

**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 62: September/October 2023**

**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

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Mark Cramer: President

Vassie Naidoo: Advisor

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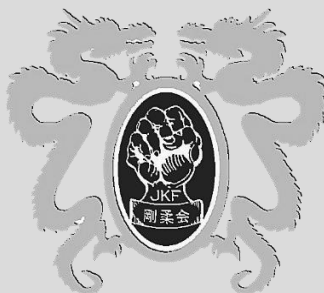
Vassie Naidoo: Liaison

Official Representative for Latin
America Appointed by Tasaki Shihan

Goshukan Seiwakai Mexico

Eusebido Montes: President

Vassie Naidoo: Liaison



Newsletter Editor:

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Michael Beardwood: President

Vassie Naidoo: Liaison

Seiwakai Canada

Peter Brown: Representative

Vassie Naidoo: Liaison



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Sad News – The Passing of Paul Coleman Shihan

Seiichi Fujiwara Shihan

Now, at 9:45 PM Japan time on August 31, I received a very big shocking news from Abel. It is the obituary of Paul Coleman. I am so sorry to hear this news. He was my dear brother and also one of the greatest leaders at the top of Seiwakai.

He traveled around the world supporting me to teach and spread Goju-Ryu Karate. His achievements are too numerous to mention in a few words.

Not only did he have the skills and strength to teach karate, but he also had the kindness and compassion that is rare among martial artists, with a warm and tolerant nature that embraced his students.



He encountered karate. And he may never have thought that he would be devoted to it throughout his life. I have lived the same life as you.

There were many times when I wondered and struggled if I was doing the right thing, but it was always Leo and my fellow members of the Shihankai who saved me.

With you, Rastislav, Gurmit, Abel, Gila and others, we made Europe the strongest and built the prosperity it has today.

I believe that it was an honorable and happy life, believing in sensei, following him to the end, and remaining faithful and steadfast. Your way of life will be a role model for students in the future.

I pray with Vassie in the U.S., Craig Vokey in Canada, Glenn in Australia, Ben in South Africa, and Liu in China that you will rest in peace.

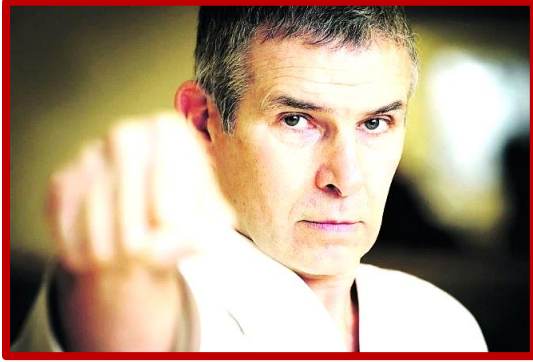
今、日本時間8月31日PM9:45分、アベルからとても大きなショックなニュースが届きました。ポール・コールマンの訃報です。私の大切な弟であり、誠和会のトップの偉大な指導者です。私をサポートして世界中を駆け回り、剛柔流空手の指導普及に努めてきました。彼の功績は一言で話すことはできないほど多くあります。空手の技や強さだけでなく、生徒を温かく包み込む包容力があり格闘家には珍しい優しさや思いやりがありました。空手と巡り合い、まさか生涯通じて空手にのめりこむとは思ってもみなかったかもしれません。私もあなたと同じ人生を生きてきました。幾度となく、これでいいのかと悩み苦しんだ時期がありましたが、そんな時救ってくれたのがレオであり師範会の仲間でした。あなたや、ラストオ、ガーミット、アベル、ギラポール達でヨーロッパを最強のものにし今日の隆盛を築きました。教えていただいた先生を信じ、最後までついてきて信義不動を通した、立派で幸せな人生だったと思います。あなたの生き方はこれから生徒たちのお手本となるでしょう。私はアメリカのバシー、カナダのポーキー、オーストラリアのグレン、南アフリカのベン、中国のリユとともにご冥福をお祈りします

Vassie Naidoo Shihan

It is with great sadness that we say goodbye to Paul Coleman Kyoshi, Hachidan Seiwakai and Nanadan JKF Goju Kai. He was a huge part of the Seiwakai Family.

As we all know, Paul Shihan battled cancer for many years, and we all knew that this day was coming. However, when that day arrived, we all felt the loss of a good friend deep in our hearts. Paul was in great pain for a long time, and now his pain has stopped.

My fondest memories of him are when we were in Japan and Paul Shihan would come to my room in the morning for coffee. We would have long conversations about many things, and I will greatly miss Paul and those conversations. We will all miss Paul on karaoke nights. Rest in Peace Paul.



