



**PAN-AMERICAN SEIWA KAI
NEWSLETTER**

**全米誠和会
社内報**

**Dedicated to Traditional Goju Ryu Karatedo
ISSUE 11: March / April 2015**

Current and previous issues of the USA Seiwa Kai Newsletter can be found online at <http://www.greatlakesseiwakai.com/usa-seiwa-kai-newsletters.html>

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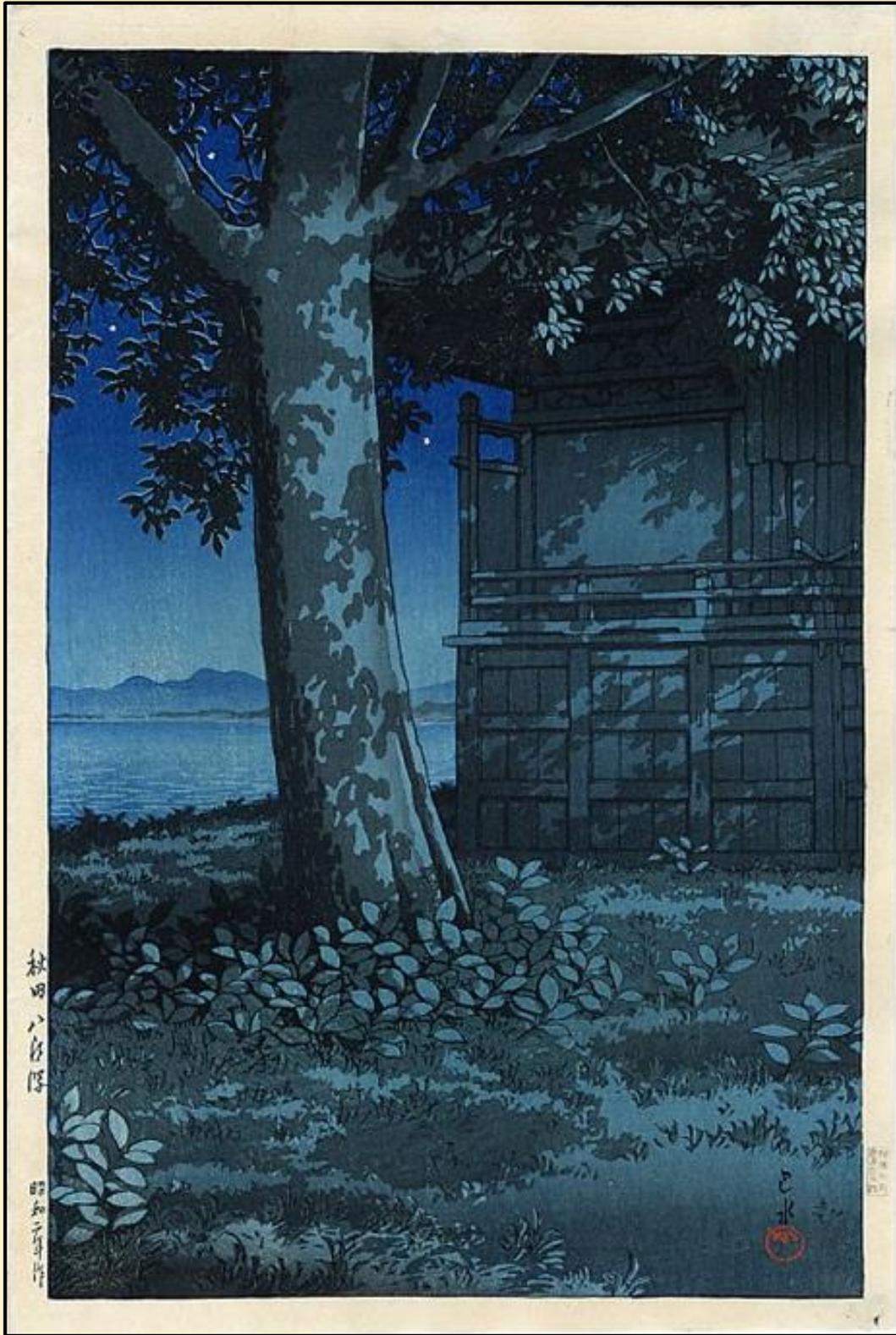
Goshukan Seiwa Kai Canada

Craig Vokey: President
Vassie Naidoo: Liaison



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Japanese Woodblock Print by Hasui Kawase: *Lake Hachirogata, Akita*

