



**PAN-AMERICAN SEIWA KAI
NEWSLETTER**

**全米誠和会
社内報**

**Dedicated to Traditional Goju Ryu Karatedo
ISSUE 12: May / June 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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Table of Contents

1. Japanese Woodblock Print – Hasui Kawase: *Shrine at Lake Tazawa*: Page 3
2. Seiwa Kai Instructors Seminar 2015: Page 4
3. *Why Kata?* – By Jim Pounds: Page 8
4. Great Lakes Seiwa Kai Seminar and Shinsa: page 10
5. Seiwa Kai Humor – Page 13
6. *Kokutai: The period of National Essence* – By Mark Cramer: Page 14
7. Karate at the 2015 Pan American Toronto Games: Page 18
8. Seiwa Kai Competes: Page 20
9. The State of Seiwa Kai England – By Leo Lipinski: Page 27



Japanese Woodblock Print: Hasui, Kawase: *Gozanoishi Shrine at Lake Tazawa* (1926)

Seiwa Kai Instructors Seminar 2015



Above: Seiwa Kai Instructors' Seminar participants

Below: (L to R) Dan Taylor, Mark Cramer, Des Tuck, Vassie Naidoo, Jim Pounds, and Craig Vokey



The Seiwa Kai Instructors Seminar was hosted by USA Seiwa Kai on April 25th through 27th, and instructors from the US, Canada and Mexico were in attendance.

Friday: The seminar began on Friday evening and the emphasis was on Kihon. The idea was that if someone's kihon is not correct, then neither their kata nor their kumite will be correct. Everyone appreciated this two hour session.

Saturday Morning: During this three hour session, Sanchin and Tensho were practiced over and over with an emphasis on making certain that students were using proper dachi, techniques, and ido and were not using the same type of breathing in both of these katas. (It was the distinction between these two types of breathing that Miyagi Sensei named Goju Ryu, our style of Karatedo. (“Ho wa goju wo tondo su – The way of inhaling and exhaling is both hardness and softness.”) The morning session concluded with a detailed discussion of dojo and Karatedo etiquette.



Saturday Afternoon: The focus of this three hour session was again kata. Gekisai Dai Ichi, Gekisai Dai Ni, Saifa, Seiyunchin, and Seipai were practiced over and over with attention given to the minute details of each kata.

Saturday Shinsa: When the afternoon session had been completed and everyone was exhausted, Kevin Moskie and Robert DaLessio had their Seiwa Kai Godan grading. After performing Sanchin, Tensho, and Seipai, and engaging in three kumite matches each, Kevin and Robert became USA Seiwa Kai’s newest Godans. Congratulations!



Kevin Moskie and Paulette Munsch Kelly



Robert DaLessio and Dani ‘Donnell

Sunday: The seminar wrapped up on Sunday with the practice of Sanseiryu and Shisochin. Once again minute details, constant corrections, and seemingly endless repetitions were the practice du jour.

Parting comments: Each of the instructors offered their comments and advice to the group. However it was one of USA Seiwa Kai's new Godans, Robert DaLessio, who summed up the feelings of many of us when he made some rather poignant comments to the group:

“I’ve studied martial arts since the time I was 11yrs old. During this time I’ve met many instructors from the arts of Judo, Jujutsu, and Karate. Some of these instructors were ok. A few were good, some better, and a small number were even exceptional.”

“I do have to say though during my time spent here with the Seiwa-Kai I have come to feel very grateful for the quality of instruction found in this organization. I would like to speak specifically to those of you that have not trained in other organizations, you really have no idea what you have here with Fujiwara, Hanshi, Vassie Naidoo, Shihan and Des Tuck, Shihan along with the rest of our senior instructors.”



“There are many groups out there that put little effort forward in regards to preserving the true essence of what we do. Many groups, organizations, and instructors are driven from either ego or lack of desire to do what is right. I can tell you first hand the heart breaking feeling when you come to find out the things that you put blood, sweat and maybe an occasional tear towards was actually a lie. Within our group we have some of the finest Goju-Ryu instructors I’ve ever seen. For those who have not taken the time to consider what we have with the Seiwa-Kai, maybe we should set some time aside to reflect. We should cherish these folks who put the time, effort, and expense forward to continue to lead us in the right direction. We should come to understand that what they give to us is a part of themselves. This knowledge that has been cultivated by decades and decades of study and practice. What do we give them in return? I’ve heard students say that they pay dues, that it’s the instructors “job to teach”. I’ve read before that actually it is not the instructor’s job to teach but the students job to learn, I happen to agree... We might all consider that philosophy as well. The dues that are paid are typically enough to barely keep the dojo running. Expenses of rent, power, gas, water and insurance (just to name a few) are typically as much as the monthly income of dues. So I ask again, what do we give our instructors in return? We can start with how we treat them. To me our instructors should be treated as an elder from our family, not because of age but because of the wisdom and knowledge they hold.”