Ben Mare Shihan

In Loving Memory of Paul Coleman, 8th Dan Karate Seiwakai, 7th Dan JKF Goju Kai: It is with heavy hearts and profound sadness that we bid farewell to a dear friend, a trusted colleague, and a true brother in every sense of the word. Paul Coleman's journey through life was a remarkable tale of dedication, passion, and unwavering commitment to the art of karate. As we reflect on the over 32 years of friendship, we were fortunate to share with him, we are

reminded of the incredible impact he had on all of us.

Paul was more than just a karateka; he was a guiding light for countless individuals who crossed his path. Through his tireless efforts, he nurtured and molded numerous top-ranked karatekas, instilling in them not only the technical prowess of the art but also the values of discipline, respect, and perseverance. His teachings reached beyond the confines of the dojo, shaping the lives of those he touched in profound ways.

One of the most cherished memories we hold is the time we spent together, side by side, on our journey to attain the prestigious rank of 6th Dan in Japan. The sweat, the challenges, the shared triumphs – all these experiences bound us together in a unique and unbreakable bond. Our spirits were intertwined through the blood, sweat, and tears we shed on that path, and those memories will forever live on in our hearts.

As we come to terms with the reality of his absence, let us remember that Paul's spirit remains alive in the legacy he leaves behind. His teachings will continue to shape generations of karatekas, his wisdom will continue to guide us, and his indomitable spirit will continue to inspire us. In our thoughts, he will never be forgotten.

Paul Coleman, you were more than a friend; you were family. Your memory will forever be etched in our hearts, and your influence will continue to enrich our lives. As we mourn your passing, we also celebrate the incredible life you led and the profound impact you had on all of us. Rest in peace, dear brother. Until we meet again on the other side of this journey.

Abel Figueiredo Shihan

Shihan Paul Coleman passed away in Oxford, on the 31st of August, at 13:20 London time.

A strong Shihan from Seiwakai and JKF Gojukai, he was connected with many of us. He was one of the most popular members of Gojuryu Karatedo, and, as senior, he achieved the 8th dan and Kyoshi titles.

Condolences to the family, to the students, and to all the ones he loved! Rest in peace, dear Shihan Paul!

Gurmit Singh Shihan

He battled cancer tirelessly for numerous years, earning the title of a "fighter." Thankfully, he has now found tranquility, free from both physical and emotional suffering. The last gesture we can offer is a silent prayer, each in our own way.

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



**November 10, 11, and
12, 2023**

**At the LA Hombu
Dojo 937 Westwood
Blvd; Los Angeles, CA
90024**

**\$175 for all days \$20
Late fee after
10/31/2022**

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



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

Open to All Karate Practitioners.

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

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

**Hotel info: SureStay Hotel by Best Western
Santa Monica – 3102 Pico Blvd, Santa Monica,
90405-2006, United States**

**Reserved rooms are listed under: KICK
Single: \$179.00; Double: \$199
Phone: (310) 450-5766**





Seminar Schedule:

Friday Evening Nov. 10, 2023	Training 6:00pm – 9:00pm Dinner at the Dojo	Hombu Dojo: 937 Westwood Blvd Las Angles, CA 90024
Saturday Morning Nov. 11, 2023	Beach Training 9:00 am – 10:00 am	Station 26 Santa Monica Beach
Saturday Afternoon	Training 12:00 – 4:00 pm	Rustic Canyon Rec Center Latimer Rd. Santa Monica, CA 90402
Saturday Dinner Enkai	7:00 pm – 9:00 pm	Hombu Dojo
Sunday Morning Shinsa Nov. 12, 2023	JKF Gojukai Shinsa 9:00 am	Hombu Dojo
Sunday Afternoon	Training 1:00 – 3 pm	Hombu Dojo
Sunday Afternoon Shinsa	Seiwakai Shinsa immediately after training	Hombu Dojo
Sunday Evening	Meal at the Mediterranean	ZGarden

SEE YOU THERE!