USA Goju Ryu Karatedo Seiwa Kai Instructors' Seminar



April 24 through 26 (Friday through Sunday) 2015

Santa Monica, California

Friday, April 24: 6:00pm – 8:00pm

Saturday, April 25: 9:00am – Noon & 1:30 - 4:30pm

Sunday, April 26: 9:00am – 11:30am

Dinner Enkai at Lares Restaurant Saturday, April 25; 6:30pm to 9:00pm

Open to all Seiwakai Instructors, Assistant Instructors, and Instructors-in-Training. Three days of training in sunny Santa Monica, California with Shihan Vassie Naidoo and senior instructors with an emphasis on teaching methodology of the Seiwakai system of Goju-Ryu Karate-do. Instructors will come away with tips and insight on proper instruction of Goju-Ryu kata performance and bunkai, Seiwakai kumite, customs and etiquette.

Yudansha planning to grade in Japan or at the November USA Seminar are required to attend in order to preview their current readiness to grade and receive valuable feedback to ensure success.

Special room rates are available at the Travelodge Santa Monica 3102 Pico Blvd., Santa Monica, CA 90405 (310) 450-5766 – Group Name: KICK Cutoff Date: April 10

Goshukan Seiwa Kai Canada Competes at Canada's National Championships

Submitted by Benoit Martial Arts



Disal Wick Bronze Mentalist (Boy's 16-17 Kata) and Marissa Meandro Gold Mentalist (Girls' 12-13 Kata) at the Canadian Nationals in British Columbia



Craig Vokey: Congratulations to Marissa Meandro for her gold medal in Kata at the Karate Canada National championships in Vancouver, British Columbia. Also congratulations to Bradley Chaput, Silver 14-15 Years Kata; Disal Wick, Bronze 16-17 Kata and John Howard, 5th kata.

Seiwa Kai Canada Kumite and Kata Seminar

Taught by Michael Beardwood 6th Dan, Renshi, Goju Ryu Karate



With Dan Birt, Paul Barrington, Michael K Rust, Owen Carter, Chris Hourmouzis and Jacobcarter King at the Canadian Japanese Cultural Centre of Hamilton

Hawaii Seiwa Kai
Submitted by Robert Koncal



HAWAII
OPEN

SEPTEMBER 5TH, 2015, MANOA VALLEY DISTRICT GYM

Kachi Karate would like to invite you to participate in the 2nd annual 2015 Hawaii Open.

