

**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 64: January/February 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](mailto: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**

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**Vassie Naidoo: Advisor**

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**Official Representative for Latin  
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**Eusebido Montes: President**

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**Goshukan Seiwakai Canada**

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**Vassie Naidoo: Liaison**

**Seiwakai Canada**

**Peter Brown: Representative**

**Vassie Naidoo: Liaison**

**Newsletter Editor:**

**Mark Cramer**



**Kawase Hasui: *Evening Snow at Ishinomaki***

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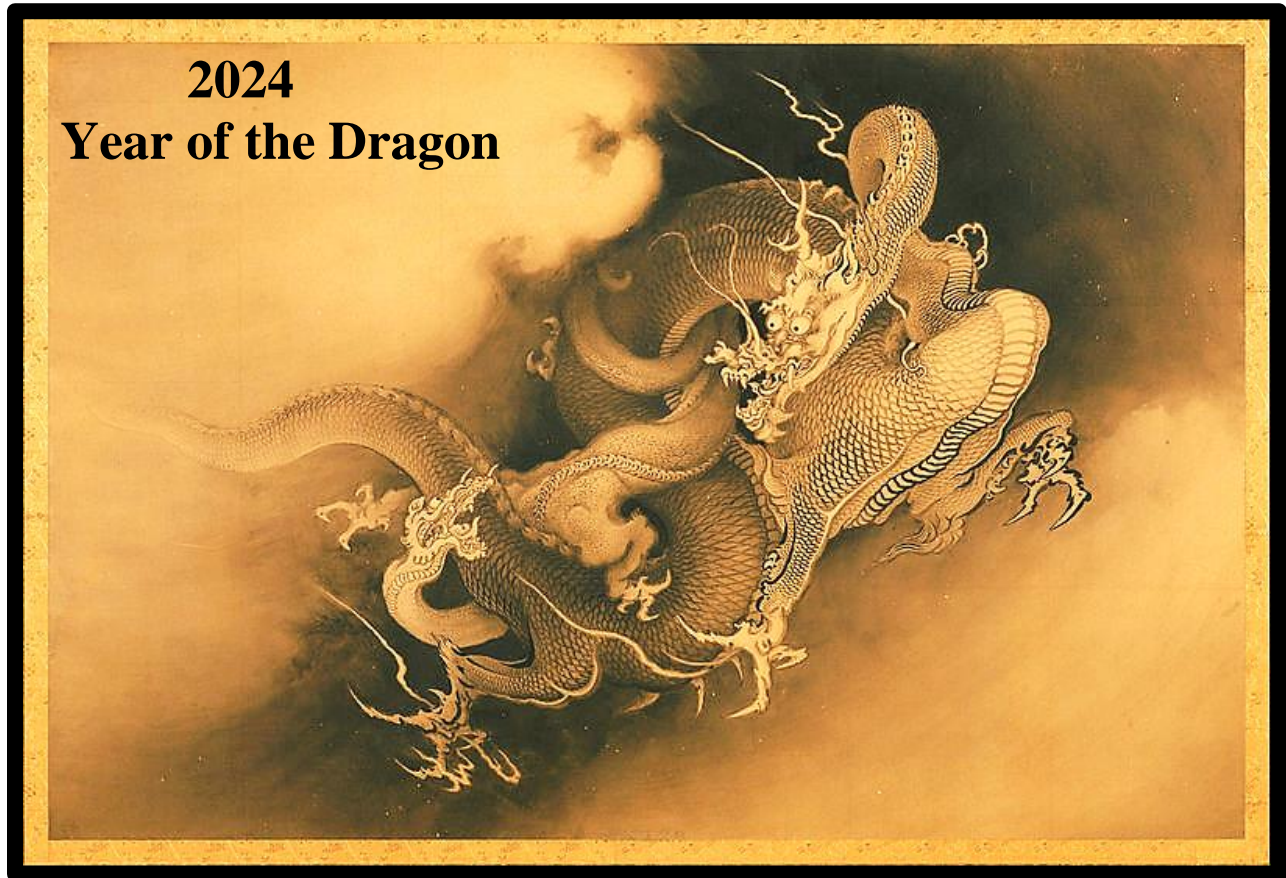
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**Happy New Year!**  
あけましておめでとう  
**Akemashite Omedetō**



**2024 is the Year of the Wood Dragon.**



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 – fire, earth, metal, water, and wood.