For further information, contact Vassie Naidoo at 310-399-6955 or 310-968-4862
USAgjuryu@gmail.com

**2023 Pan American
Goju Ryu Karatedo Seiwakai
Training Seminar and Shinsa
REGISTRATION FORM**



Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Country: _____
 Main Phone: _____ Secondary: _____ Email: _____
 Current Rank: _____ Current Gojukai Rank: _____
 Sensei: _____ Dojo: _____

Activity	Cost		\$ Amount
3 Days of Training	\$175	Number Attending:	\$
3 Days of Training if Mailed after 10-31-23	\$195	Number Attending:	\$
2 Days of Training	\$140	Number Attending:	\$
1 Day of Training	\$70	Number Attending:	\$
Friday Dojo Dinner	\$30 with beer and wine	Number Attending:	\$
Saturday Dinner	\$70 includes 1 drink. (Cash Bar after 1 st drink)	Number Attending:	
Sunday Evening Meal ZGarden	Pay at the Restaurant Cash Bar		Total \$

**PLEASE MAKE CHECKS PAYABLE TO: KARATE FOR INNER CITY KIDS
CREDIT CARD (Circle which one): VISA/MASTERCARD**

CREDIT CARD #: _____ **EXP. DATE:** _____
Mail Registration & Release to: KICK 937 Westwood Blvd. Los Angeles, CA, USA 90024

RELEASE OF LIABILITY TO PARTICIPATE

In consideration of your accepting my fees, I intend to be legally bound on behalf of myself, my heirs, executors, assigns, and administrators, I do hereby waive, release and discharge any and all rights and claims for damages which I may have, or which may hereafter accrue to me against the Japan Karate Federation Gojukai, USA Goju-Ryu Seiwakai Karatedo, KICK, Karate of L.A., Rustic Canyon Rec. Center, Vassie Naidoo, other instructors, participants, sponsors and contributors, their representatives, affiliates, successors, and assigns for any and all injuries arising from my participation in the 2023 USA Goju-Ryu Karate-do Seiwakai Training Seminar & Shinsa. I attest that I am physically fit and sufficiently trained for this event. I understand karate is a demanding physical activity and I enter into this Release knowing and accepting there is a potential for injury.

Signature (Parent if under 18 yrs.)

Printed Name

Date

Canada Seminar 2024 – 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=apGQWXtVtOYxCtlh

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%2F%2Ffp%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

Past Events & News The Seiwakai Seminar Omagari, Japan
August 9 thru 15, 2023



Commentary by Johnpaul Williams
(Photos from Various Seiwakai Members)

August 9th, 2023 – Wednesday: Week 1 Begins with Training and Camaraderie marking the commencement of our training journey this Wednesday morning. We gathered at 9:00 am, eager

to dive back into the fundamentals, perfect our hip movements, and relish the warmth of camaraderie as we reconnected with old friends.

Our morning session revolved around meticulous refinement of Gekisai dai ichi and Gekisai dai ni, along with the intricate Kata Saifa. These kata standards were revisited, ensuring precision in timing and, for some, introducing crucial corrections. As we began our training, our ranks numbered 135 members, with more on their way, not to mention local participants who, though unable to join us on weekdays due to work commitments, share our passion. Among them are Takahashi Hanshi, Saito Kazuhisa, Takahashi Shihan, Watanabe Sensei, and several others. We eagerly anticipate the arrival of more old friends in the days to come.

In a testament to the intensity of our training, a few of our dedicated members began to feel unwell during the morning session. Swiftly, they were transported to a nearby clinic for treatment due to heat stroke. Safety remains our top priority, and we wish them a speedy recovery.

Each year, beginning with the Seiwakai Gasshuku and later at the JKF Gōjūkai seminar, we encounter new, revised, or modified kata details. While these adjustments can be challenging, particularly for newcomers and less-experienced participants, they serve a crucial purpose in enhancing our collective knowledge. I, too, welcome these annual changes and diligently document them in my Kata Logbook to ensure we continue to evolve in our practice.

For the lecture portion, we delved into Sanchin, Tensho, Seiunchin, Sanseiru, and Shisochin katas. The group collectively performed no more than two katas continuously before proceeding to individual demonstrations and insightful lectures delivered by Takahashi Shihan, the Vice President of All Japan Seiwakai. Surprisingly, even during this more sedentary college lecture-style training, I managed to shed approximately 5 pounds. All of our dogi, drenched with sweat, were so saturated that they could be wrung out as if they'd been left in a shower. Naturally, there was quite a line forming for the laundry facilities.

As I write this, I'm savoring a delightful charcuterie platter and an espresso while taking in the panoramic view of the small town of Ōmagari. Although Ōmagari is now part of the city of Daisen, it proudly retains its historic name. Likewise, the Shinkansen station still bears the iconic name "Ōmagari station."

In the midst of the day's scorching heat, at least four participants sought medical attention at the clinic due to symptoms of heat stroke. Tomorrow, I'll be vigilant not only for our group but for others as well. Personally, I haven't experienced any symptoms of heat stroke. However, one of the challenges with this condition is that individuals may be unaware of the symptoms, underscoring the importance of Sensei and coaches being well-versed in recognizing and addressing these signs promptly.