September 5th, 2015

Manoa Valley District Gym
2721 Kaaipu Avenue
Honolulu, Hawaii 96822

WKF Rules will be applied.
All National and International referees are welcome

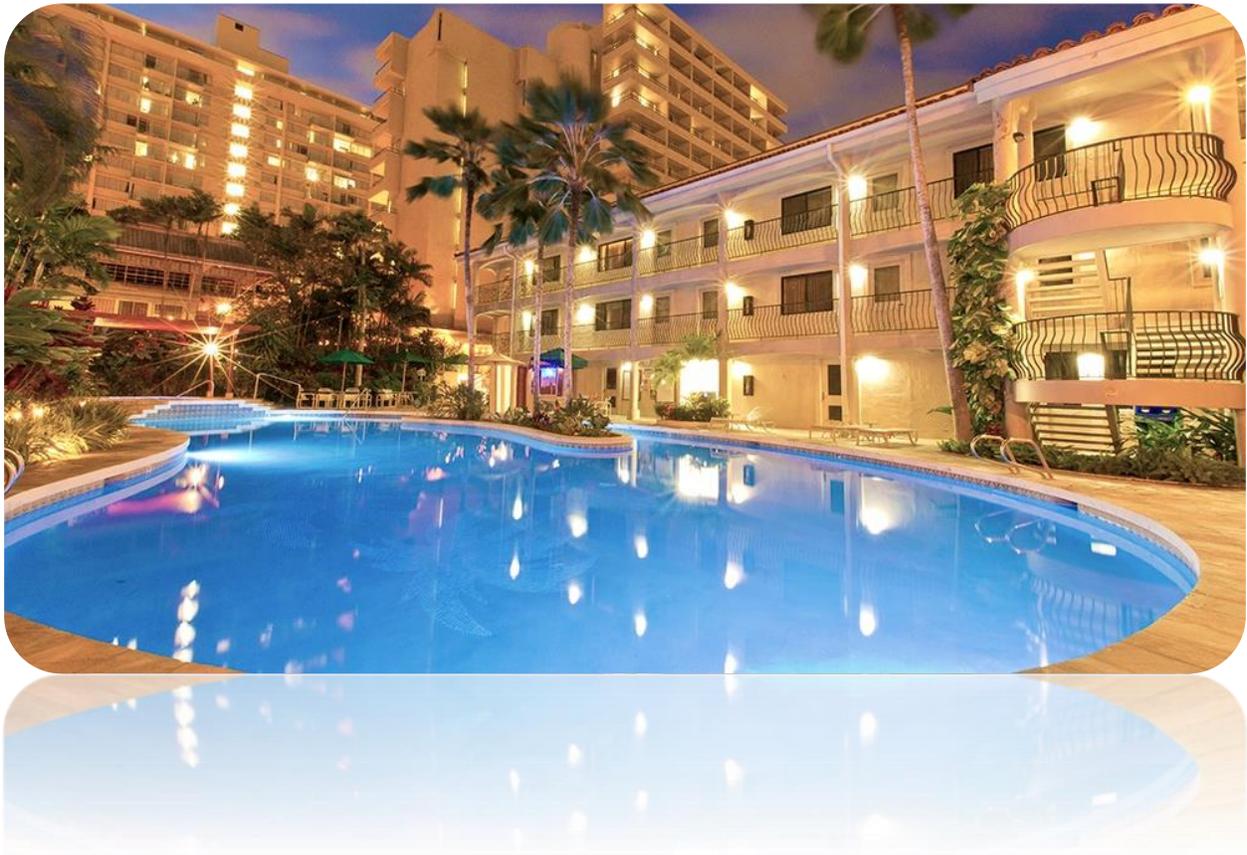
Starts at 9:00 AM with Kata divisions

www.kachikarate.com kachihawaii@gmail.com (808)389-5258

Save the date – September 5th, 2015

Kachi Karate Hawaii (Seiwakai dojo) would like to invite you to our annual tournament, the Hawaii Open.

ACCOMMODATIONS: HOTEL SAND VILLA



Those who are planning to participate in the 2015 Hawaii Open Karate Championship can get a special rate at our host hotel, Hotel Sand Villa, located in Waikiki for just \$90/night. You can reserve your room at their website www.sandvillahotel.com Make sure to use the promo code KAR for the special tournament rate. Deadline for reservation at this GREAT rate is June 30th, 2015. Don't hesitate and book your room today!

Please do not hesitate to contact us for more information. kachihawaii@gmail.com



Willpower

気力

By Jim Pounds

One of my students decided she wanted to become a doctor. Already in her mid-thirties, she had carved out a career as a hospital administrator and was no doubt pulling down the big bucks. She said to herself, “This is fine, but it isn’t what I really want to do. I want to be the doctor.” The golden handcuffs were simply no match for her desire. She quit her job and went back to school to take anatomy and all the other pre-med courses she needed in order to apply to med school. Then she actively waited.

What does this mean: “active” waiting? Active waiting means waiting for something you know without a doubt will occur, so you continue to do everything possible to further your positioning until the effect catches up with the cause you set in motion. It is quite different from just waiting. In Susan's case, everything she did reinforced her commitment to become a doctor, from her part-time job for a physician to the courses she took. And she continued to train at karate-do in order to maintain her physical body as well as enhance her shin (spirit). Not a natural athlete, but a woman of great ki (life force), she told me that her training, and the obstacles she faced in the dojo gave her the fighting spirit necessary to continue toward her goal when it seemed almost hopeless. The first year she applied, she didn’t get accepted. The next year she did. Now she has graduated, finished her residencies, and is a doctor!

I have to thank Susan for being an inspiration to me. In her own way, she’s my senpai (older sister) because, through her actions, she taught me a lot about living my dreams. I’m sure she doubted herself at times. But she always wore her game face in public. There was complete congruency between her goals and her actions. She has re-affirmed my commitment to write, and I thank her. We are all students and teachers at the same time.

So much in life depends on our personal willpower. What is willpower? Someone once described it as “the force that allows us to win when all common sense says we shouldn’t.” That’s a pretty good definition. Willpower is a trait that can be exercised and enhanced. Every time we commit to something and stay with it until we prevail, we strengthen our will. Susan may not have been my most gifted student, but I would venture that the strength of her willpower takes a back seat to no one. And since I subscribe to the definition that willpower is that trait that allows us to win

when common sense says we shouldn't, I would have to place my money on Susan in a survival situation.

