

**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 69: November/December 2024**

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



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Shuji Tasaki, Shihan: Seiwakai International Founder

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Seiwakai Canada

Peter Brown: Representative

Vassie Naidoo: Liaison



Kawase Hasui: Snow at Hinuma Swamp

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Pan American Seiwakai Seminar November 8, 9, & 10, 2024



By Emily Mata

This year's Pan American Seiwakai seminars took place over three days, November 8th-10th, in sunny Menlo Park, California. Hosted by Seiwakai Silicon Valley, it was a weekend marked by beautiful (if a bit chilly) weather and intense training.

On Friday, after a good kihon warmup, we went over Sanchin, Tensho, and the Geki Sai katas in detail. Much time was spent on Sanchin in particular; Fujiwara Shihan ensuring all parts worked together: breathing, movement, and technique. Energy was a big point of focus. If enough energy wasn't being put into our performance, we were told as such. In between the katas, we went through multiple different partner drills to strengthen our understanding of the basics.

On Saturday, we warmed up with some great kihon and an emphasis on footwork. Afterwards, another good chunk of time was spent on Sanchin and Tensho kata. A detailed look at Saifa followed, as well as kata groups based on grading level. Fujiwara Shihan oversaw all of the groups, giving pointers occasionally, but each individual group was mostly led by other high-ranking Seiwakai dojo heads. Quite a while was spent on our individual kata, and great detail and insightful direction was given.

After a day full of training, the banquet followed, taking place at a local Chinese spot with excellent food and even more excellent company. After some heartwarming speeches from several of our Seiwakai family, we had the honor of witnessing Fujiwara Shihan receive his Seiwakai 9th Dan. After many photos were taken, we all ate, drank, and celebrated the night away with new friends and old friends alike.



Sunday's session took us yet again to focus kihon and Sanchin kata, and then, to my surprise, Suparinpei, which I have never had the opportunity to go over in such detail before. We spent quite a while on it, combing over each section and diving into detail at almost every step. Kururunfa followed, and it felt like before I could blink, the seminar was over and everyone who was grading was preparing for the test before them.

It was a fantastic experience that I'll draw from for my own teaching and self-practice for a long time. I'm already looking forward to the next one. It's been almost 10 years since I've been able to make it to a seminar in California, but as soon as I stepped foot into the gym on Friday night, it felt like it had been no longer than a day.



Above: Abel Figueiredo Shihan (left) received his Hachi-dan certificate and Johnpaul Williams Shihan (right) received his Nana-dan certificate. Both graded in Japan last summer and received their certificates at the banquet on Saturday, November 9th. Congratulations!

Fujiwara Seiichi Shihan was awarded his 9th dan by the Seiwakai Board of Directors, Vassie Naidoo, (Seiwakai International VP), and Saito Shihan. Congratulations to Fujiwara Shihan from all of Seiwakai!

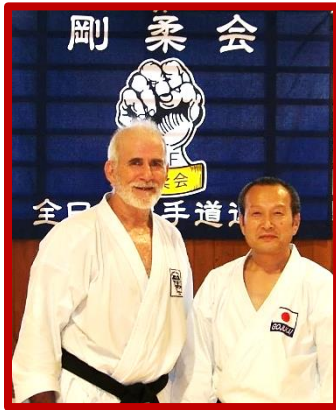
Upon receiving his Kyu-dan, Fujiwara Shihan looked surprised and uncertain about receiving it saying: "I think that you have given me a ticket to heaven. Everyone I know who has received a 9th dan died shortly afterward." Then he and everyone else laughed.

Important Notice from Vassie Shihan about JKF Goju Kai Membership Cards

In the past, Fujiwara Shihan has allowed Seiwakai members to apply for JKF Goju Kai membership up to the day of a JKF Goju Kai Shinsa. This can no longer be done. All candidates for JKF Goju Kai grading must submit their JKF Goju Kai members in advance so that they are already registered members of the JKF Goju Kai on the day of the shinsa.