August 10th, 2023 – Thursday: Day 2 and the Heat Continues. Stepping into the breakfast lobby of the Route Inn hotel, it's evident that the facility has been completely taken over by foreigners in town for karate events. The local Japanese patrons are significantly outnumbered. Many of us sport swollen eyes this morning, a lingering reminder of the intense sweat during yesterday afternoon's training session. In hushed tones, we, the seasoned attendees of this annual

summit, engage in discussions about whether the heat has ever been this oppressive in years gone by. Later I was reminded by Glenn Stevenson Shihan, from Australia, that 2004 was possibly more extreme. I ventured the opinion that perhaps it had, but we were younger back then, and it didn't affect us quite as profoundly.

At that moment, I couldn't help but notice a handful of younger members who seemed remarkably chipper and brimming with energy. It's a stark reminder that living in the mild, temperate climate of Silicon Valley, California, can make us unaccustomed to the harsher weather conditions we encounter during our travels. It serves as a call to action, urging us to train even harder when we're at home in preparation for such challenging environments abroad in the future.

Unfortunately, the relentless heat continued to take its toll. Two additional participating members succumbed to the sweltering summer conditions and had to be taken to the clinic for treatment due to heat exhaustion. It's a stark reminder of the importance of staying vigilant and well-prepared, particularly when participating in physically demanding activities in extreme weather.

August 11th, 2023 – Friday: Day 3 – Welcoming Karate Champions.



Our training today commenced with the basics before the arrival of our esteemed special guests, National Japan and WKF Champions, Nishiyama Kakeru 西山走 and his wife Ms. Ohno (Ono) Hikaru 大野 ひかる, who will be coaching us during the 2023 Seiwakai Gasshuku. Their technique and precision left us in awe throughout the day. We collectively agreed that if we could have just five of each of them for our clubs, life would be complete, and our karate journey would be significantly enriched. Others considered giving up after 40 plus years of training because obviously, we're outdone!

August 12th, 2023 – Saturday: Day 4 – Learning from Champions. Our training continued today under the guidance of Japan national and WKF Champions, Nishiyama Kakeru 西山走 and Ms. Ohno (Ono) Hikaru 大野 ひかる. In addition to fine-tuning our katas, we received invaluable training tips that will undoubtedly bolster the strength of our clubs when we return to our respective countries. Some of us diligently took notes, while others preferred to commit the lessons to memory through physical repetition. Regardless of our approach, we eagerly shared these newfound insights with one another during our evening gathering over a traditional meal at Gran-mart, the local grocery store.

August 13th, 2023 – Sunday: Day 5 – Battling the Heat. As the days blur together, it's important to note that on the first day of training, several members sought treatment at the clinic for heat stroke. Unfortunately, we've seen a pattern emerge with two members falling ill due to the relentless heat every day since. With temperatures soaring to 35 degrees Celsius (95 degrees Fahrenheit), combined with high humidity and strenuous exercise, the conditions have created a recipe for illness.



August 14th, 2023 - Monday: Day 6 - Exhaustion Sets In. Vassie Naidoo Shihan and I both had a knee procedure performed on the same day, June 2nd, 2023. The knee procedure involved draining a large amount of fluid created by swelling and injecting the knee with a hyaluronic gel which has a 6-month life span acting as a cushion inside the knee replacing the fluid which had been withdrawn. My mind is weary, and my knee is swollen, not to mention the pressing need to launder both my do-gi before they become overly pungent. Tonight, I'm taking a break from blogging as fatigue sets in, and it's time to tend to some personal matters such as silencing my mind.

August 15th, 2023 – Tuesday: Day 7 – The Crucial Test and Farewell. Today's training regimen centered on thorough warm-ups and Seiwakai Kihon Ido led by Scott Read Sensei from Australia, before dividing participants into their respective classes. As everyone gathered in the gymnasium, it was palpable that the legendary pre-testing nervousness was weighing heavily on our minds. Coupled with an unrelenting heat wave, it seemed like the slightest spark could either ignite or break down any of those undergoing testing.

However, as we've emphasized repeatedly in our classes, this is just a grading – a checkpoint along the path we've traversed before and will continue to do so in the future. It's essential to remind

ourselves that this test merely marks a moment in our journey. We must relax, regroup, reevaluate, and reward ourselves for our dedication and hard work.



Following this, participants regrouped by class for self-training, a pivotal lesson in Karate-Dō. Self-training fosters self-awareness and empowers us to make necessary changes and corrections independently.