Consequently, your animal zodiac sign will occur every twelve years, while your specific animal and element zodiac signs will align only once every 60 years.

If you were born in 1940, 1952, 1964, 1976, 1988, 2000, 2012, or 2024 this is your zodiac year in the 12-year cycle. If you were born in 1964, this is a once in a lifetime animal and element alignment; your animal and element zodiac signs have made their complete 60-year cycle.

## Ringling in the New Year (Joya no Kane)

At 11:00 PM on New Year's Eve, Buddhist temples throughout Japan began ringing their bells (bonsho). The bells are rung 108 times, and the last ring occurs at the stroke of midnight on New Year's Day.



In this Buddhist tradition, the number 108 represents the worldly desires that cause human suffering, and the bell ringing signifies that these desires can be left behind in the outgoing year.

### 108 Desires Explained

In the Buddhist paradigm, there are 6 senses – sight, sound, smell, taste, touch, and consciousness. Each of these six sensations is associated with pleasant, unpleasant, or indifferent feelings. This (6x3) makes a total of 18 feelings. Additionally, each of the pleasant, unpleasant, and indifferent feelings has two classifications – attached to pleasure or detached from pleasure. When we multiply the 18 different kinds of feelings with the two classifications (18x2), we arrive at the number 36. These 36 basic passions of humanity are manifested in time – past, present, and future. Consequently, 36 multiplied by past, present, and future (36x3) results in a total of 108 desires.<sup>1</sup>

There is an apparent relationship between the way that the 108 worldly desires are calculated and the names of several Goju Ryu kata. We all recognize that the number 18 is Seipai (十八). The number 36 is Sanseiryu (三十六), and 108 is Suparinpei (壹百零八). It is possible that this is not just a coincidental relationship since there is a close relationship between the Eastern martial arts and Buddhism: “The histories of Buddhism and the martial arts are intertwined to such a degree that a full understanding of either Buddhism or martial arts requires knowledge of the other.”<sup>2</sup>

Although we will never know for certain, it seems quite plausible that Seipai, Sanseiryu, and Suparinpei were named in this manner.

<sup>1</sup> <https://www.thezenlife.com/blogs/news/the-significance-of-the-number-108>

<sup>2</sup> Buddhism and the Martial Arts: A Conversation with Scott Park Phillips – [www2.buddhistdoor.net](http://www2.buddhistdoor.net)

**Upcoming Event Great Lakes Seiwakai Spring Gasshuku and Shinsa  
With Vassie Naidoo Shihan – March 15<sup>th</sup> through 17<sup>th</sup> 2023**



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

This seminar will be taught by Hachidan Vassie Naidoo Shihan who is the Vice President of Seiwakai International, and President of the JKF Goju Kai USA. Vassie Shihan will be assisted by Nana-dan Mark Cramer Shihan, President of Seiwakai USA and other highly qualified Seiwakai instructors.

Vassie Naidoo Shihan is well known throughout the international traditional Goju Ryu community as a superbly knowledgeable instructor who trained directly under Gogen Yamaguchi, Shuji Tasaki, Leo Lipinski, and Seiichi Fujiwara.



