

**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 76: January/February 2026**

**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**

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**Vassie Naidoo, Shihan: Seiwakai International Vice President**

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**Shuseikan Seiwakai Canada**

**Michael Beardwood:**

President

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**Newsletter Editor:**

**Mark Cramer**

**Seiwakai Canada**

**Peter Brown: Representative**



**Kawase Hasui: *Snow at Seichoen Garden***

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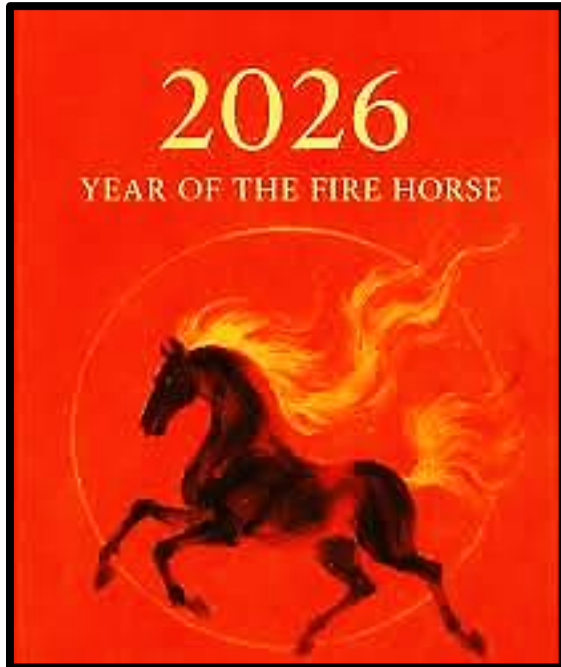
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## Happy New Year Akemashiteomedetōgozaimasu

### The Year of the Fire Horse

Happy New Year, and welcome to the Year of the Horse or more precisely, the Year of the Fire Horse.

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

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

If you were born in 1942, 1954, 1966, 1978, 1990, 2002, or 2014, this is your zodiac year in the 12-year cycle. If you were born in 1966, this is your birth-year of a lifetime; your animal/element zodiac sign has made its complete 60-year cycle.

According to a Japanese superstition, girls born in the Year of the Fire Horse are rebellious, strong-willed, and will grow up to “devour” their husbands. Consequently, birthrates in Japan are likely to see a sharp decline this year. In 1966, the most recent year of the Fire Horse, Japan experienced a significant decline in its birth rate – but only for that year. Japan’s birth rate in 1966 was dramatically lower than in both the immediate previous and subsequent years.

### Japanese New Year’s Traditions

Japan adopted the Western (Gregorian) Calendar in 1873, and New Year’s Day is celebrated on January 1<sup>st</sup> (as opposed to other Asian nations who celebrate the lunar New Year).

**The Ringing of Temple Bells (Joya no kane)** At the stroke of midnight on New Year’s, Buddhist temples throughout Japan ring their bonsho (temple bells) 108 times. It is believed that this number represents the 108 human desires that result in the pain and suffering which is common to all humanity. The ringing of temple bells is a ritual meant to drive these negative desires away.



**Observing the First Sunrise of the New Year (Hatsuhinode):** Many people will awaken early in the morning to observe the first sunrise of the new year. Many others (like me) will remain in bed.

**Visiting a Shrine (Hatsumode):** One of the most traditional New Year's customs is the first shrine visit of the New Year. Usually, families visit a shrine together during the first few days of the new year. Together, they pay their respects and wish for a happy and healthy year.



**Surprise Bags (Fukubukuro):** Another New Year's Day tradition is to go out and buy fukubukuro. These surprise bags are sold at various prices and are purchased without knowing what's inside, but usually, the value of the items inside is worth more than the price of the bag was. However, it is the risk of not knowing what's inside that makes this tradition exciting. These bags quickly sell out.