Sayonara Party – In the evening, we bid farewell with a poignant Sayonara party, which also served as a touching memorial for Ms. Christina Madrid. We honored her life, her dedication to karate, and her enduring sports legacy. Fujiwara Seiichi Shuseki Shihan initiated the dedication

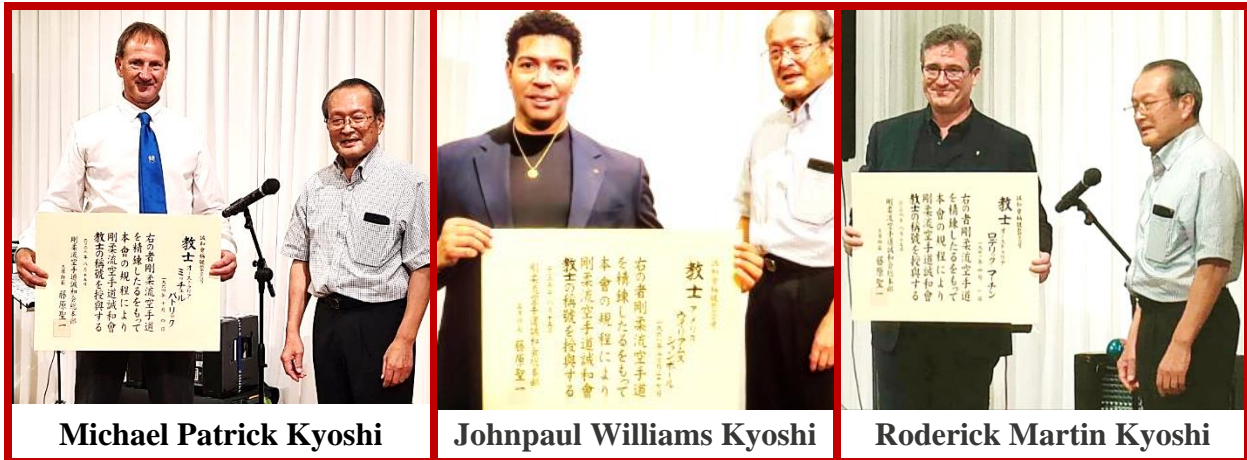
with a heartfelt speech, followed by Dr. Janine Boothroyd from Australia, who spoke on behalf of our women's division, Seiwakai International Women's Advisory Board (SIWAB). The event continued with dinner and drinks broadening the friendship and bond of attending members while being entertained by an old classmate of Fujiwara Shihan who has become one of the premier Saxophone players in Japan.



After the dinnerware was cleared from the tables, a few announcements were made which included the distribution of Shihan licenses to: Pager Pal Attila – Renshi; Johnpaul Williams Kyoshi; Roderick Martin – Kyoshi; Michael Patrick – Kyoshi; Vassie Naidoo – Hanshi

(Below) Vassie Naidoo receiving his Hanshi Menkyo from Fujiwara Seiichi.





Michael Patrick Kyoshi

Johnpaul Williams Kyoshi

Roderick Martin Kyoshi

August 16th, 2023 – Wednesday: Travel and Rest. Today marked a travel and rest day, although I use the term “rest” loosely. After a final breakfast at the hotel canteen, we boarded the Shinkansen to Tōkyō 東京 at 09:50 am. Despite Ōmagari 大曲市 Daisen 大仙市 being a small town with its own Shinkansen station, the train was packed. The typhoon crossing Japan from Southeast to West was causing travel disruptions, and we heard that bullet trains from Tōkyō 東京 to Ōsaka 大阪 were delayed by up to 4 hours due to the rain.



Upon arriving in Tōkyō 東京, the station was in near chaos, with thousands of people standing in various lines and darting in and out of openings, hoping to catch their trains. As we made our way to the gate leading to our track, we encountered fellow Seiwakai international members. Some were heading to Narita Airport to fly back to their home countries, while others were making the journey to Ōsaka 大阪 for the JKF Gōjūkai Taikai.

Now, some 14 hours later, we have arrived at our hotel in Ōsaka Nanba 大阪難波. I’ve definitely shed a few pounds hauling baggage around Tōkyō station 東京駅 and Japan in general. Our detour to avoid the weakening typhoon took us north through Kanazawa, where we connected with another train heading southwest to Ōsaka 大阪. Some of our Canadian friends did something similar using a different set of trains and arrived approximately 1.5 hours after us. If we had waited at Tōkyō station 東京駅, we were told we would have arrived only 4 hours late, as initially thought, because the trains were eventually put back on a delayed schedule.