Good Hands

By Jim Pounds



I guess I haven't been paying close attention. In Menlo Park, CA for the Seiwakai Pan America Seminar, I felt a new awareness that Seiwakai is in good hands going forward. Fujiwara Shihan made it a point and a statement to have Abel Figueroa, Craig Vokey, Rod Martin, Pal Gila, Donna Benoit, and Malwina Martin teach most of the drills and kata. This was clearly a changing of the guard, as well as an opportunity to observe our overall quality control, and I came away born again.

I had been feeling a bit worried because so many of us are getting older. Of my group of seniors Paul Coleman Shihan has passed and many are dealing with body issues – knees, hips, etc. Mark Cramer Shihan wrote a recent newsletter article titled “*The Elephant in the Room*” about this graying of the Dojos. I was worried, very much like Shotokan founder Gichin Funakoshi who rhetorically asked, “*The Way. . . who will pass it on straight and well?*”

You see, my peers and I are part of the 3rd generation of Seiwakai. First, there was Yamaguchi --- Tasaki. That group has passed. Next was the 2nd generation of Tasaki – Fujiwara – Lipinski. Going, going ...

The 3rd generation is currently leading: Fujiwara – Naidoo – Saito – Benoit – Cramer – Pounds – Stephenson, et al. But we are aging with many of us now in our 70's.

However, Menlo Park gave me so much confidence that we are in good hands. This 4th generation of Seiwakai, both those mentioned as teaching at the seminar, but also Johnpaul Williams, Angelo Panousis, Sanjit Mandal, Stacy Karetsian, Krishan Narayan to mention a few. The skill exhibited both in teaching but also in setting the proper examples of leadership was simply amazing. And gratifying. These Sensei leave it all on the Dojo floor. I was inspired.

And guess what!

We have a 5th generation of teachers coming up right behind them. You Yondans, Sandans, and Nidans know who you are. And from the number of Juniors who showed up to train, our future is bright. Yes, we are in good hands when it comes to the future of Seiwakai. I'm no longer worried. As a matter of fact, I'm excited!

Jim Pounds
Seiwakai of New Mexico USA

Congratulations to Vokey Shihan

On November 2nd Craig Vokey Shihan was inducted into the Canadian Black Belt Hall of Fame for his work on the development of Karate Canada and Karate in General. This is certainly a great honor for Craig Shihan to be nominated for and inducted into this prestigious national Hall of Fame.



Canada Fall Seminar

October 10-20





Charles Fink Finds Academic Avenue for his Martial Arts

By Randy Pascal – Sportswriter in Greater Sudbury, Ont.

Sudbury.com

Laurentian University PhD student Charles Fink has practiced karate for much of his life, but now he is turning his love of the martial arts discipline into his thesis



Celebrating 30 years of karate practice last week, three decades spent as a follower, a competitor and a coach, there is no denying the passion that Charles Fink holds for his sport.

His belief in the core values that traditional karate embraces – respect and integrity, honesty and perseverance – is unwavering. In many ways, Fink sees his

day-to-day life as a natural extension of the mindset he carries into the dojo (a room in which martial arts are practiced) several times a week.

Now, the sessional teacher within the Faculty of Education and Health at [Laurentian University](#) is merging his fascination with the interplay between sport and life with his academic interest. Fink is currently pursuing a PhD in Human Kinetics. His thesis, fittingly, aims to develop a better understanding of the transmission of the core values of karate and how those values are being shared within karate schools outside of Japan and within the context of the Canadian environment of the sport.

Breaking down the interaction between coach and athlete (or “sensei” and “deshi” as teacher and student are known in karate), Fink is exploring how the teachings from karate are influenced by the values of Japan itself and how, through martial arts instruction, those values then filter back out into society — whether that society is in Japan, where the art developed, or in Canada where those values are taught and duplicated in martial arts schools.

“When you set foot in any karate school (in Canada), a traditional Japanese dojo, it’s almost like taking an imaginary trip to Japan,” Fink said. “We engage in Japanese courtesy and etiquette; we use Japanese language and terminology in Canada – but we do it in a Canadian context.