**Writing Poetry (Haiku):** The writing of haiku that celebrate many of the firsts of the year is common. The first sunrise of the year, the first laughter or smile of the year, and the first dream of the year are common subjects in this tradition of New Year's Haiku.

*This year is ending,  
New life and change are coming,  
Breathe in peace and hope.*



NHK交響楽団  
ベートーヴェン「第9」演奏会  
Beethoven 9th Symphony Concerts

ベートーヴェン  
交響曲 第9番 ニ短調  
作品125 「合唱つき」  
Beethoven's Symphony No. 9 D Minor, Op. 125, Choral

指揮者  
レナード・スラットキン  
Leonard Slatkin, conductor

2025年  
12/20 (土) 4:00pm 12/21 (日) 2:00pm  
12/23 (木) 7:00pm\* 12/24 (金) 7:00pm

NHKホール  
NHK Hall  
合唱: 新国立劇場合唱団

ソプラノ: 中村恵理  
メゾソプラノ: 藤村実穂子  
テナー: 福井敬  
バリトン: 甲斐栄次郎

**Performing Beethoven's Ninth Symphony:** It may surprise many of us to find out that one Japanese new year's tradition is the playing of Beethoven's Ninth Symphony with its accompanying chorus. This national tradition dates back more than a century.

## Namahage Visit Homes and Take Away Lazy and Misbehaving Children



The folklore of the Namahage is a UNESCO intangible cultural heritage from Akita prefecture.

On New Year's Eve, local young men dress up in monster masks and straw capes. They carry bloody wooden knives, bang on doors, and shout "are there any crybabies, lazy children, or disobedient kids inside this house?"

Then they barge into the home, grab small children, and threaten to take them back to their caves deep within the mountains.

This is intended to genuinely scare the children and impress upon them the importance of obedience and hard work. Many children burst into tears.

Parents or heads of the household intervene, and tell the Namahage that their children are well-behaved. They then offer the Namahage sake and rice cakes. Then they promise that the children will do better in the coming year.

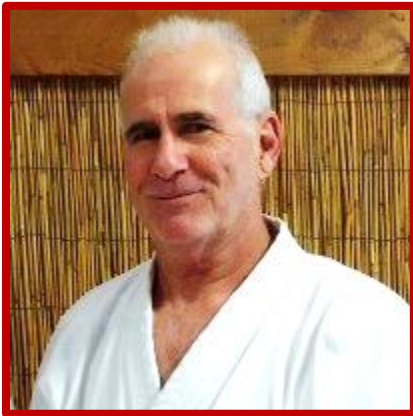


At this point, the Namahage appear to be content with the offerings and promises. Then they leave the home while offering blessings for good fortune and health for the family in the New Year.

Even though this tradition is frightening for young children, it serves a positive community purpose for everyone involved. The role of the Namahage is played by local young men and their visit is often coordinated with parents beforehand to deliver specific warnings to their children. It is also a powerful method of teaching discipline and encouraging children to listen to their parents and study hard.

# Just Another Day at the Office: A Fighting Mindset

## By James Pounds



**“1000 days training for one moment of reckoning.”**  
~ *Kendo maxim*

I sure do see a lot of Facebook videos about fighting and self-defense these days – so much so that they have become almost boring. Most of them begin with video of someone being knocked out in the street and then the “expert” explains to us how not to get caught in that situation and how to defend against it if you do. Most of the advice is sound, but it is hard to learn self-defense from videos unless you already know how to fight. That’s the paradox. To really know how to fight you have to spend time training and actually getting hit.

Believe me, it’s not as bad as it sounds. Very few martial arts dojos promote all-out, full-contact fighting because it is counter-productive. If you fight that hard all the time, you would lose a lot of your clientele to injury or the simple fact that they don’t want to be beat on as a regular diet. Controlled fighting is beneficial because, believe me, you will be hit and learn to deal with it! This is a game of millimeters and it’s hard to always control millimeters when two people are in a dynamic fight scenario. So, getting hit is part of the training.

