

**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 71: March/April 2025**

**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

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Mark Cramer: President

Vassie Naidoo: Advisor

Seiwakai Mexico

Marco Madrid: President

Vassie Naidoo: Liaison

Official Representative for
Latin America Appointed by
Shuji 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

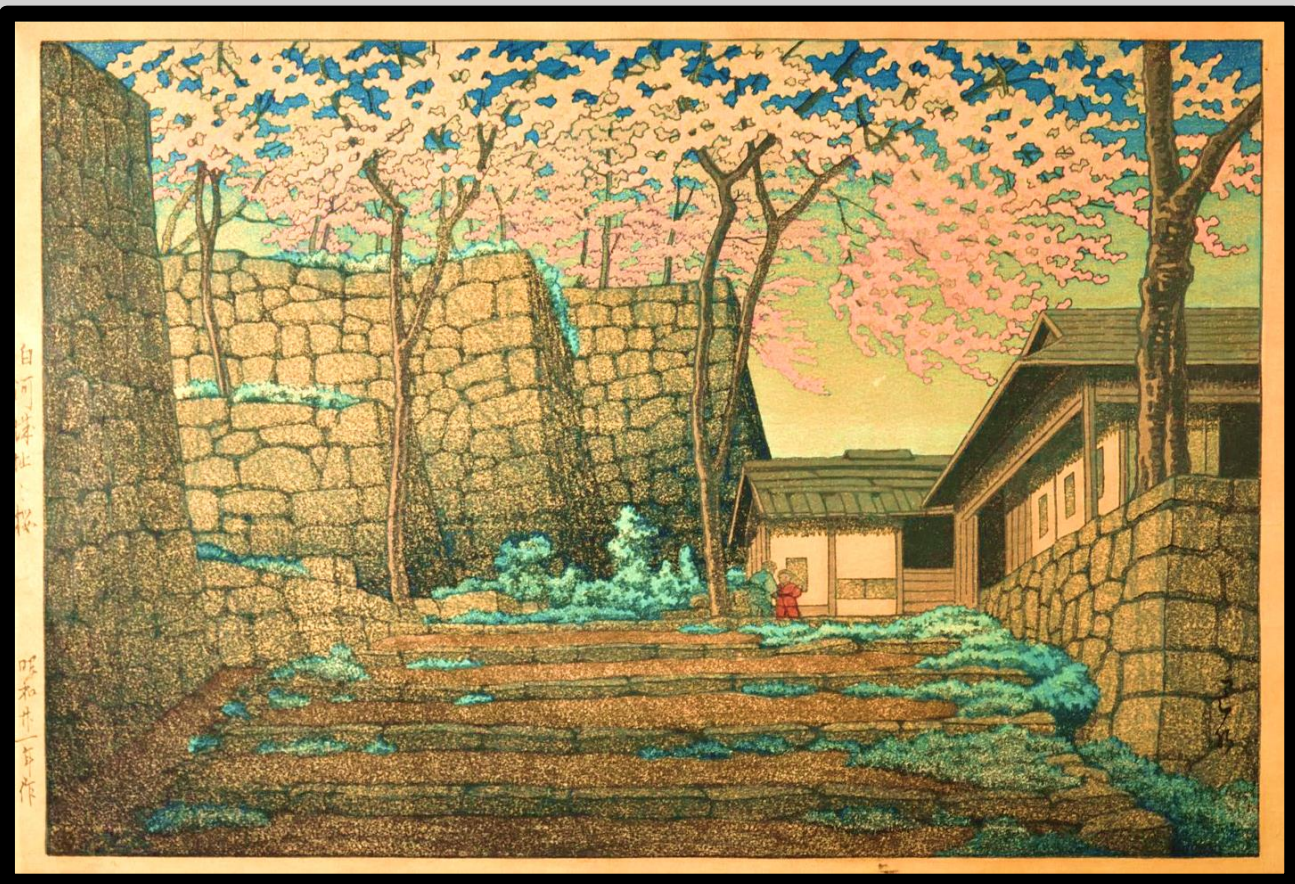
Newsletter Editor:

Mark Cramer

Seiwakai Canada

Peter Brown: Representative

Vassie Naidoo: Liaison



Kawase Hasui: *Shirakawa Castle Ruins*

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Goshukan Canada Seminar with Vassie Naidoo Shihan
Upcoming Event