## Schedule of Events

**Friday, March 15<sup>th</sup> Toledo School for the Arts; 333 14th St., Toledo, OH 43604**

- Session 1 – 6:30 to 8:30 (Instructors, yudansha, brown belts, and invited guests.)
- Dinner and Libation – TBA

**Saturday, March 16<sup>th</sup> Douglas Rd. School – 6875 Douglas Rd; Lambertville, MI 48144**

- Session 2 – 10:00 to 12:00
- Lunch Break
- Session 3 – 1:30 to 3:30
- Banquet – 7:00 to ? Location TBA

**Sunday, March 17<sup>th</sup> Douglas Rd. School 6875 Douglas Rd**

- Session 4 – 10:00 to 12:00
- Shinsa 12:15

**No food or drinks (except water and clear sports drinks) will be allowed.**

- **Fees – Seminar (Make Checks Payable To: Mark Cramer)**
- All three days \$50 total
- Two (2) Days \$40
- One (1) Day \$30
- Family Discount: (3 Days) **Two** family members – \$90 / **Three or more** family members – \$125

**Accommodations:** The Seminar Hotel is the Hampton Inn and Suites: 3434 Secor Rd, Toledo, OH 43606 Phone: 419-214-5555.

You can call the hotel directly or search for the best deal through your favorite booking company (e.g. Booking.com, Expedia, trivago, etc.). Prices range around \$100. There are also many other hotels on Secor Rd, Toledo, OH 43606, so that you can search for the best deal.

### **All SEIWAKAI STUDENTS:**

**Peewees** are encouraged to participate in Session 2 (The seminar fee is waived.)

All other students are encouraged to attend as many sessions as possible.

**INFORMATION** – Mark Cramer – [greatlakesseiwakai@gmail.com](mailto:greatlakesseiwakai@gmail.com)

**REGISTRATION** – Participants from out-of-town register at the door. (There is no late fee.) Local participants register through your Sensei or their designee.



**GREAT LAKES SEIWAKAI SEMINAR ENTRY FORM**

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_

CITY/STATE/PROVINCE \_\_\_\_\_ ZIP/POSTAL \_\_\_\_\_

COUNTRY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

AGE \_\_\_\_\_ DOJO \_\_\_\_\_ TEACHER \_\_\_\_\_

PHYSICAL OR HEALTH IMPAIRMENTS \_\_\_\_\_

**PARTICIPANT WAVER and AFFIRMATION OF ACCURACY**

In consideration of my acceptance into this seminar and shinsa, I agree to release, hold harmless, and indemnify this organization, including but not limited to, participating members and instructors, all clubs, organizations, and firms of any and all liability for injuries, disease, or ill health, or the aggravation of such, all claims, demands, costs, or losses and expenses, including claims at law, which I or my heirs and personal representatives may have arising out of, or caused in any way by, or having connection with my participation in this contest and/or in the care or use of, custody and control of any involved organization, including travel to and from the tournament. All photos of me at these events may be used at the club's discretion, and we wave compensation for them. I additionally affirm that all registration information is true and accurate.

Participant's  
Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Co-signed if under 21 \_\_\_\_\_ (Legal  
Guardian)

**Upcoming Event Canada Seminar – May 3, 4, & 5, 2024**  
**Black and brown belts only – Save those Dates for next Spring.**  
**From Douglas Smerek**



The dates have been confirmed for **2024**. Fujiwara sensei will be in Calgary May 3-5, **2024**. More info will be forthcoming. Everyone in Seiwakai is invited to Calgary, Alberta to train and stay for a holiday in the mountains. <https://www.travelalberta.com/>  
[https://youtube.com/watch?v=qQ2Sobs2\\_zk&si=apGQWXtVtOYxCtIh](https://youtube.com/watch?v=qQ2Sobs2_zk&si=apGQWXtVtOYxCtIh)

**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** 20 rooms are reserved.

[https://www.google.ca/search?client=safari&sca\\_esv=567351978&hl=en-ca&q=Sandman%20Hotel%20%26%20Suites%20Calgary%20West&ludocid=12322413833465883273&ibp=gwp%3B0%2C7&lsig=AB86z5XdGbBe\\_ISLHY-Rpgtw8CfF&kgs=25e4c8b6a291a2a4&shndl=1&source=sh%2Ffx%2Fkp%2Flocal%2Fm1%2Fcan%2F3&asid=canlbse](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%2Ffx%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
- Breakfast is **NOT** included.
- Contact Courtney Paquette if arriving early and/or departing late (D) 403-202-6502 (T) 403-202-6033 (F) 403-288-6063



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

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



### **Seminar Location**

COP Bob Niven Training Centre 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 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
- Award dates
- And 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.