2023 JKF Goju Kai Gasshuku, Shinsa, and Shiai August 17, 18, 19 and 20 Osaka, Japan



2023 JKF Gojukai Kokusai Gasshuku

August 17th, 2023 – Thursday: Day 9 – Variable Training Intensity. Today marked another day of the JKF Gōjūkai Kokusai Keiko or International JKF Gōjūkai training. This event is known for being somewhat less physically demanding in comparison to the Seiwakai Gasshuku in Ōmagari 大曲市 Daisen 大仙市. However, it compensates with a significant focus on precision and both performance and applicable (bunkai) kata details. Many of the details are new and presented differently than in previous years and most of these “different” details aren’t considered “kata changes.” Either way, I’ll diligently record these modifications in my Kata Logbook, as I do every year.

My special observation is that many visiting members of the JKF Gōjūkai (regardless of their club or dojo) come to Japan approximately a week before training to prepare with their Honbu (headquarter) dojo and head Sensei in preparation for the upcoming grading. Today’s group is no different with many familiar faces and many new faces all having the same goal in mind, to pass their examination.

I can’t help but notice the swelling in my leg as I limp along through kata and on the walks back and forth to the arena. I began to wonder whether I should sit out tomorrow’s two-hour training session and potentially the competition on Saturday. As my thoughts gather, I refer back to lectures by Tasaki Shūji 田崎修司, a specific moment in particular of he having said to a participant showing their struggles on the outside “Naze Nihon ni kuru nodesu ka? Anata wa junbi ga totonotte inai. Anata wa kega o shite imasu?” (Why would you come to Japan if you are not prepared or / and injured.)

In the afternoon, we regrouped, and those who were in Japan specifically to grade were asked to train at the front of the room. This is a common practice each year, and everyone must adjust based on their grade and their relationship with the instructors present.

August 18th, 2023 – Friday: Day 10 – Battling Swelling. Today has been what I’d like to call “Swollen Leg and Knee Day.” Normally, the circumference around my knee is approximately 16.5

inches. However, this morning, I was in for a surprise. My right knee measured a whopping 18.5 inches in circumference, while my left knee was just under 17 inches. Fortunately, our hotel is conveniently located about 1.5 blocks away from the training venue. I decided to take it easy today, considering it's only a 2-hour session before we again separate. I have intentions to train at the rear of the group, out of the way of others who were preparing for their tests. Maybe I'd even find a moment or two to train alongside some old friends and colleagues I hadn't had a chance to catch up with yet. After all, that's what a gasshuku is all about – training and lodging together to build a sense of camaraderie. Luckily, I had the pleasure of getting a few tips from Mark Posselius.

At this point everyone attending the JKF Gōjūkai gasshuku (seminar) is again divided. Those who are grading are sent to another room to continue their workout independently and make final preparations if necessary. The rest of us not attempting the JKF Gōjūkai shinsa this year remain.

Upon completing the training and closing ceremony, I was eager to hear the results of all those involved in the grading. Generally, most attempting the grades of first to fifth dan (degrees black belt) pass with relative ease and only a few exceptions. They pass because they wouldn't have been invited by their instructors back home if they weren't well-prepared. However, for those attempting the sixth dan or higher grades, it's a different story. This group faces a much higher failure rate, as they are held to a higher caliber and are expected to be future instructors and thus stricter standards by comparison to those attempting the lower-degree grades. I hoped that my friends and colleagues would perform well. Seiwakai has always been strong, and we have a lasting reputation to uphold.

Post-Training Activities and International Board Meeting. After the rigorous training sessions concluded, there was various paperwork that needed to be completed to meet compliance and certification requirements, including dojo registrations. In previous years, Seiwakai clubs in the USA were registered under the umbrella names of Seiwakai East, Seiwakai West, and Seiwakai Central. However, this year, the list read differently, with names like Seiwakai New Mexico, Seiwakai Great Lakes, and Seiwakai of LA. With permission from Vassie Naidoo Shihan, I took the opportunity to register SILICON VALLEY GŌJŪKAN (シリコンバレー剛柔館) with the Japan Karate-Dō Federation Gōjūkai [JKF Gōjūkai; 全日本 空手道 連盟 剛柔会] to represent our club, SEIWAKAI KARATE SILICON VALLEY. Our commonly known name, representing SKSV, simply wouldn't fit on the paper, so this will serve as our “doing business as” (DBA) name for our JKF registration. This registration has been long overdue and will be required for our future endeavors as I step up our club's presence.