Getting hit (or kicked) is how you learn damage control and how to protect yourself while you’re recovering. The shock of getting hit is what makes most people lose their mind. If you lose your mind from the shock, you will fall apart and you’ll lose. You must train at getting rocked, even if unintentionally, in order to understand that you can keep functioning. But to do that you need to experience it. And it can be experienced with controlled sparring.



An analogy is the way warships stay afloat even when struck by missiles or torpedoes. Their secret is compartmentalization – the use of watertight doors to turn the ship into a virtual honeycomb of watertight compartments that stops flood and fire damage. When you get to spar regularly you learn to mentally compartmentalize the body and block off pain until you can recover. And you recover while still in the fight. That’s the real value of being hit in the dojo. You can mentally do damage control because you already realize – through your training – that you are capable of

absorbing a lot more damage than you ever knew you could. If you don't have experience in damage control one punch can end the fight, with you on the losing side.



Of course, in addition to the damage control you are also learning distancing – how to evade and how to close. You learn to control your breathing and how to breathe to minimize the shock of body kicks and punches. Once you are used to doing all these things well, then you can probably incorporate those defense skills in the videos. The cart has to come before the horse.

The best fighters practice! I tell my students that until they do it enough to overcome their fear and nerves, they'll never be good at it because they will always be fighting in a reactionary manner. Once they get past those fears and jitters through regular fighting practice they can do it proactively. Big

difference! I tell them they want to get to the point that they approach fighting in a very Zen fashion, then it becomes just another day at the office. No fear. No projections.

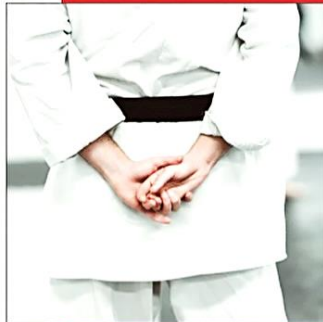


# Shuseikan Canada Winter Seminar



## Shuseikan Canada Black Belt Seminar And Shinsa

Join us for our Winter Seminar & Shinsa at Kazoku Martial Arts Centre, Cambridge.



### Seminar Dates & Locations:

- Friday, March 27 - Kazoku Martial Arts Centre
- Saturday, March 28 - Moffat Creek
- Sunday, March 29 - Moffat Creek

### Times:

- Friday 6-9pm (Kazoku Martial Arts)
- Saturday 9am to 12pm (Moffat Creek)
- Saturday 1pm to 3pm (Moffat Creek)
- Saturday (exam) 3:30pm to 6pm (Kazoku Martial Arts)
- Sunday 9am to 12pm (Moffat Creek)



### Fees:

- \$40 per session
- \$120 for the whole weekend

### Family Discount:

First family member pays 75%  
Additional family members pay 50%

For hotel information or if you have any additional questions, please contact us at:  
[admin@shuseikancanada.ca](mailto:admin@shuseikancanada.ca)



Register Here →



We are pleased to invite you to Shuseikan Canada's winter seminar taking place March 27-29 2026 in Cambridge Ontario.

Please register [here](#).

[https://docs.google.com/forms/d/e/1FAIpQLSf58a2\\_HfOSvQSKvn4NxFO70d8YINY8ZLk6ZAIh8AOG3WPqg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf58a2_HfOSvQSKvn4NxFO70d8YINY8ZLk6ZAIh8AOG3WPqg/viewform)

Cost: \$120 for the weekend or \$40 per session

- **Seminar Details:** Friday 6pm to 9pm - Session 1 (Kazoku Martial Arts)
- Saturday 9am to 12pm - Session 2 (Moffat Creek)
- Saturday 1pm to 3pm - Session 3 (Moffat Creek)
- Shinsa Saturday 330pm to 6pm (Kazoku Martial Arts)
- Sunday 9am to 2:30pm - Session 4 (Moffat Creek)

\* Doors will open 30 minutes prior to session start times. Please arrive early and be ready to train.