SEIWAKAI SEMINAR

KATA & TRADITIONAL GOJU KUMITE

TORONTO 2025

Hosted by
GOSHUKAN CANADA

May 2-4, 2025

with

Guest Instructor
VASSIE NAIDOO SHIHAN

May 2nd
S.I.W.A.B. Spring Workshop
For women led by women

Location:
Holy Angels Hall
63 Jutland Rd.
Etobicoke, ON M8Z 2G6

For more details
contact **Craig Vokey** at
sc.vokey@gmail.com
or **Josephine** at
etobicokedojo@gmail.com

Seiwakai Seminar – Spring 2025

Hosted by Goshukan Canada
Guest Instructor – Vassie Naidoo Shihan

When: May 2 – 4, 2025

Where: Holy Angels Parish Hall, 63 Jutland Road, Etobicoke, ON M8Y 1K6

*enter from the church parking lot and the Hall is a separate building behind the church

Accommodations: STAY INN, 560 Evans Avenue, Toronto, ON M8W 2W1
stayinnsuites.ca
group booking under – **Karate Spring Seminar**
2 Queen Beds, \$240 + HST per night
Offer expires April 18th

Training Fees:

3 days \$185

2 days \$140

1 day \$75

*Family discounts available for training fees. See attached **Dojo Sign Up List**.

Dinner Banquet:

Saturday May 3, 2025 – 8:30 pm

The OPEN CORK Restaurant, 2101 Dundas Street E, Mississauga, ON L4X 1M3

\$85 per person

Seminar Schedule:

Friday May 2, 2025

1:00 – 3:00 pm **S.I.W.A.B Spring Workshop (Seiwakai International Women’s Advisory Board)**

@ Holy Angels Parish Hall

\$25 each

The Canadian representatives of S.I.W.A.B will be holding a spring workshop for people who identify as women, ages 13+. This training session will be taught by women for women.

5:00 pm Seminar Registration @ Holy Angels Parish Hall

6:00 – 9:00 pm Training Session

Saturday May 3, 2025

9:00 – 10:00 am Youth Training Session – Kata

10:00 – 12:30 pm Training Session

12:30 – 1:30 pm Lunch Break

1:30 – 4:00 pm Training Session

4:00 – 6:00 pm Seiwakai Gradings

8:30 pm Dinner Banquet at The OPEN CORK Restaurant

Sunday May 4, 2025

9:00 – 10:00 am Youth Training Session – Kumite
10:00 – 12:30 pm Training Session
1:00 – 3:00 pm JKF Gradings (up to Sandan)

SEMINAR REGISTRATION

We ask that each Dojo organize their own students' registration and collect their fees for the seminar. Please use the **Dojo Sign Up List** attached. Fees in CAD can be sent through eTransfer to goshukan.ca.seminar@gmail.com, fees from other countries must be paid in cash CAD. Thank you so much for your understanding.

Each participant must complete the **online waiver**. Please use the following link to find the waiver. <https://etobicokedojo.onlinewaiverpro.com/waiver/0659e630-0522-11f0-83e0-29a25b58ee8a>

GRADING REGISTRATION FORMS

Once again, each Dojo must organize their grading candidates (Seiwakai and JKF) with the forms attached. There is an individual **application form for testing** and a **group list** for each Dojo. The fees should be collected in JPY.

SEIWAKAI GRADINGS

Seiwakai Grading Fees: *all + \$50 CAD
Shodan - 20 000 JPY
Nidan - 30 000 JPY
Sandan - 40 000 JPY
Yondan - 50 000 JPY
Godan - 60 000 JPY

Please find the **Seiwakai Application form for Testing** and the **Seiwakai Shinsa Dojo Form** attached.

JKF GRADINGS

JKF Grading Fees:
Shodan: 5 000 + 5 000 = 10 000 JPY
Nidan: 5 000 + 6 000 = 11 000 JPY
Sandan: 5 000 + 7 000 = 12 000 JPY

Please find the **JKF Application form for Testing** and the **JKF Shinsa Dojo Form** attached.