Self-defense is funny that way. The Marines build warriors that believe in themselves so completely that the only way they can be stopped is to be put down for good. When we train, we should not be distracted from the knowledge that the martial arts build character through total personal immersion and hard work. It builds our willpower, and our willpower not only enables us to accomplish some pretty amazing things, but it may save our life by forcing us to fight on when it all seems hopeless.

Yes, it's easy to be distracted. When I think about training, I try to keep in mind what World Judo Champion Anton Geesink told the Japanese media when they wanted to know what secret training methods he had used to defeat the Japanese judoka, who were at that time the undisputed best in the world. Nakayama Sensei of the Japanese Karate Association claimed Geesink's answer was perhaps the most important statement he had heard in all his years of training. Geesink said: "The Japanese have devoted themselves to the study of judo for competition. They have gone to extraordinary lengths to develop winning contestants and fine champions. I, on the other hand, have never trained for competition in my life. All I have ever done is trained in judo as a way of life, exactly as Dr. Kano (the founder of judo) taught. While the Japanese were devising competitive strategies, I was in the dojo, practicing basics and kata. I defeated the Japanese because I know judo better than the Japanese. The 'secret' is to train every day in the basics. This will make you unbeatable." *

* From Conversations with the Master: Masatoshi Nakayama. Randall Hassell. Focus Publications, 1983.

Seiwa Kai Humor



Are you not thinking what I'm not thinking?

Learning Traditional Karatedo

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Learning Traditional Karatedo refers to three things. First, it refers to learning an original style of Okinawan or Japanese karate-do. Secondly, it refers to learning in the tradition of the founders of one of these styles while keeping current with new developments in knowledge. Lastly, it refers to using karate-do as a means of improving one's character while one is simultaneously developing fighting skills which are capable of disabling an opponent. If any one of these elements is missing in one's training, then that person is learning something other than Traditional Karatedo.

ORIGINAL OKINAWAN OR JAPANESE KARATE

To learn an original Okinawan or Japanese style of karate one must be studying Goju Ryu, To'on Ryu, Ryuei Ryu, Uechi Ryu, Shito Ryu, Wado Ryu, Shindo Jinen Ryu (Ryobu-Kai), Shotokan, or one of the several styles of Shorin Ryu. Americanized versions of karate are not traditional styles of karate-do. Korean and Chinese systems of the martial arts have a different heritage and should not be confused with Traditional Karatedo even though some people may call it Korean karate or use the words Fung Fu and karate interchangeably. This is not to imply that these other systems are without value. It simply means that these other martial arts have developed along different lines from the styles of authentic Okinawan and Japanese Karatedo.

LEARN IN THE TRADITION OF THE FOUNDER

Mr. Shigekazu Kanzaki was a direct student of Juhatsu Kyoda, Kanryo Higaonna's most senior student who was one year senior to Chojun Miyagi. He directly addresses the issue of what it means to learn in the tradition of the founder of one's style while keeping current with developments in the world of Karatedo: "The first important thing is to study the traditional karate that has been handed down to us. This means researching the ancient tradition of karate that was

developed, practiced, and used on the Ryukyu Islands, the birthplace of karate. This means studying until you are proficient. It is also all right to research the techniques of other styles.”[i] Consequently, even in the case of Japanese styles, this means returning to Karate do’s Okinawan foundations in order to develop a frame of reference for understanding one’s particular style of Traditional Karatedo. It also means that the study of the techniques of styles of karate other than your own is entirely within the parameters Traditional Karatedo because this is what the founders of the various styles did. They trained with each other to increase their knowledge.

IMPROVING ONE’S CHARACTER WHILE LEARNING LETHAL TECHNIQUES

Improving the nature of one’s moral character while one is learning lethal techniques has always been considered an essential aspect of Traditional Karatedo. Sokon Matsumura (1809-1902), one of the most prominent and influential pioneers of Okinawan Karatedo, told us that the study of karate was incomplete unless it included the study of the moral teachings of Confucius.[ii] Consequently, moral instruction or character development has long been considered as much of an essential aspect of traditional Karatedo as learning techniques which can disable an attacker. The underlying principle is that only a truly wise and virtuous individual can prudently employ the deadly techniques of self-defense.