Family Discount: The first additional family member pays 75% and each family member after that pays 50%

Grading Candidates: Please ensure your grading application form is submitted on or before February 27 2026. If you or your instructor have any questions or need an application form please email Shihan Beardwood at this address.

Hotel Information: [Laundry Rooms Cambridge](#)

1 bed: 169 per night

2 beds: 249 per night

For any questions please reach out to Shihan Beardwood at this address or myself at [paulmtgbarrington@gmail.com](mailto:paulmtgbarrington@gmail.com)

Looking forward to seeing folks at the seminar!

# 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**

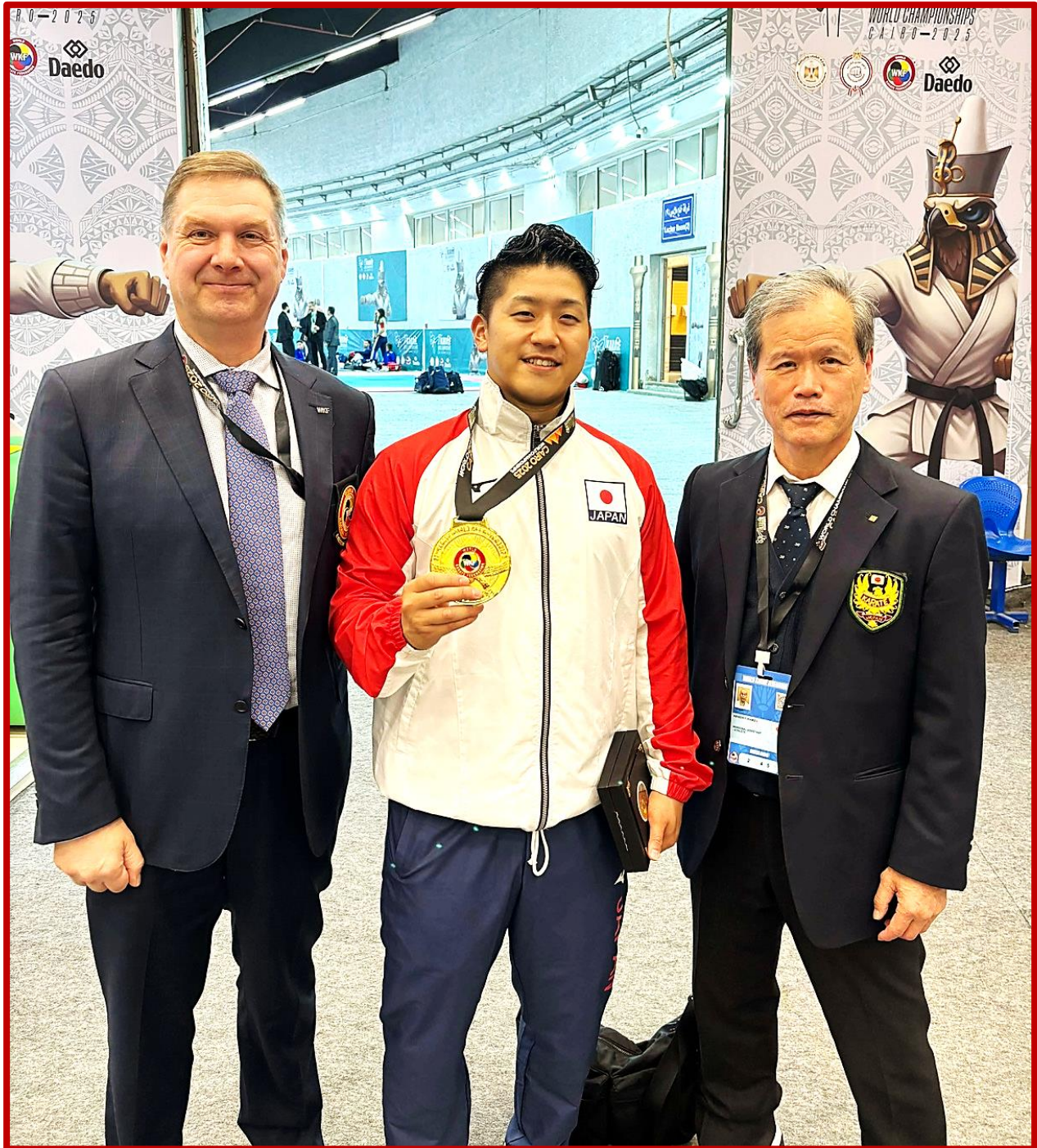
**Eddie Liu**



**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)*

## WKF World Championships in Cairo, Egypt



Vokey Shihan, Kakeru Nishiyama, and Shigenori Sato Shihan (JKF Goju Kai) at the WKF World Championships in Egypt where Nishiyama won the gold medal.

Some will remember that Kateru Nishiyama taught at the Seiwakai Seminar in 2023.

Seiwakai Hungary Seminar

# GOJU RYU SEIWAKAI

## HUNGARIAN SEMINAR

2026 February  
20-22

### Sessions:

Friday 20th February:  
18-20

Saturday 21th February:  
9-11  
15-17

Sunday 22th February:  
10-12

25 euro  
/person

*Pal Gila Shihan, 7th Dan*

Dan exam is possible up to  
1st, 2nd and 3rd dan. 弐

Address: Siklós, Kossuth tér 8, 7800

The name of the location: Szent Imre Katolikus  
Általános Iskola



Contact: +36 70 386 1497  
Email: [solyomhse@freemail.hu](mailto:solyomhse@freemail.hu)