Memberships:

Seiwakai - 1 000 JPY or \$20 CAD
JKF - 4 000 JPY or \$60 CAD

SEIWAKAI GOSHUKAN CANADA
 Member of Japan Karate Federation Goju-Kai
 Application form for Testing

To Mr. FUJIWARA, S
 PRESIDENT, SEIWAKAI

___ / ___ / ___
 Day Month Year

		PRESENT GRADE	
NAME OF BRANCH CANADA	NAME OF KAI or DOJO GOSHUKAN	ATTEMPTED GRADE	
MEMBERSHIP NO.		PHOTO	
NAME (as you would like it to appear on the certificate)			
DATE OF BIRTH D / M / Y _____ years old			
Address:			
Email:			
DATE OF STARTING KARATE Month: Year:			
	DATE OF ISSUE	OF Last CERTIFICATE	
_DAN	/ /		
CERTIFIED THE ABOVE BY (上記保証人)			
HEAD OF YOUR KAI OR KAN IN CANADA:		 CRAIG VOKEY	
RESULT: PASS ___ : NOT PASS ___			
CERTIFIED THE ABOVE		DATE: / /	
CHIEF EXAMINER		CHIEF OF TESTING COMMITTEE	
Name:		Name:	
Signature		Signature	

Application form for Testing

_____ . _____ . _____
Day Month Year

To Mr.Ujita Eizo JKF Gojukai president

		PRESENT GRADE	
NAME OF BRANCH JKF GOJUKAI CANADA	NAME OF KAI or DOJO SEIWAKAI	ATTEMPTED GRADE	
MEMBERSHIP NO.		PHOTO	
NAME (as you would like it to appear on the certificate)			
DATE OF BIRTH D / M / Y _____ years old			
Address Email			
DATE OF STARTING KARATE D / M / Y			
	DATE OF ISSUE D / M / Y	CERTIFICATE No.	
1DAN	/ /		
2DAN	/ /		
3DAN	/ /		
4DAN	/ /		
CERTIFIED THE ABOVE BY (上記保証人)			
HEAD OF YOUR KAI OR KAN IN JAPAN SIGNATURE _____ 印			
RESULT	DAN	CERTIFICATE NO.	
CERTIFIED THE ABOVE		DATE: / /	
JKF GOJUKAI			
BY CHIEF EXAMINER		CHIEF OF TESTING COMMITTEE	
NAME:		NAME:	

Dojo Sign Up List for Seiwakai Spring Seminar 2025							
Dojo:			Training		Sensei:		
Name	SIWAB	Friday	Saturday	Sunday	Saturday Dinner	\$ Total / person	Waiver Signed
example entry - Josephine Cardoso					2	\$380	
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
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18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
					Total:		
Family Discounts:		1st person -	full price				
		2nd person -	25% off				
		3rd person -	37.5% off				
		4th (plus) -	50% off				
3 days of training		\$185	SIWAB workshop	\$25			
2 days of training		\$140					
1 day of training		\$75	Online Waiver		https://etobicokedojo.onlinewaiverpro.com/waiver/0659e630-0522-11f0-83e0-29a25b58ee8a		
Dinner Banquet		\$85					

Vassie Shihan is Hoping to Return to Santa Monica

Please Help with a Donation

News



Please consider donating to our dojo's move back to our roots in Santa Monica!

https://www.gofundme.com/f/keep-our-dojos-legacy-alive-in-santa-monica?fbclid=IwY2xjawJLh19leHRuA2F1bQIxMAABHTc0la385nBZrT47xANm2sVFcbrYJont1CmUzi9PRpIU876Y_piT-rKPSA_aem_Y6NVT1RZXljhQfyL2pkFlw

Ikebana: The Art of Shuji Tasaki Sensei

Article (Reprint)



Shuji Tasaki Hanshi, the founder of Seiwa Kai Goju Ryu Karatedo, was known as a fierce fighter and an intense instructor. I once heard a senior instructor in our organization say that he would tremble when he would come near him. Others describe their reactions to his presence in far more graphic details. One of our highest graded members said: “Tremble? Hell, they’d shit their pants.”

This was the *Go* or the hard side of Tasaki Sensei. There was a *Ju* or gentle side as well. He was an artist of Ikebana – living flowers.

In Western floral arrangements, flowers are typically arranged in a vase and the focus is on the color composition and the quantity of stunning blossoms. In Ikebana the vase, stems and leaves focus

on line arrangement and harmony with the flower. The design of an Ikebana arrangement is based on a scalene triangle (three unequal sides), and has three points which are symbolic of heaven, earth, and humanity.