It is important to note that Chojun Miyagi included character development in his Karatedo curriculum. Morio Higaonna explains that Mr. Chojun Miyagi’s instruction during the era when karate was taught secretly to select individuals stressed the importance of acquiring an understanding of things that went beyond the martial arts. Miyagi Sensei stressed that students must acquire an understanding of humanity in general. To this end, he invited guests to the dojo to lecture about calligraphy, music, literature, poetry and medicine.[iii] One would hardly invite musicians and poets to the dojo if one’s only objective was to produce a fighter who could disable an opponent. Consequently we can see that Mr. Chojun Miyagi infused morality and character development in the Goju Ryu curriculum.

Mr. Eiichi Miyazato, a direct student of Mr. Chojun Miyagi, explains that during the period prior to the introduction of karate-do to the public, a prospective student had to present a letter of introduction to the head of a dojo. The letter had to be from a well-respected person of good moral character, and the letter had to ensure the instructor that the prospective student was an individual who would not misuse his teachings. Without an introduction attesting to the moral character of the prospective student, the individual was turned away.[iv] Producing an individual who was capable of disabling an opponent was not their only objective. This is precisely why teachers refused to teach students with questionable characters and expelled those who later showed violent tendencies.[v]

Mr. Gichin Funakoshi explains another aspect of teaching during this period of secrecy. After a student was initially accepted for instruction, he would receive training only in the basics and would be required to perform chores around the dojo. During this time, the sensei would make observations on the character of the applicant and would evaluate whether that individual

possessed the potential to become a worthy student. Only when the person was assessed as possessing a sufficiently sound character would he receive any in-depth instruction in karate. Consequently, only those students who had good moral characters were given the opportunity to learn the secrets possessed by their teacher. Others were taught only basics or were intentionally taught incorrectly.[vi] Thus in Karatedo's past, only students who progressed along the path of improving their character were taught the deadliest aspects of Karatedo during this period of secrecy.

Moreover, the principal of using karate to improve one's character is still very much a feature of Traditional Karatedo today. Seiichi Fujiwara Hanshi, the president and chief instructor of Seiwa Kai Goju Ryu Karatedo International explains: "Children say they would like to learn Karate so that they will not be defeated in a fight, and they join because they want to become strong. However, Karate is not learned in order to become strong in fights. We coach manners to children first, thoroughly and exhaustively to polish them as humans." [vii] Mr. Fujiwara is telling us that polishing the character of the youngest students of Karatedo takes precedence over teaching them how to fight.

Mr. Fujiwara explains even further: "When Karate skill is used thoughtlessly it involves danger. Gojuryu is based on the concept that 'you do not strike a person and you do not get struck by a person'. This is the spirit of our style's foundation. The basis of Karate is to live in such a manner that you do not acquire the hateful thinking of your partner [opponent]." [viii] We are being told by one of the best instructors in the world of Traditional Karatedo that karate skills must be used prudently, and we must avoid being drawn into hostile thinking and hostile situations.

If you are taking an original style of Traditional Karatedo, get as close to the source of the style as possible, and keep current with new developments both within your style and within Karatedo in general. Moreover, polish your character thoroughly and exhaustively as you learn the deadly art of Traditional Karatedo.

[i] McKenna, Mario: *Classical Fighting Arts*, (Issue #44) page 54

[ii] Cook, Harry: *Shotokan Karate*, page 19

[iii] Higaonna, Morio: *The History of Karate*: page 64

[iv] Miyazato Eiichi: *Okinawan Den Goju Ryu Karate-do*: page 22

[v] Miyazato Eiichi: *Okinawan Den Goju Ryu Karate-do*: pages 20 and 21

[vi] Funakoshi, Gichin, *Karate-Do Nyumon*: page 23

[vii] Nitiniti Omagari [Akita Newspaper]: "*Karatedo (Gojuryu) the highest rank 8th Dan Fujiwara San of Omagari City*": October 31st, Thursday 2002

[viii] Nitiniti Omagari [Akita Newspaper]: "*Karatedo (Gojuryu) the highest rank 8th Dan Fujiwara San of Omagari City*": October 31st, Thursday 2002



Traditional Goju Ryu Karatedo

By Leo Lipinski

Gojuryu Karatedo Seiwakai is very much a traditional method of karate training. By traditional, I refer to the JAPANESE Gojuryu Tradition, which laid great emphasis on highly effective kumite. Plus, of course, Kata and Bunkai of the Kata, (especially the use of Kata (Bunkai) techniques being applied in Kumite). That was the way for many years. Nowadays, mostly, modern sports kumite is what is being taught – in Japan – by most Gojuryu groups. The kumite I consider “traditional” utilizes many of the disallowed techniques – disallowed in tournaments and also generally discouraged in clubs.