## News **Goju Ryu – It’s a Lifestyle**

**By Linda Rose**

**Tennessee Valley Seiwakai Dojo**



The older I get, the more I come to realize how much Goju Ryu karate influences so many facets of my life. I’m certain I’m not the only practitioner with experiences like these, but I’d like to share a few examples of how Goju has positively impacted my lifestyle over the years.

**Weight Training and Running.** In my late 20s, I moved to Hawaii to pursue my interest in martial arts. I had read that many accomplished instructors were living and teaching in Hawaii, so it was in Honolulu that I found my sensei and began my serious journey of Goju training at the Senbukan.<sup>3</sup> Every Monday, Thursday, and Saturday I would be at the dojo, dedicated to learning the art. But I felt I needed more than just dojo practice, so I took up weight training to build strength and running to build endurance. While I enjoyed these other sports, in my mind the purpose of the weight training was to build strength in my kicks, punches, and blocks, and the purpose of the running was to build endurance in my kata. I worked hard and was eventually able to run around Diamond Head as if it were a jog in the park (and perform kata without losing my breath). And my weight training produced the desired result – toned muscles and increased strength (strong punches, blocks, and kicks). To this day, I still lift weights, I still run, and I still love those workouts. But it is all for the purpose of complementing and enhancing my Goju training.

**Snow Skiing.** I might have grown up in Boston, but I never liked the cold weather (hence, living in Hawaii for 12 years). But at age 45 I tried downhill snow skiing for the first time and realized I loved this sport and the feel of the cold weather. The next winter during a lesson, the ski instructor demonstrated a balance and turning technique whereby you keep your legs bent and gently twist your hips into the turn while exhaling. I realized how much it felt like a Sanchin stance and the hip movement we do when we execute a punch or block and exhale on the kime. To no surprise, this move came so naturally to me that within a couple years I was skiing double blues and blacks with ease. I still ski to this day, and I often imagine myself practicing punches in a Sanchin stance when I’m flying down a challenging slope.

**Climbing Kilimanjaro.** Goju helped me work my way downhill on a challenging ski slope, but it has also helped me work my way up the mountain. The most recent experience I had of this was in 2022, when at age 69 I climbed to the top of Mount Kilimanjaro. That’s no easy feat at 19,341 feet high. I trained long and hard to make it to the top. But what made my training particularly effective, and perhaps the key to my achievement, was my Sanchin practice. “Sanchin to climb a mountain?” you might ask. While we Goju practitioners think of Sanchin as a strength and power building exercise, scientifically it is diaphragmatic breathing. When practice Sanchin, on the inhale we push the diaphragm down as our lungs fill with air. Then, on the Sanchin exhale, in a very slow

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<sup>3</sup> In 1979 I began training at the Senbukan in Honolulu with Tomu Arakawa Sensei. He passed away in 1998, and Alan Lee Sensei took over. I continued to be a member of the Senbukan and to train with Alan Lee until I made my way to Russ Costello Sensei and Seiwakai in 2022.



and deliberate breath, we release the diaphragm to let it slowly rise upward to its natural position. This strengthens the diaphragm, which gives you power to inflate and deflate the lungs, thereby allowing greater use of the lung capacity.<sup>4</sup> When I talk to other mountain enthusiasts who have climbed Kilimanjaro, they often complain of extreme shortness of breath, that is, the inability to inhale deeply to fully oxygenate. I never experienced shortness of breath,<sup>5</sup> not even on summit day when

we hiked to the very top during a 13-hour day. I attribute this to the Sanchin breathing I did as part of my training before the climb as well as the Sanchin breathing I did during the actual climb. I'm convinced I could not have made it to the top of Kilimanjaro without Sanchin . . . without Goju.