A typical Ikebana arrangement will contain a variety of symbolic elements: *ryou* – a peak, *gaku* – a hill, *rou* – a waterfall, *shi* – a town by the water, *bi* – a valley, *you* – the sunlit side of the scene, and *in* – the shady side of the scene. Additionally, Japanese flower arranging is known for its minimalism and implied meaning. This most likely stems from concepts rooted in Buddhism since the first practitioners of Ikebana were associated with the Buddhist temples during the mid-sixteenth century.



During the creation of the Ikebana piece, the spiritual aspects of this Japanese art are particularly important. The creative process is punctuated with silence. It is a time to appreciate those qualities

in nature which are often overlooked. This is also a time for relaxation of the body, mind, and spirit. This spiritual element of Ikebana differentiates it from its western counterpart of flower arranging.





An Interview with Sanjit Mandal Sensei

March 19, 2025

James Pounds

Martial Arts Background and Introduction to Seiwakai

Sanjit Mandal Sensei, 5th Dan Seiwakai, is the Owner and Head Instructor of Tri-Valley Seiwakai Karate in Pleasanton California, an East-Bay suburb of San Jose and San Francisco. His wife and three daughters are also karate practitioners, so Tri-Valley is a family affair.

Sanjit Mandal began his martial arts journey in Houston Texas in 1988 with Taekwondo, primarily motivated by self-defense needs due to bullying at school.

In 1989, at age 11, he transitioned to karate through a free program found by his father. The training was rigorous and old-school style, emphasizing discipline and not talking back. This strict approach helped him develop inner strength and physical improvements over the years. In his University years, Sanjit Sensei was President of the Northeastern University (Boston) Karate Club, an organization he started.

Sanjit Sensei was introduced to Seiwakai in February 2004 through America Online (AOL). He connected with Sensei Jim Prouty of Jundokan International and attended a seminar in Houston, Texas, which coincided with his wedding arrangements. This event, a Japan Karate Federation (JKF) event, marked his first encounter with the Seiwakai group. He met Vassie Naidoo Shihan who encouraged him to come train in Los Angeles.

In September 2004, he participated in a five-day intensive training session with Vassie Shihan in Santa Monica. (This is when I first met Sanjit Sensei.) Following this, he received and accepted an invitation to join Seiwakai. He found Vassie Shihan's teaching style, which focused on detailed understanding of movement mechanics, particularly helpful and aligned with his own learning style.

Adapting karate teaching methods during and after Covid-19

Sanjit Sensei views the COVID-19 pandemic as a setup for his dojo's current success. He recognized early the challenges of virtual training and the importance of maintaining student engagement. To maintain community bonds and generate revenue during the Covid lockdowns, he implemented smaller Zoom sessions for beginners, covering basics like stances and blocks over six-session segments. These smaller sessions allowed him to better know his students and their individual needs and to adapt to them individually.

Video analysis became a popular and effective teaching tool for the Dojo. Students submitted kata videos, which Sanjit Sensei would analyze in slow motion, using freeze-frames and visual aids to highlight alignment issues and other issues to improve kata performance. This method proved to be particularly effective in Sensei providing detailed feedback to his students.

Sanjit Sensei adapted his teaching style for virtual classes by using external spoken cues (e.g., 'face towards the garage door') instead of directional instructions ('left', 'right', etc.), which helped maintain student focus and understanding in the mirror-imaged virtual environment. (Having studied Kobudo on Zoom, and also watching my Zoom karate students struggle, this struck me as an excellent idea.)

Post-pandemic, Sanjit continues to use some virtual teaching techniques, such as recording videos of students during in-person classes and sending them via email for review. However, because of time constraints, he noted that follow-up on these videos is limited.

Dojo management and student retention strategies

Sanjit Sensei's dojo, now in its 11th year, shares training space with a Judo Sensei to offset high rent costs. This arrangement allows them to alternate karate and judo classes throughout the week, reducing the need for a larger student base.

The dojo currently operates on a month-to-month payment system rather than using contracts. Sanjit Sensei is considering implementing a commitment system tied to progress periods (e.g., asking parents to commit until the next grading in six months) to improve retention. Rather than seeing it as a 'contract' parents and students see it as a step-system ensuring commitment until their child's next promotion. He is contemplating using a first and last month first payment for this system, so students and parents are making an investment and have some 'skin in the game'.

For advertising, Sanjit Sensei has not paid for any since 2015, relying instead on organic growth through the dojo website (www.Trivalleykarate.com) using optimized keywords and accumulating positive reviews over time. He emphasized that obtaining actual student or parent-driven reviews is the best free method for expanding search visibility as well as the best no-cost advertising.