“When you go to Japan, this etiquette, this protocol, it’s not limited to the dojo,” the 51-year-old, who subscribes to the [Seiwakai](#) stream of karate studies, said. “The whole country is like that. Here, it’s perhaps somewhat artificial; in Japan, it’s organic.

“It’s really a lot of fun to see how the culture has influenced the art.”

While it was not part of his formal research, a two-week sojourn to the Land of the Rising Sun this past summer, with a dozen or so other Sudbury karate practitioners gave Fink the opportunity to enhance his karate knowledge at the home of a grandmaster, while also observing how sport and culture prosper in support of one another in Japan.

“It’s amazing to go to Japan, just as a tourist, but from a karate standpoint, there are certainly some technical elements that you learn,” he said. “When you are training with a master of that stature, there are always some little physical things that you see can be refined.

“From a non-technical side, the takeaway is a cultural one – and my research ties back to this.” Still, the bulk of his research has and will continue to take place in Canada, albeit with the involvement of other karate practitioners who have travelled to and trained in the home of one of the most famous Asian martial arts styles. For those who instruct at the highest levels of karate in Canada, the trip is a virtual necessity, not to mention an experience that only serves to broaden the overall scope of their knowledge.

Reaching out to the “committee of elders” that is the Karate Canada Hall of Fame committee as part of his thesis research, Fink was looking to connect with people who had a deep involvement in karate, moving on to establish small discussion groups and fostering unscripted conversational interviews.

“We asked the questions and allowed the answers to pour out of those masters,” says the 51-year-old. Looking to defend his thesis in the spring of 2025, Fink is now pulling together all of the data he’s collected and is running a “thematic analysis”.

“We are now dissecting this information, and certain things are coming to the surface,” he stated. “The idea of respect is overarching (as was expected), but another theme that came out of the research is that karate is a school for life. We are developing tools within the karate practice that can apply in the outside world. If you were to catch any of my classes, whether that’s in a karate school or the classroom or the gym, I am the same person.”

Which is to say a person who genuinely is enjoying his on-going journey of discovery.

“We want the research to be sound, to withstand the rigours of academic scrutiny, but it also has to be a joyful experience,” Fink said. “I am doing this for the pleasure of doing it. I want to go through the experience to enjoy the opportunity for personal growth – and learn a lot about karate, while I am at it.”

Seiwakai Mexico Seminar

XVI SEMINARIO TECNICO DE CAPACITACIÓN Y SHINSA
SEIWAKAI INTERNACIONAL

En memoria de
Sensei Cristina Madrid Solis

GO
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Seiwakai
MEXICO

KARATE
2024
KARATE
KARATE


22
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Ocotlan
JALISCO

誠和会
剛志
宗平道

VICE PRESIDENTE DE SEIWAKAI INTERNACIONAL
VASSIE NAIDOO
SHIHAN
8vo Dan Seiwakai

OCOTLAN JALISCO
SINDICATO CELANESE,
CALLE HIDALGO #222,
COL. CENTRO.



INFORMACIÓN
Sensei Sabina Madrid
392 109 4493

In honor of Cristina Madrid. The legacy continues.



We completed our annual training seminar and grade dan exams of Seiwakai.

Seminar with bittersweet taste, sadness was breathed and at the same time hope, there was a gap that no one will ever fill; my sister sensei will always be among us. We miss her so much, and we continue to stand for her and her legacy. Thank God for allowing me to have my founding father of all this and my mother present there. Everything went great with the participation of about 80 practitioners and 10 instructors. We concluded this year's work, completed one more seminar, and Seiwakai Mexico, stronger than ever. We have an angel in heaven watching over us always. Thanks to sports promotion for the support. Navarro Fernando, thank you very much! Thanks to the ones who stayed and to the ones who left. We're better than ever. Ossu!!!



