 10, 11 & 12 In Los Angeles – Save those dates!
Seiwakai Shinsa and JKF Goju Kai Shinsa



**November 8, 9, and
10, 2024**
**At the LA Hombu
Dojo 937 Westwood
Blvd; Los Angeles, CA
90024**
**\$175 for all days \$20
Late fee after
10/31/2022**



**Instructors must
contact Vassie Shihan
regarding students
who are grading.**

Grading applications are available at the following website
<https://www.seiwakaiusa.com/seiwakaiusacom-217255.html>

Open to All Karate Practitioners.

Three days of training in sunny Los Angeles, California with **Seiichi Fujiwara Shihan, 8th Dan – President and Head Instructor of Goju Ryu Seiwakai and Head of the JKF Goju Kai Overseas Committee and **Vassie Naidoo Shihan**, 8th Dan – Vice President Seiwakai International. Fujiwara Hanshi will focus on the improvement of kata execution and understanding through waza techniques, proper timing, and Bunkai applications of the Goju-Ryu kata syllabus.**



Pal Gila Shihan, 7th Dan, from Hungary will also be at the seminar along with other Shihans from the US and Canada. Please plan on joining us for insightful instruction and camaraderie.

Hotel info: TBA

Past Event **Seiwakai Russia Seminar** From Vasily Zyukalin

On February 8, 9 and 10, 2024, the Goju Ryu Karate-do Seiwakai Russia seminar was organized and held. The teacher of the seminar was Dr. Pal Gila, 7th dan Seiwakai, 7th dan JKF Gojukai. The result of the seminar was an exam. Congratulations to everyone who successfully passed the exam! Special thanks to Pal Gila.