Referrals were identified as another effective marketing strategy. Sanjit Sensei mentioned sending emails to parents when the dojo needs new students, typically stating they have three open spots available. As an incentive, they offer to comp one month of classes for parents who successfully refer new students. This method has worked very well.

Benefits and challenges of competition karate

Sanjit Mandal explained that his University Club in Boston focused on competition karate as a mechanism to improve skills. Competition helped him gauge his progress in both kata and kumite, forcing him to work on specific aspects of his performance. He could also see the improvement of the club members as a whole.

He is a strong believer that competition karate is beneficial for students, teaching them goal setting, commitment, embracing challenges, and mentally handling both wins and losses. It also provides opportunities for travel and networking with other karate practitioners.

Sanjit Sensei holds separate, more explosive classes focused on competition training. These classes emphasize developing reflexes, footwork, and kumite skills and are structured differently from his regular karate classes.

Sensei says a challenge is where students are being lost to other competitive sports like soccer, baseball, and swimming for at least part of the year. Like all of us, we are competing with these

other activities – many through schools and many with the opportunity for scholarships down the road. Sanjit Sensei is considering including more competition aspects in their program to retain these students who like the arena and thrive on competition.

Sensei emphasized the need for a progressive program to take students from beginner to advanced levels in competition karate. He admitted to not having such a structured plan in the past few years, which has not yielded the desired results. The new plan is being formulated.

Suggestions helpful to Seiwakai USA and competition strategies

I asked Sanjit Sensei if he had any recommendations that might be beneficial for all Seiwakai USA dojos. He would like to see a stipend from USA Seiwakai of \$100 for every student representing USA Seiwakai at Nationals, which would cover half of their fee. Board President Mark Cramer has agreed to consider this proposal if it was written up and formally submitted to the Board of Directors.

Sanjit Sensei also emphasized the importance of creating value for current students and their karate development. He stressed that the quality of students and dojos should speak for themselves, demonstrating the organization's value through achievements like US national medals and national visibility. Seiwakai USA banners to all competing dojos that could be taken to competitions would increase our visibility and branding.

He suggested focusing on making instructors better teachers, sharing tips for dojo growth, and potentially auditing struggling dojos to improve their processes and operations.

Tri-Valley Seiwakai is planning to attend USA Karate Nationals this year, even with a small team of three competitors, to potentially earn medals and use that success to grow their internal student base and attract new students. He sees it as a first step but sees it growing in the future as his dojo ramps up for competition. Their successes will no doubt also aid Seiwakai USA visibility.

Sanjit Sensei shared how he uses his own grading experiences to motivate and encourage his students, emphasizing the long-term commitment and perseverance required in karate training.

My thanks and congratulations to Sanjit Mandal Sensei and his Tri-Valley Dojo for their persistence and continual efforts to become complete karateka. Also, for his time in accepting to do this interview. My hope is that we can spotlight several dojos a year to share methods and new ideas between all Seiwakai USA Dojos.



Seiwakai Around the Globe



誠和会



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)

Sad News

We are sorry to communicate the passing of Sensei Kleanthis Mitsioulis, director in Seiwakai Greece and a senior practitioner who contributed to the development of Seiwakai Greece which is led by Shihan Dimitris Tsakatanis.

We send our deepest condolences to members of Seiwakai Greece and to his family who are suffering with this premature lost.

We have enjoyed practice in Athens during Seiwakai Greece Seminar one month ago. Now he is practicing his ultimate Sanchin!





2025

全日本空手道連盟剛柔会

35TH SEMINAR & NATIONAL CHAMPIONSHIPS

SEMINAR: Friday 11th April & Saturday 12th April 2025

ADDRESS: The Warwick (Holiday Inn)
355 Hume Highway, Warwick Farm, 2170

TIMES: Friday: 9am (Registration) 10am - 5pm
Saturday: 10am - 4pm

SEMINAR FEE: \$150 (\$250 for non-JKFG Members)



Sato Sensei
8th Dan Hanshi
JKF Gojukai



Takegawa Sensei
8th Dan Hanshi
JKF Gojukai



Ishida Sensei
7th Dan Kyoshi
JKF Gojukai

JKF Goju Kai Australia Seminar and Championships

Upcoming Event

35th JKFGA Kata Seminar 2025

All Brown/Black Belts are invited to attend the annual JKFGA Kata Seminar.