The Japanese "way" of Gojuryu has its roots mostly in Ritsumeikan University in Kyoto Japan as well some other Universities in Western Japan. However, the Japanese Prefecture of Okinawa is where Gojuryu originated. It was formulated/developed by Chojun Miyagi Sensei after he had spent many years training with Kanryo Higaonna (Higashionna). Both Miyagi and Kanryo Higaonna had also trained extensively in China and were influenced very much by this training. It was from this Chinese influence added to the Naha-te, the local form of martial art that modern Karate such as Gojuryu developed. There were other methodologies also developing concurrently in other parts of Okinawa; for example in the city of Shuri.

Miyagi (Gojuryu), Funakoshi (Shotokan), Mabuni (Shitoryu) three very famous teachers, came from Okinawa to teach their karate on the mainland of Japan. Karate or Okinawa-te was taught secretly for many years in Okinawa before it was opened up to the general public. In the beginning, on the mainland, their styles (as they later became known) developed mostly in the Japanese Universities. Most Karate on the mainland of Japan had its origin and initial growth in the Universities. Karate on the mainland of Japan developed with strong traditional Japanese Budo or Martial Arts influences. This was quite different from the way Gojuryu was taught and practiced in Okinawa. It remains different to this day.

These Senseis obviously found a very different type of student on the Japanese mainland to those they were accustomed to teaching in Okinawa, which was essentially a farming community with a limited number of richer merchants and trades people. Okinawa in the pre-war years was the poorest Prefecture in Japan so the numbers of people who could afford to train was limited and limited to those young people who came, usually, from rich families. In Japan, in the very early days of karate, the students of karate were mostly in the process of obtaining a university education. Such students were highly motivated, ambitious and energetic. They trained extremely hard. Training was VERY COMPETITIVE and consisted of intensive exercise, basics (kihon) and fighting.

The Gojuryu students, especially, were well renowned for their kumite skills, which was the original full contact/knockdown fighting. The Gojuryu fighters were known for their use of all the currently disallowed competition techniques. At the Universities, very little Kata was practiced; it was NOT a priority. Fighting, and competitive fighting (in those days it was not official competitions but more in the manner of challenges) with other universities was very common and from this developed the Sports Karate we know today. By this I mean they started to develop rules, especially rules designed to make the competition safe.

From what I have been told, training at Ritsumeikan University was typically 6 hours a day, 6 days a week, and it was brutally hard. Nowadays training is nowhere near as intensive, internationally, as was practiced in Japan many years ago. Some of us learned in the 60's and 70's in Japan when the training was still extremely hard. Even now, in Japan, training is still very intensive. I have watched high school clubs who train many hours every day, Monday to Saturday. The elite members of the JKA (Shotokan), who train in their Instructors Classes, still train as they did many years ago. Generally, though, even Japan has had to deal with changes in attitudes and student expectations as well as SAFETY ISSUES.

Although traditional Gojuryu kumite utilized lots of contact and many of the forbidden techniques, this type of kumite is seldom taught now, not in Japan or elsewhere. Of course there are still some teachers, such as Fujiwara Shihan, who manage to blend the old training and kumite techniques with modern sports methods. With Seiwakai the past is being kept alive. I do the same in The Karate Centre with my senior classes. I also introduce it, with an eye on safety, at seminars that I teach in England as well as the many countries in Europe and elsewhere.

We must not forget, too, that karate is practiced in many countries for fun, as a sport and as a means of keeping very fit; this training can be for all ages from as young as 4 to 80 plus. Many young people (some as young as 4) can be seen at classes in Japan, Britain, USA, the many countries of Europe and most of the world's countries that have Karate available.

Karate is changing and adapting to modern needs. We do this at THE KARATE CENTRE. We have adapted and will continue to adapt. We have very active members who participate in the sport of karate and others who come for developing their fitness or for learning self-defense skills. At the more senior grade level we teach the methods that I learned all those years ago and will always offer a very complete karate experience.

With this in mind our KARATE CENTRE daytime classes and the Saturday classes I want to open, will offer senior members the opportunity to learn and practice the full array of karate that I offer. Fortunately there will always be some teachers who remember our karate roots and teach and practice accordingly.