**SEIWAKAI WOMEN'S INTERNATIONAL ADVISORY BOARD (SIWAB)**  
**INTERNATIONAL TRAINING SEMINARS 2026**

<b>BEJA - PORTUGAL</b> <b>Dates: 18, 19 &amp; 20</b> <b>September 2026</b> <b>Venue: Escola Básica de</b> <b>Santiago Maior</b> <b>Av. Cmte. Ramiro Correia</b> <b>48, Beja, Portugal</b>	<p><b>● SEMINAR FOCUS</b></p> <p><b>Sanchin, Tensho, and Shime Testing</b>  <b>Self Defence for Women and Girls</b>  <b>Empowering Female Connections in Karate</b>  <b>Focused Kata Development</b>  <b>Insights from Women-run Dojos</b>  <b>Kumite Skills and training Regimes</b>  <b>Supporting the Female athlete Experience</b></p>	<b>SYDNEY - AUSTRALIA</b> <b>Dates: 20 – 22 February 2026</b> <b>Venue: Karate Academy Sydney</b> <b>8/23 Garema Circuit,</b> <b>Kingsgove, Sydney</b>
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Contact: siwab2019@gmail.com

SIWAB International Women's Goju-Ryu Training Seminars 2026 🏯 Goju-Ryu training for women and girls

Building on our first international seminar in Greece (2024), SIWAB is proud to present two international women's seminars in 2026, endorsed by Fujiwara Hanshi, Head of Seiwakai International.

📍 Sydney, Australia 🇦🇺 20–22 February 2026

📍 Beja, Portugal 🇵🇹 18–20 September 2026

👤 Instructor lists to be announced soon

Train, connect, and be part of our growing global Seiwakai community.

📄 Register by 13 February 2026 (Sydney Seminar) 👉 <https://forms.gle/zq6M85u6CDkoZVqP7>

🗣️ Questions? Contact [siwab2019@gmail.com](mailto:siwab2019@gmail.com)

💰 Seminar fees & T-shirt orders to be paid in advance (see registration form for details)

### About SIWAB

The Seiwakai International Women's Advisory Board (SIWAB) supports, develops, and promotes women and girls within Seiwakai International by creating inclusive training opportunities, international connections, and leadership pathways through seminars, education, and collaboration.