**Assimilating the Dojo Kun.** At our Goju dojo in Honolulu, we had a set of principles – the dojo kun – that we recited at every practice. To build character, to be honest, to try one's utmost, to know patience, to have good manners, to gain self-control. These principles have guided me not only while in the dojo, but in every aspect of my life. I recite them to myself during meditation at the beginning of training; while riding the elevator to my office in the morning; and when drifting off to sleep at night. These principles guide me in every aspect of my life and have helped shape the person I've become through rigorous Goju training and assimilation of the dojo kun.



**It's a Lifestyle.** In closing, we all have our personal lifestyles involving family, work, school, and other worldly pursuits. And I'm certain we all have accomplishments to be proud of, whether it be in or outside the dojo. But I'm also certain your Goju training has had a significant impact on every life accomplishment, no matter how big or small, and in everything you do on a daily basis. I hope you'll agree with me that the dedicated study of Goju karate is a chosen lifestyle. But sometimes it is so ingrained in us, we just don't realize it.

**Linda Rose graded to Sandan with Seiwakai International in Toledo, Ohio on March 18<sup>th</sup> of 2023. She was recently presented with her certificate by Russ Costello Shihan.**

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<sup>4</sup> <https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

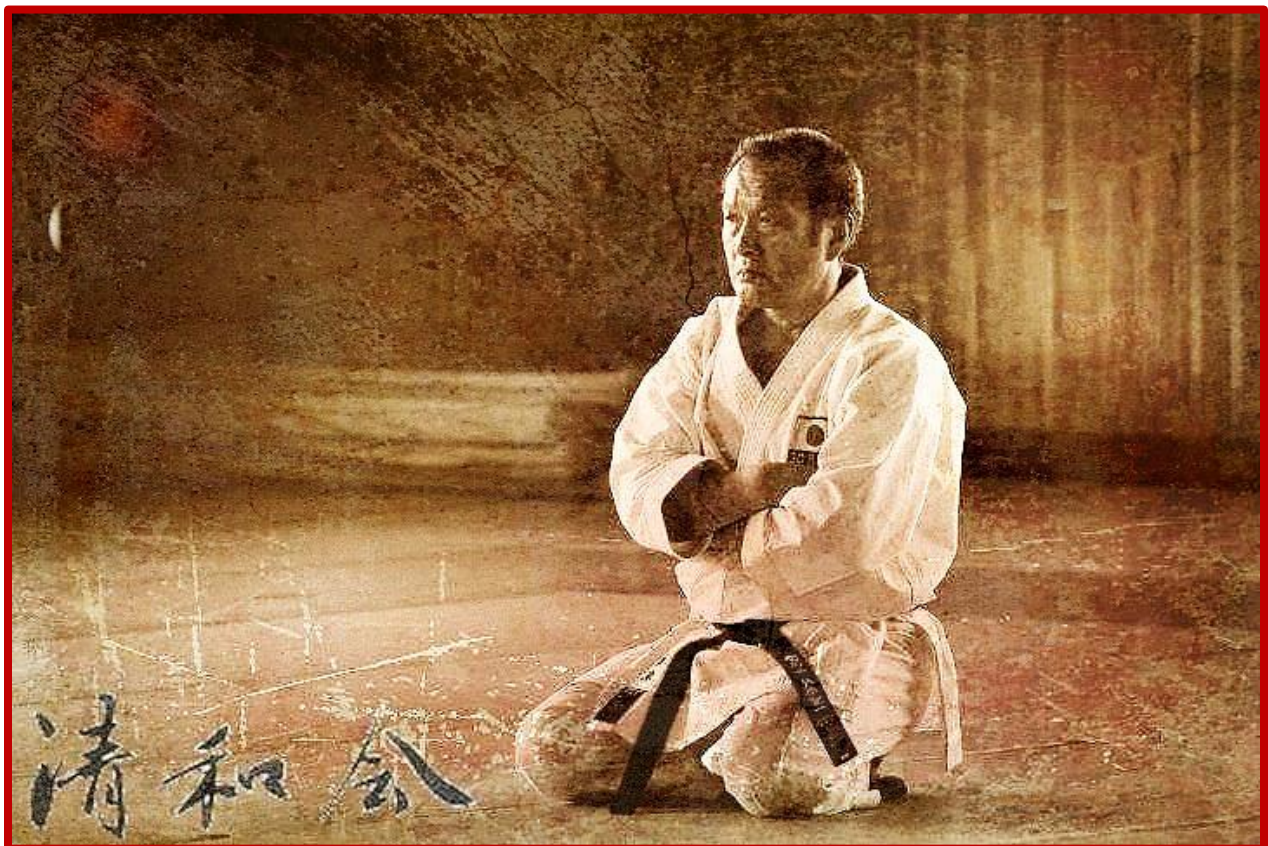
<sup>5</sup> The climb was not without its challenges. I experienced extreme altitude sickness. So, for me, hiking Kilimanjaro was an exercise in perseverance. I suppose this was yet another way Goju impacted my climb. Goju training has taught me perseverance, and I surely needed it to make it to the top of Kilimanjaro.