Those who are preparing for the examination will remain on the premises while everyone else is dismissed. Some of us also stayed for the international board meeting, where I once again had the honor of accompanying Vassie Naidoo Shihan. The meeting is led by Fujiwara Seiichi Shihan and co-chaired by Takugawa Tatsuo Shihan and assisted by Nakano Mieko Shihan.

After the training is completed those who are taking the examination will remain on premises and everyone else is dismissed. Some of us will also stay for the international board meeting which I again attended at the side of Vassie Naidoo Shihan. The meeting is headed by Fujiwara Seiichi Shihan and co-chaired by Takugawa Shihan with assistance from Nakano Shihan. The meeting

directors request each country to report on their growth and / or items of difficulty during the Covid shutdown and how they endured it.

Further into the meeting I presented two new items for the agenda being:

- A JKF Goju Kai women's division (Joshi-bu) and
- Web based / electronic registration for the seminar, tournament and associated events.
- I will create a mockup for the same / similar for Seiwakai 2024 to present before or in November.

Other items brought up included however were not limited to:

From Vassie Naidoo Shihan: English version of the JKF Goju Kai membership card and application

- Better and more frequent updates on the JKF Goju Kai website
- An earlier release of dates for future events, including the 50th tournament in Okinawa in 2024.
- It was disclosed that some in the room already knew the dates were August 15 – 18.
- JKF Goju Kai Kumite committee (which previously existed) Similar to that of the JKF Goju Kai Kata committee.
- A request from the New Zealand representative that Non-Japan members to be included in overseas committee.

The meeting served as a platform for valuable discussions and the exchange of ideas to further enhance our karate community on an international scale.

August 19th, 2023 – Saturday: Day 11 – The Day of Competition. Today is the day we've all been waiting for. The venue this year far differs from the familiar "Big Whale" arena also in Ōsaka 大阪, and there won't be a formal march onto the competition floor, unlike other JKF Gōjūkai shiai (competitions) in the past. However, just like in life, there's always room for reasonable adaptations.



As the day unfolds and the competition gets underway, the atmosphere crackles with excitement. Emotions are running high, and the jitters spill over, creating a spectrum of feelings from intense

focus to tears of anticipation to agony of defeat. It's a rollercoaster of sensations as we prepare to give our all on the tatami.

Mentoring for Success in a Foreign Arena. Over the years, I've had the privilege of mentoring many individuals on how to represent themselves effectively and what to anticipate in events such as the grading and competition during this excursion, especially when it's on foreign soil. I'd like to reiterate these points here for the benefit of all.

First and foremost, we shouldn't come expecting glory; instead, anticipate the invaluable experience. Remember, we're in Japan, and this isn't our home turf. Whatever reputation or status we might hold in our own country or hometown may not necessarily carry the same weight here. We must assimilate into the local culture, displaying the level of respect expected and demonstrate humility in the face of defeat, regardless of our personal opinions or past achievements. This is essential when competing on an international stage such as the JKF Gōjūkai Taikai.



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



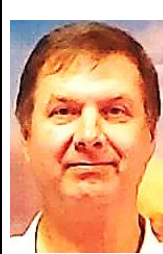
**Director
Europe**

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)

Upcoming Events Seiwakai Portugal Seminar

We are pleased to invite you to come to Portugal – Sesimbra (in Lisbon Metropolitan Area) and take part in our Gōjū-Ryū Karatedō European Seminar (October 20th – 21st 2023) and in the historical 1st European Championships of Seiwakai Europe (October 22nd, 2023).

In that way we will practice in a togetherness spirit led by Shihan Seiichi Fujiwara, President of Seiwakai, assisted by the Vice-president Shihan Vassie Naidoo and by the top Seiwakai Shihankai members in Europe. Also we can participate on the 1st Gojuryu Karatedo Seiwakai European Championships organized to our members.

Sesimbra is a beautiful fishermen's town on South of Lisbon Metropolitan Area with significant historical, cultural and tourist attractions in Portugal. With the beaches bathed by the Atlantic and surrounded by the Serra da Arrábida, we intend to create a unique experience for all of you who will visit us.