JAPAN KARATE FEDERATION  
**GOJUKAI  
AUSTRALIA**

# 全日本空手道連盟剛柔会

KATA SEMINAR AND NATIONAL CHAMPIONSHIPS

Friday 17th - Sunday 19th April 2026

Warwick Farm, Sydney, Australia

## 36TH SEMINAR & NATIONAL CHAMPIONSHIPS

**SEMINAR:** Friday 17th April & Saturday 18th April 2026

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

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

**SEMINAR FEE:** \$195 (\$295 for Non-JKFG Members)



**BOOK NOW**



[bit.ly/JKFGA2026](https://bit.ly/JKFGA2026)

### MEET OUR DISTINGUISHED INSTRUCTORS



**Sato Sensei**  
8th Dan Hanshi  
JKF Gojukai



**Takegawa Sensei**  
8th Dan Hanshi  
JKF Gojukai



**Fujiwara Sensei**  
8th Dan Hanshi  
JKF Gojukai



**Ishida Sensei**  
7th Dan Kyoshi  
JKF Gojukai



# 全日本空手道連盟剛柔会



Germany 2026

# SEIWAKAI GERMANY

## GOJU RYU KARATE DO

• NATIONAL SEMINAR •



**10th 11th & 12th April 2026**

**Neveon Arena**

**Topmarkt**

**09235 Burkhardtsdorf**

**info@seiwakai-germany.de**



- Kihon
- Kata
- Bunkai
- Dan Testing Seiwakai

### ASSISTANT INSTRUCTORS



**Pál Gila Shihan**  
**Seiwakai 7th Dan**  
**JKF Gojukai 7th Dan**

Gerrit Kretschmer  
Seiwakai 6th Dan Renshi  
JKF Gojukai 5th Dan  
Seiwakai Germany

Indy Tanahaian  
Seiwakai 6th Dan Renshi  
JKF Gojukai 5th Dan  
Seiwakai UK

Pál Attila Péger  
Seiwakai 6th Dan Renshi  
JKF Gojukai 6th Dan  
Seiwakai Hungary

Francesco Maronchi  
Seiwakai 6th Dan Renshi  
Seiwakai Italy

# 2026 JKF Goju Kai - Europe Seminar First Information



# JKF<sup>2</sup> GOJU-KAI<sup>0</sup> EUROPE<sup>2</sup> MASTERS SEMINAR<sup>6</sup>

SHIGENORI  
SATO  
8<sup>th</sup> DAN



TATSUO  
TAKEGAWA  
8<sup>th</sup> DAN



**16<sup>th</sup>-17<sup>th</sup> May**  
**WISEU-PORTUGAL**

Venue:  
Sports Hall of Polytechnic Institute of Viseu

Organisation:



Local Partners:



Schedule:

Saturday  
10:00-13:00 | 15:00-18:00

Sunday  
09:30-13:00 | 15:00-17:00

More Information:

Abel Figueiredo  
abelfigueiredo@esov.ipv.pt  
+351 86202813 (WhatsApp)



After a long period of absence, JKF Gojukai - Europe is preparing a JKF Gojukai Masters Seminar in Europe, with cooperation of JKF Gojukai headquarters (JKF Gojukai Overseas Committee lead by Shihan Seiichi Fujiwara and Kata Instructing Committee lead by Shihan Shigenori Sato).

It will be organized in Portugal, in the beautiful city of Viseu on the 16 and 17 of May 2026.

The teachers will be:

- **Shihan Shigenori Sato**, Director of Kata Instructing Committee of JKF Gojukai, 8th dan Hanshi, and coach of WKF world champions as Hikaru Ohno and Nishiyama Kakeru.

- **Shihan Tatsuo Takegawa**, 8th dan Hanshi, member of the Kata Instructing Committee of JKF Gojukai.