DATE: Friday 11th & Saturday 12th April 2025

LOCATION: The Warwick (Holiday Inn), 355 Hume Highway, Warwick Farm 2170 NSW

FEE: JKFG Members \$150 (Must have JKFG Member card / number)

(Non-members Seminar fee \$250)

ACCOMMODATION: For interstate visitors we have secured an amazing deal with the Holiday Inn. ... \$209/room including B/fast! Follow the links provided (look under Accommodation when registering for the seminar) and get access to the special discounted offer!

JKFGA NATIONAL CHAMPIONSHIPS: We are excited to host this year's National Championships (and JKF Gojukai Japan qualifying tournament) on Sunday 13th April (Same venue)!

DO NOT MISS OUT! Over 50 events! 100+ Competitors expected to make this a huge event - definitely one to be a part of in 2025!

We look forward to seeing you all there!

Japan 2025

From Seiichi Fujiwara Shihan

Upcoming Event



March 17, 2025

Dear Overseas Members,

We are pleased to inform you about our 51st JKF Gojukai All Japan Tournament held in Miyagi on July 26th to 27th.

Kata seminar and Dan promotion tests are also scheduled on July 24th and 25th.

We hope many of you will join this event.

For the details, please refer to the attached files. Please check them carefully and submit application forms to the specified sector of Gojukai Headquarters.

We all Japanese Gojukai members look forward to seeing you and enjoy the tournament.

Sincerely,
Seiichi Fujiwara
Head of Overseas Committee
JKF Gojukai
Email: ohara.sf@fancy.ocn.ne.jp
Overseas Office Email: mikikotahata.osc@gmail.com

**The 51st JKF Gojukai All Japan Tournament in Miyagi
Announcement for the tournament and related events**

1. Tournament (Date / Venue / Program)

Date : July 26 (Sat) ~ July 27 (Sun)

Venue : Genki Field Sendai (Miyagino Gym)

4-1-1, Shindahigashi, Miyagino-ku, Sendai City, Miyagi 983-0039,

Japan

(Phone (+81)22-231-1221)

(URL (Japanese) =<https://www.spf-sendai.jp/genki/>)

July 26: Elementary and Junior high school category

9:30 - 10:00 Opening ceremony

10:00 - 18:00 Competition

July 27: High school and Adult category

9:30 - 10:00 Opening ceremony

10:00 - 15:00 Competition

17:00 - Closing ceremony

Entry Application and Payment

Application Form : Attached Form 1 (Tournament application)

Submitted to : 1960kenbu-kai@hct.zaq.ne.jp (Attn: Masatake Ishida)

Deadline : **June 1st**

Remarks : Only Email submission to Ishida sensei can be accepted.

Payment : On site at Kata Seminar reception (Jul 24).

Seiwakai Seminar in AKITA

- Omagari Seminar : July 16 (Wed) ~ July 22 (Tue)
- Seiwakai Dan Promotion Test : July 22 (Tue)
- Seiwakai Party : July 19 (Sat) 19:00 - 21:00

Fee for Tournament attendance and Insurance

Team Kumite ¥15,000/Team

Individual Kumite/Kata ¥5,000/person

Insurance ¥300/person

Related Meetings information

Meetings	Date		Time		Place of Meeting
			Start	End	
National Representative MTG	24-Jul	Thu	17:00	18:30	Genki Field Sendai (Miyagino Gym)
6-8 Dan Judging Committee	25-Jul	Fri	10:00	17:00	
Executive Board MTG	25-Jul	Fri	17:30	19:00	Genki Field Sendai (Miyagino Gym)
Judgement MTG	26-Jul	Sat	9:00	9:30	
Supervisor MTG	26-Jul	Sat	9:30	9:45	
Judgement MTG	27-Jul	Sun	9:00	9:20	

Please don't forget to join, especially Supervisors and Judges.