Seiwa Kai around the Globe

From Leo Lipinski Shihan

REMINDER: SEIWAKAI SEMINAR JAPAN 2015:



- Suggested arrival Omagari 21st July
 - Training Omagari, Akita
- Wednesday 22nd July – Tuesday 28th July Training: 10:00am -5 pm
 - 25th July rest day.
- The Seiwakai seminar is open to all.

JKF GOJUKAI Seminar, Testing and Tournament



- Travel to Oita (Kyushu): 29th July
 - 30th and 31st JKF GOJUKAI Overseas seminar and Dan test.
 - Tournament 1st and 2nd August.
- Gymnasium address:
8-37, Aoyama-cho, Beppu-shi, Oita-ken.
Beppu synthesis gymnasium (Beppu arena)
- Overseas seminar tournament application deadline, 31st May.
Dan test application deadline, 10th July.

For further information please contact me: kenlee104@hotmail.com

Iran Seiwakai Gojuryu Karatedo

Annual kata and kumite competition poster; Held on Friday 6 February 2015

Submitted by: Nabi Ebrahimi

The screenshot displays the website for Iran Seiwakai Gojuryu Karatedo. At the top, there is a header with the organization's name in Persian and English, along with a logo. Below the header, there are several news articles and sections:

- لیگ برتر کاراته سال ۱۳۹۳ گوجوریو سی واکای در لیگ برتر کاراته**: An article about the 1393 Gojuryu Seiwakai Karate League. It mentions that the competition was held on Friday, February 6, 2015, and was submitted by Nabi Ebrahimi. The article includes a photo of a group of karate practitioners.
- کارت هوشمند الکترونیک فدراسیونی**: An article about the introduction of electronic smart cards for the national federation. It states that these cards will be used for all administrative and financial transactions, and will be available to all members of the federation.
- نهران میزبان شد ۱۷ بهمن تاریخ برگزاری مسابقات کشوری**: An article about the 17th National Karate Championship. It mentions that the competition will be held in Tehran from January 17th to 19th, 2015. The article includes a photo of a group of karate practitioners.
- بازدید مسئولین سیک از یکی از باشگاههای غرب تهران**: An article about a visit by the national federation's officials to one of the clubs in West Tehran. It mentions that the visit was on January 12th, 2015, and was led by the federation's president, Mr. Mehdi Namini.

On the right side of the website, there are several logos, including the Iranian national emblem, the logo of the Ministry of Sport and Youth Affairs, and the logos of the World Karate Federation (WKF) and the Asian Karate Federation (AKF).



Shihan Leo Lipinski and Members of Iran Seiwakai

Belgian JKF Gojukai Championship

Submitted by Paul Penasse

Our Belgian Seiwakai competitors are ready.



KARATE GOJU RYU

BK JKF GOJU KAI

- ZONDAG 8 FEBRUARI 2015 全日本空手道連盟剛柔会
- BELGISCH KAMPIOENSCHAP KATA / KUMITE, JUNIOREN & SENIOREN
- SPORTCENTRUM BLEUKENS IN BALEN, HOOLSTERBERG 36
- AANVANG KATA : 09:00 H - AANVANG KUMITE : 13:00 H
- INKOM : 5 EUR KINDEREN - 12 JAAR GRATIS

BELGIAN JKF GOJU RYU KARATE ASSOCIATION



Shiko Dachi by one of the children in the Ghent, Belgium Seiwa Kai Club



Goshukan Seiwa Kai South Africa

Submitted by Gary Mahnke



On February 7, our Goshukan South Africa competitors took home an impressive 22 medals at the first Cape Town Open all styles tournament for 2015. A good fun day of sport karate was had by all! Well done guys! - With Aaron Polikoff and Troy Ashton Futter

Seiwa Kai Slovakia

From František Kretovic



I would like to share with you a results of Slovak senior championship that took place in Zilina. My students were very successful.

Women kumite team took 3rd place and individuals:

- Viktoria Pillarova - 1st place kumite -61kg
- Dominika Kucharova - 2nd place kumite -50kg
- Lucia Langosova - 2nd place kumite -68kg
- Marigona Mehmety - 3rd place kumite -55kg
- Jaroslava Banasova - 3rd place kumite -68kg

JKF Gojukai Australia Master Seminar

Submitted by Glenn Stephenson