**News Regarding Power**  
**Michael Crichton (from Rising Sun)**  
**Submitted by Jim Pounds**

“I will tell you what I am talking about,” he said. “Most kinds of power require a substantial sacrifice by whoever wants the power. There is an apprenticeship, a discipline lasting many years. Whatever kind of power you want. President of the company. Black belt in karate. Spiritual guru. Whatever it is you seek, you have to put in the time, the practice, the effort. You must give up a lot to get it. It has to be very important to you. And once you have attained it, it is your power. It can’t be given away: it resides in you. It is literally the result of your discipline.

“Now what is interesting about this process is that, by the time someone has acquired the ability to kill with his bare hands, he has also matured to the point where he won’t use it unwisely. So that kind of power has a built-in control. The discipline of getting the power changes you so you won’t abuse it.

“I’ll make it simple,” he said. “A karate master does not kill people with his bare hands. He does not lose his temper and kill his wife. The person who kills is the person who has no discipline, no restraint, and who has purchased his power in the form of a Saturday night special.”



## Seiwakai Around the Globe



## Goju Ryu Karatedo Seiwakai International

**Seiichi Fujiwara**



**President**

**Satoru Takahashi**



**Vice President**

**Vassie Naidoo**



**Vice President**

**Ben Mare**



**Director  
Africa**

**Gurmit Singh**



**Director  
Europe**

**Abel Figueiredo**



**Director  
Europe**

**Pal Gila**



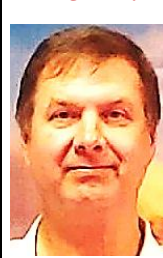
**Director  
Europe**

**Glenn Stephenson**



**Director  
Oceania**

**Craig Vokey**



**Director  
Pan America**

**Eddie Liu**

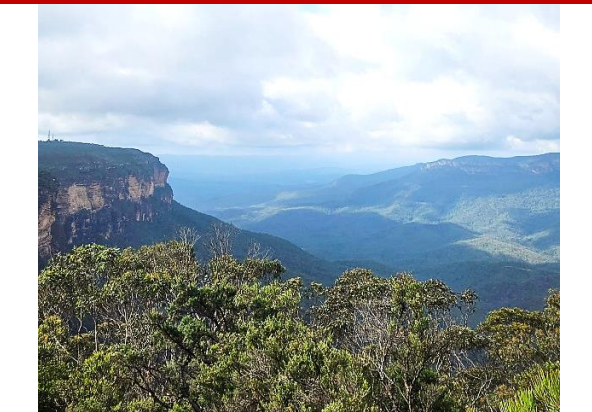
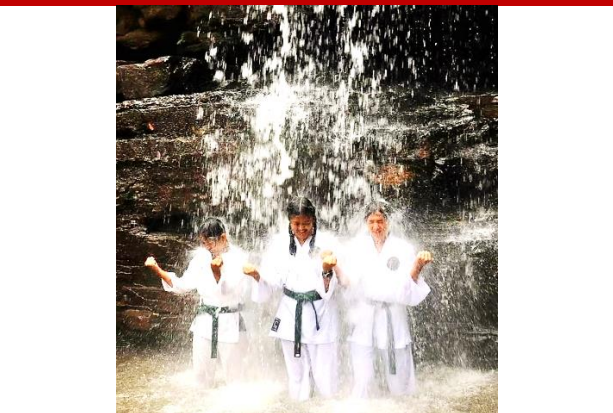


**Director  
Asia**

*“Lead them by political maneuvers, restrain them with punishments: the people will become cunning and shameless. Lead them by virtue, restrain them with ritual: they will develop a sense of shame and a sense of participation.” Confucius 孔子 (Koshi)*

**Annual Summer Camp and Shinsa for Seiwakai Karatedo Australia  
November 23 to 25, 2023 with Rastislav Mráz Shihan  
From Glenn Stephenson**

The waterfall training was done at Wentworth Falls, New South Wales on the 17 December 2023. It's something we do for all kids and kids at heart. It's a 20-minute walk down and a 40-minute walk back up. Water is around 6° Celsius (43 F) so it is hard to stay under. There were 8 of the 13 clubs in Sydney that attended this year because of the lateness of the event.