2. Kata Seminar and Dan Test for overseas member (1-5 Dans)

Kata Seminar

Date/Time: 1) July 24 (Thu) 10:00 -17:00

2) July 25 (Fri) 10:00 -12:00

(Registration starts at 8:00 on Jul 24)

Application: Form 3 (Fill & submit to Shioji sensei by Email)

Email Address: jkf.gojukai.abroad@gmail.com

Deadline: **June 30**

Payment: On site at Kata Seminar reception (Jul 24)

Dan Test for overseas member (1-5 Dan)

Date/Time: July 25 (Fri) 13:00 - 17:00

Application: Form 7 (Fill & submit to Shioji sensei by Email)

Email Address: jkf.gojukai.abroad@gmail.com

Deadline: **June 1st**

Fee: 1-3 Dan: ¥5,000 / 4-5 Dan: ¥10,000

Payment: Onsite at Kata Seminar reception (Jul 24)

3. Gojukai HQ Higher Dan Test (6-8 Dan)

Date/Time: July 25 (Fri) 10:00 -17:00

Application: Form 2-2 (Fill and submit to Tsumoto sensei by Email)

Email Address: jkf.gojukai.abroad@gmail.com

Deadline: **June 1st**

Fee: ¥20,000

Payment: Onsite at Kata Seminar reception (Jul 24)

4. Hotel reservation

Accommodation (to make reservations) is recommended to be done by yourself.

Kumite Tournament						
Category	Sex	School Grade	Age/Weight	Number of players	Time for Match	
Elementary School	Men	1		4	1.5 Minutes (90 Seconds)	
		2		4		
		3		4		
		4		4		
		5		4		
		6		4		
	Women	1		4		
		2		4		
		3		4		
		4		4		
		5		4		
		6		4		
Junior High School	Men	1		4		
		2		4		
		3		4		
	Women	1		4		
		2		4		
		3		4		
High School	Men	1-3	Under 18	4	2 Minutes (120 Seconds)	
	Women	1-3		4		
Adult	Men	Light weight	Under 65 Kg	2		
		Middle weight	65-75 Kg	2		
		Heavy weight	Over 75 kg	2		
		Open weight	Never double entry	2		
	Women		Under 55 Kg	2		
			Over 55 kg	2		
Team	Men	5 players per Team		2 Teams		
Remarks	Number of players is max. number of each branch.					
	Age of High school category is for who doesn't attend high sc					
	Open weight class player never attends another weight class match.					
	Max. number of Team of each branch is 2 (Name A and B to identify).					
	Player's number Bib will be distributed at Kata Seminar reception					
Rules	Tournament is based on the official Gojukai rules .					
	No decision match for 3rd place (2 persons for the 3rd place).					
Guarding equipment	Menho (Face guard) is required for under 18.					
	EXCEPTION No Menho but mouth piece is required for under 18 who participates in Team Kumite.					
	Mouth piece is your own decision.					
	Foul-cup is required for all players except elementary school 1&2 grades.					
	Body protector is required for all players and set inside Dougi (jacket).					
Instep and shin guard is required for all players except adults.						

Kata Tournament						
Category	Sex	School Grade	Age	Number of players	Type of Kata	
					preliminary round	Final Round
Elementary School	Men	1		4	Gekisai 1 or Gekisai 2	Free choice
		2		4		
		3		4		
		4		4		
		5		4		
		6		4		
	Women	1		4		
		2		4		
		3		4		
		4		4		
		5		4		
		6		4		
Junior High School	Men	1		4	Saifa	Free choice
		2		4		
		3		4		
	Women	1		4		
		2		4		
		3		4		
High School	Men	1-3	Under 18	4	Seiyunchin	Free choice
	Women	1-3		4		
Adult	Men			2		
	Women			2		
Senior	Men		Over 50	5	Free choice	
	Women		Over 40	5		
Remarks	Number of players is max. number of each branch.					
	Age of high school category is for who doesn't attend high school.					
	Player's number Bib will be distributed at Kata Seminar reception (Aug 15).					
Rules	Point order system is adopted for winner decision.					
	Top 8 players of the preliminary round advance to the final round.					
	Each player must use his/her own Obi. Red obi is used at final match.					

Special attention:

- 1) Players must be registered members of JKF Gojukai and have already paid the Year 2025 membership fee.
- 2) All players must wear the JKF/Gojukai officially-certified Jacket at competition.
- 3) All players must use specified safety equipment.
- 4) All players use their own red/blue color belt (Obi).
- 5) 1 Supervisor and max. 5 coaches per branch are allowed.
- 6) Branch (Nation) name bib is prepared by the participant and is attached on the front (right side) of the jacket.
- 7) The player's number bib must be sealed on the backside of the jacket.
- 8) When a country sends 2 teams for Team kumite, character A and B must be added to the nation's name. (for example, England A and England B)
- 9) Only emergency care will be made for the injured person while matching. Insurance will be covered for the accident that happened during the tournament.