Organized by Seiwakai Europe in cooperation with Seiwakai - Portugal, please contact your National Director or logistical organization for details: seiwakai.sesimbra.2023@gmail.com



Seiwakai - Europe

Gōjū-Ryū Karatedō

European Seminar & 1st
European Championship

SEIICHI FUJIWARA - HANSHI • 8TH DAN
VASSIE NAIDOO - HANSHI • 8TH DAN
PAUL COLEMAN - KYOSHI • 8TH DAN
RASTISLAV MRÁZ - KYOSHI • 8TH DAN
GURMIT SINGH - KYOSHI • 7TH DAN
ABEL FIGUEIREDO - KYOSHI • 7TH DAN
PAL GILA - KYOSHI • 7TH DAN

DAN GRADING:
•JKF GOJUKAI
•SEIWAKAI



Sesimbra • Portugal
2023: October 20th-22nd

Venue: Pavilhão do Grupo Desportivo de Sesimbra
Av. da Liberdade 60, 2970-635 Sesimbra

Organization: Seiwakai Europe + Seiwakai-Portugal

Logistics: Branch Seiwakai Lisbon Metropolitan: NKGR + AGOKAP
Câmara Municipal de Sesimbra



THE KAIZEN CUP

Sunday 15th October

Jean Brown Indoor Arena

Forest Road

Ilford IG6 3HD

Doors open 8am

Events start 9:30am



Kata:
Flags to Top 4
then points

Kumite:
Double Elimination

COMPLETE GAME CHANGER

2024 Seiwakai and JKF Goju Kai



Training in Omagari

August 7, 8, 9, and 10

The training in Omagari has been shortened to allow for the trip to Okinawa and the sightseeing of important historical, cultural, Karatedo related sites.

Travel to Okinawa

August 11



Touring in Okinawa (organized)

August 12 and 13

August 14 Free Day

JKF Goju Kai Seminar

August 15 and 16 (Shinsa)

JKF Goju Kai Tournament

August 17 and 18

Past Events South African Seiwakai Seminars with Vassie Naidoo Shihan



Training in Johannesburg September 8, 9, and 10



By Ben Mare

The International Seiwakai Karate Seminar in Johannesburg was a thrilling success. The International Karate Seminar, featuring esteemed instructors such as Vassie Hanshi, Vice President of Seiwakai International, Shihan Pal Gila from Hungary, Shihans Peter Klipfel and Jay Padayachee from Cape Town and Pietermaritzburg, and Krishan Narayan Sensei and Matthew Costello Sensei from Los Angeles, proved to be an unforgettable experience for participants and spectators alike.

The seminar, held in the Northcliff Karate Academy, showcased the power of martial arts to unite people from different backgrounds and cultures. With a focus on fostering karate's principles of discipline, respect, and camaraderie, this event was more than just a gathering of karateka; it was a celebration of international unity through karate. Young budding karateka had the unique opportunity to train under the guidance of international instructors.

This introduction to the global karate community left a lasting impression on the children, who not only enjoyed the classes but also gained valuable insights from instructors with diverse teaching styles and techniques. These experiences will undoubtedly shape their karate journey and instill a

passion for the art. One of the highlights was undeniably the charismatic Pal Gila Shihan from Hungary. Known for his fierce determination and unwavering dedication to teaching, he earned the affectionate nickname "the angry Hungarian".

Furthermore, the event witnessed two dedicated individuals, under the guidance of Vassie Hanshi, attempting their 5th dan black belt grades. This challenging feat required countless hours of training and preparation, demonstrating their commitment to mastering their craft. For the adult participants, the seminar offered rigorous kata training and grading preparation, emphasizing the importance of perfection and precision in their techniques. This intensive training was a collaborative effort, with all instructors contributing their expertise to help participants refine their skills.

The success of the International Karate Seminar in Johannesburg was made possible through the collective efforts of the instructors. Their dedication to fostering a strong sense of community within the karate world was evident throughout the event. At the sayonara party, two senior instructors, Peter Klipfel and Jay Padayachee, were honored with the Kyoshi Shihan Titles, further elevating the event's prestige.

As the seminar came to a close, participants were left with a sense of responsibility. The onus now falls on them to practice, teach, and uplift their own students. The goal is clear: when the international instructors return next year, they should witness the remarkable progress made by the South African karate community. Seiwakai Academy 22 MacFarlane Drive Gillitts Hillcrest Company Reg No. 2018-453580-07 As the martial arts community in South Africa continues to flourish, it eagerly anticipates the return of these international instructors next year, ready to showcase their progress and dedication to the art they love.



Training in Cape Town September 15, 16, and 17





Front Row L to R: (Kneeling) Matt Costello Sensei (Seated) Peter Klipfel Kyoshi, Ben Mare Kyoshi, Vassie Naidoo Hanshi, Paul Gila Kyoshi, and Krishan Narayan Sensei

Congratulations to those who graded successfully!



Cape of Good Hope, South Africa, Western Cape



Two Legends in one frame, the President of KSA, Sonny Pillay, bids farewell to the Vice President Seiwakai International, Vassie Naidoo Hanshi, after a successful karate tour of South Africa during which he imparted his special skills acquired over 6 decades to our local karateka.