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



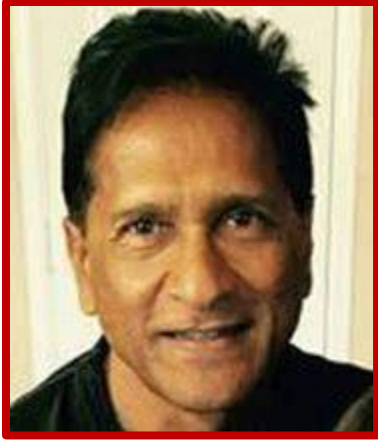
**Director
Pan America**

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)



**From: Shihan Vassie Naidoo
To: All Seiwakai Country Leaders and
Dojos in Europe**

Dear Seiwakai Europe countries and international leaders.

So far, we have had a good season with countries that had seminars with Fujiwara Shihan, Vassie Shihan, and top instructors.

Let's plan for the rest of 2024 and 2025 with organizing seminars.

This season's next seminar will be in USA Nov. 8, 9, and 10 with Fujiwara Shihan and Vassie Shihan.

For 2025 calendar, we'll have a big European event in Italy on June 27, 28 and tournament on 29th with Shihans Seiichi Fujiwara and Vassie Naidoo and top Shihankai's of Europe, organized by Shihan Luigi Stanziano.

In Europe, all countries can have national seminars and testing with top European Shihankai:
Rastislav Mraz-8th Dan,
Abel Figueiredo-8th Dan,
Pal Gila-7th Dan,
Luigi Stanziano-7th Dan.

Please send your request ASAP to Vassie Naidoo (Vice President of Seiwakai International e-mail usagojuryu@gmail.com), and to International Seiwakai Directors e-mail in Europe (europeseiwakai@gmail.com) identifying date, city of seminar, if testing, and requested teachers. Let's make an impact for 2025 Seiwakai Seminars and testing.

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Seiwakai England Seminar October 27-29



The hugely enjoyable Seiwakai UK National Seminar took place in East London last weekend with support from clubs across the association and from members of the broader Seiwakai International family.

Abel Figueiredo Shihan, European technical director and Head of JKF Gojukai Europe, led the seminar through two days of well structured, informative training.

With a keen eye for detail, Figueiredo Shihan was successful in achieving his 8th Dan recently in Okinawa and is one of the very few non-Japanese practitioners to attain the highest rank around the world.

Students trained enthusiastically as they worked through concepts for kata, kumite, psychology, biomechanics, philosophy and progression.

There was incredibly positive feedback from the students who couldn't be happier learning fine details of real, fundamental Goju Ryu karate from senior instructors. We're so glad to see that all who take part in events like this feel like an active part of the progressive, forward-looking Seiwakai family.

With the next instructor and high-grade training booked for January 2025 and the exciting prospect of increased dojo networking throughout next year, Seiwakai is continuing its tradition of maintaining standards and creating an enriching and positive environment for all.

It is important that all countries plan their own National Seminar and testing, involving all the branches as possible to develop good opportunities for all members.





(From Stacey Karetsian) A massive congrats goes out to all who attended this year's Summer Camp in Wollongong. With over 130 karate-ka in attendance, it was an amazing weekend of training, learning, physical and mental development and so much more!

We had the honour of hosting some amazing international instructors attending to teach and impact their incredible wisdom and knowledge. With over 16 hours of training each session was jam packed with learning new skills and developing an overall karate experience.

Thank you to the Shihan Kai for the development of the event over the years and the input with their teaching and sharing their skills and knowledge, and also to Glenn Stephenson Shihan for organising the event and bringing in such amazing International Instructors to support and nurture the development of Goju Ryu Karate Do in Australia.

A special mention and sincere appreciation goes to Abel Figueiredo Shihan (8th Dan Seiwakai, Portugal) and Hagen Neumann (2 x JKF Goju Kai National Open Male Kumite Champion!) who were present to deliver fantastic content and training throughout the weekend.