On this seminar, participants also could do JKF Gojukai testing up to 5th dan, and also transference of testing because this is possible when we give an official seminar of JKF Gojukai. For this, members must have previous official registration on JKF Gojukai, have participated in previous JKF Gojukai Seminars, and dan certification recognized by WKF or National Federation of your country.

Registration still not open, and details will be explained later on the brochure but you can reserve the date, plan traveling possibilities, and use this poster information for the 2026 JKF Gojukai Masters Seminar organized by JKF Gojukai Europe in Portugal, on the city of Viseu on the 16 and 17 of May 2026.

We invite you to stimulate practitioners to come to this togetherness moment.

Fee will be fixed on a maximum of 100 EUR.

Let's enjoy togetherness training!

## Japan 2026



### 2026 Seiwakai Seminar in Omagari

August 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>

August 22<sup>nd</sup> Rest Day

August 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>

August 25<sup>th</sup> Dan Testing in the afternoon & Seiwakai Party in the evening.

26<sup>th</sup> travel to Yokohama

### Additional Information

Training 6 Days 42,000 JPY (7,000 JPY Per Day)

Seiwakai Party (8,000 JPY)

From Glenn Stephenson Registration for the Seiwakai Seminar in Omagari, Japan (Click on the link below.)

<https://docs.google.com/forms/d/e/1FAIpQLScII1tng9pPZNcIk0gBzIeg4E9DZ-nhyt83Y9Bpiud6Svy7Fw/viewform?pli=1>



### JKF Goju Kai Seminar in Yokohama, Japan

August 27 & 28 Seminar (Shinsa August 28) and August 29 & 30 Tournament

## Seiwakai International New Membership Application



Hi Seiwakai Instructors,

Fujiwara Shihan and I decided to let all instructors to know if you when you are approached by new dojos, this form must be filled out and sent to me so that Fujiwara Shihan will know what is going on, also to keep our Seiwakai Brand.

If I missed out anyone, please forward them this information.

Thank You

ヴァッシー

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"ヴァッシー"

Vassie Naidoo

8th Dan

Vice President Seiwakai International

USA Goju-Ryu Karate-Do Seiwa-Kai

The link to the Seiwakai International New Membership Form is below.

[https://www.seiwakaiusa.com/uploads/1/3/4/1/13416818/seiwakai\\_international\\_new\\_membersh  
ip\\_application\\_form.pdf](https://www.seiwakaiusa.com/uploads/1/3/4/1/13416818/seiwakai_international_new_membersh<br/>ip_application_form.pdf)

The form is also below.



## SEIWAKAI INTERNATIONAL APPLICATION FOR MEMBERSHIP

<b>DATE OF APPLICATION</b>	
----------------------------	--

<b>NAME</b>		
<b>SURNAME</b>		
<b>GRADE</b>		
<b>DOB</b>		
<b>EMAIL ADDRESS</b>		
<b>TEL NUMBER</b>		

<b>PREVIOUS ORGANIZATION</b>	
<b>INSTRUCTORS NAME</b>	
<b>REASON FOR LEAVING</b>	
<b>ANNUAL INSTRUCTOR MEMBERSHIP SWK</b>	<b>10000 YEN</b>
<b>MIN 20 STUDENTS REQUIRED FOR MEMBERSHIP</b>	<b>1000 YEN EACH</b>

<b>JKF GOJUKAI DOJO REGISTRATION</b>	<b>10000 YEN</b>
<b>JKF GOJUKAI INSTRUCTOR REGISTRATION</b>	<b>4000 YEN</b>

<b>REASON FOR JOINING SEIWAKAI</b>	
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Please email [usagojuryu@gmail.com](mailto:usagojuryu@gmail.com) and attach copies or photos of your Dan grading as well as the resignation letter from previous organization. Thank you.

Sincerely  
  
  
 Vessie Naidoo  
 President USA  
 President Pan America  
 Vice President Seiwakai International

**PLEASE ATTACH TO THIS APPLICATION FORM COPIES OF ALL DAN CERTIFICATES**