## Australia By Rastislav Mráz Shihan

### Crazy Karate Ride

It's a dream has come true; I have taught KARATE on all continents – Asia, Africa, America, Europe, and Australia. Once penguins get a bit better in karate, I will go to Antarctica too.

Australia is a wonderful country with beautiful places and breathtaking nature. Every day I taught karate in another Dojo and in another place. I started in Sydney, New South Wales, and a week after I went to Brisbane, Queensland.

At the Seiwakai Australia Camp 2023 in the coastal town of Wollongong, 160 karatekas attended and I drilled 3 training sessions a day.

Australian karatekas were very interested in work with energy, in Bunkai /real fight application of techniques in Kata/ and in fight strategy /bujutsu/ and Kumite.

Those of you who know me, you can be sure that any session under my lead is a 100% performance – in full power, hardness, and quickness. I came back home totally done – a torn meniscus, a crushed arm, and 6 kilos (13+ Lbs.) lighter. You know that my head is feeling like I'm 20 but body is 64.

The orthopedists are already fixing me, so in the end of January I will be fully ready to lead a Seiwakai seminar in Greece.



**Past Event Seiwakai Greece Seminar**  
**With Rastislav Mráz Shihan 8<sup>th</sup> Dan Seiwakai & 7<sup>th</sup> Dan JKF Goju Kai**



We were honored with the presence of the Mayor of Agios Dimitrios Mr. Stylianos Mamalakis and the Deputy Mayor of Sports Agios Dimitrio Mr. Evangelos Bouris. Honorary plaques were given to the above and we thank them for their valuable help to make the seminar happen. We also thank all the athletes and their parents from our clubs who participate and support this event as well as the athletes who have come from abroad.





Upcoming Event

# National Seiwakai Seminar of The Netherlands 2024



Bloedkoraal 1

4762 BJ Zevenbergen



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 Yarzagaray +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
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**Upcoming Event 34<sup>th</sup> 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

JKF  
剛柔会

**Upcoming Events 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

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

Fujiwara Shihan and I will be flying from Akita to Haneda to Okinawa on August 12<sup>th</sup>. We will return on the 19<sup>th</sup>.

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 tax) 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. Kondoi Beach
11. Miyagi's Tomb Stone