11TH COMMONWEALTH KARATE CHAMPIONSHIPS



SOUTH AFRICA, DURBAN 2024
28TH NOVEMBER – 01ST DECEMBER

Commonwealth Karate Championship (Elite) 28th- 29th November

Commonwealth Karate Club Championship 30th Nov - 01st Dec

It is with great pleasure that we inform you of the awarding of the 11th Commonwealth Karate Championships, Elite and Club events, to Durban, South Africa. The date of the event(s) to be held from November 27 to December 1. This event has been sanctioned by both the World Karate Federation and Commonwealth Sport.



SEIWAKAI GREECE GOJU RYU KARATE DO



**31/01/2025
01-02/02/2025**

ABEL FIGUEIREDO

**KYOSHI 8TH DAN SEIWAKAI
7TH DAN JKF GOJUKAI**

GOJU KAI GREECE KARATE DO ATHENS DOJO

SEIWAKAI SEMINAR



**Basic & Advanced
Training**

**Kihon - Kata
Bunkai
Kumite drills**

**Scientific approach
to Motor Control,
Mental Focus
and Social Ethics**

**Seiwakai Dan test:
Shodan (1st) to
Godan (5th)**



**ASSISTANT
INSTRUCTORS**



6 DAN

TSAKATANIS DIMITRIS

5 DAN

TASIOS GEORGE

**ORGANIZER DIRECTOR GREECE
DIMITRIS TSAKATANIS**

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f Seiwakai Greece

Email: seiwakaigreece@hotmail.com

18* Seiwakai seminar 2025

Athens Greece

.....Programm,.....

- Friday 31/01:
19:30 – 21:00
- Saturday 01/02:
10:30 – 13:00 / 17:00 – 20:00.
- Sunday 02/02: 10:30 – 13:30 .
13:30 – (Seiwakai Dan grading)



SEIWAKAI INTERNATIONAL ITALY EVENTS 2025



*Experience the thrill of karate in one of Italy's most picturesque locations.
Seiwakai karateka from all over the world will gather in Oristano, Sardinia.*

*Two days of seminars will be a unique opportunity for Goju Ryu enthusiasts to learn and hone
their skills by expanding their knowledge thanks to Hanshi Seichi Fujiwara and the most
representative Seiwakai top Shihan.*

*A great occasion to celebrate the athletes' commitment, determination and talent will be the
European Championship to win the continental title.*

*Immersed in a unique scenario, take part in a sightseeing tour from the ancient ruins of Tharros to
the extraordinary well of Santa Cristina, get to know the legendary warriors of Mont'e Prama and
relax on the beautiful beaches of the area, enjoying the crystalclear sea.*

*Don't miss the opportunity to participate in this unrepeatable event, where tradition,
nature and passion for karate will give you an unforgettable experience.
Seiwakai Italia is waiting for you!*

26/29TH JUNE 2025
ITALY - SARDINYA - ORISTANO
COMING SOON DETAILS

ORGANIZZATION BY SEIWAKAI JKF GOJU KAI ITALIA

REFERENCE - KYOSHI LUIGI STANZIANO

CONTACT: GOJUKAN.ITALIA@YAHOO.IT /// WHATSAPP: +39 380 322 8680



SEIWAKAI INTERNATIONAL SEMINAR



SEIICHI FUJIWARA - HANSHI • 8TH DAN

**VASSIE NAIDOO - HANSHI • 8TH DAN - RASTISLAV MRÁZ - KYOSHI 8TH DAN - ABEL FIGUEIREDO - KYOSHI • 8TH DAN
PAL GILA - KYOSHI • 7TH DAN - LUIGI STANZIANO - KYOSHI • 7TH DAN**

27TH / 28TH JUNE 2025

DAN GRADING: JKF GOJUKAI - SEIWAKAI



SEIWAKAI JKF GOJUKAI TOURNAMENT

29TH JUNE 2025

ITALY - SARDINIA - ORISTANO

VENUE: PALA SPORT LOC. SA RODIA

ORGANIZATION BY SEIWAKAI JKF GOJU KAI ITALIA



REGIONE AUTÓNOMA DE SARDIGNA
REGIONE AUTONOMA DELLA SARDEGNA



Comune di
ORISTANO