“Without diving deep into a philosophical discussion, this is a very simple but fairly accurate way to view how we should interact with those who have come before us. We should do for them so they will have time to show us the right ways. In taking care of our instructors it shows that we have the correct frame of mind that we are humble, ready, and eager to learn. From there we owe it to our instructors to practice. Karate-do, of which we practice, is an interesting concept. We might all consider what “do” means and what the kanji stands for, and from there apply it inside and outside of the dojo.”

Below: Vassie Shihan teaching Seipai Kata



WHY KATA?

By: Jim Pounds



A Kata is a series of offensive and defensive movements arranged into a set geometrical pattern (*embusen*). Katas are passed from teacher to student within a particular ryu (or style) and are, in essence, the "memory banks" of that ryu. Within the katas are the offensive and defensive techniques the early ryu masters thought important enough to pass on. Kata teaches the essential "flavor" of a certain style of martial art. Even when two styles utilize the same kata, there are subtle (or even major) differences.

It is essential that teachers attempt to pass on katas in their pure and original forms. Essential, because even when passed down with great diligence, katas do change over time. Why? Because each person will adapt the kata somewhat to their own body type and sense of timing. Over several generations, katas can undergo a metamorphosis into something quite different than was first taught. Therefore it is imperative students and teacher strive to capture the essence of katas without intentionally modifying them.

What benefits are derived from kata practice? Kata teaches balance and *tai sabaki* (body shifting) while strengthening the body. Kata instills the techniques into "muscle memory", where they can be instantly utilized when needed without conscious thought. In kumite and personal defense, this is essential. Kata teaches relaxation, focus, and correct breathing.

Less experienced students often see kata and kumite as entirely different activities, whereas experienced karate-ka see them as inseparable. Kata and kumite are similar to the yin and yang - different parts of a single whole. If a karate system is in balance, the students who diligently train in kata are often the best fighters. In fact, in early Okinawa, Karate Masters taught only kata and *hojo undo* training (supplemental training with *Makiwara*, *Chi Ishi*, *Nigiri Game*, etc). Often a certain kata was chosen for a student by his Master with that student's body type or physical propensities in mind. And often that is the only kata a student would practice for several years. But when personal defense was needed, the student was able to meet the challenge, because the practice was deep.

They understood the true martial applications within the kata through *Bunkai Oyo* -- the actual *application* of the movements passed on within the kata. With the study of Bunkai Oyo, the practitioner was able to combine the physical grace, balance, and muscle memory developed by kata, the physical strength and cardiovascular endurance developed by Hojo Undo, with a true

understanding of how to apply the techniques for maximum self-defense. These three legs supported traditional karate-do and all are still important in supporting the well-rounded practitioner.

In our times, many ryu also include *jiyu kumite* to enhance a practitioner's sense of distance and increase speed. I would agree this is a good training supplement for those benefits, and also the added benefit of personal damage control. In other words, you have to know how to take shots and not fold your tent. There's a certain amount of truth to the old adage: "Everybody is tough until they get hit." Kumite allows you to understand how to keep body and mind together when you are being pummeled. That is definitely beneficial. However, when jiyu kumite becomes the focal point of training at the expense of the three traditional "legs" of training, a problematic imbalance occurs. The end result is that the practitioner's karate understanding and true self-defense and health benefits may actually decrease. The trick is to keep it all in balance. Being a good fighter is not the only benefit to karate-do. Similarly, being a beautiful kata "performer" without the true martial understanding of Bunkai Oyo is equally insufficient.

Over your years of karate training you may experience periods of ambivalence about kata, just as you might with kumite. You must press on however, always seeking to understand the essence of both. Eventually it becomes your yoga - you do it because you do it. Like breathing. Then, it is truly yours. Sensei Teruo Chinen, of Jundokan International Goju-Ryu, once related that learning a kata was similar to eating a piece of beef jerky - at first it is very hard and you don't have the flavor. But if you keep chewing, eventually it is not hard at all and you will understand its "flavor". I like that analogy. Over time, you will see that good kata is synonymous with good karate.



OLYMPIC
DAY 2015

Great Lakes Seiwa Kai Seminar Is an Official Olympic Day Event

This coming June 5, 6, and 7 Bedford Community Education Great Lakes Seiwa Kai will be hosting a series of Goju Ryu Karatedo Seminars which are an Official Olympic Day event. Olympic Day events commemorate the birth of the modern Olympic Games on June 23, 1894, and more than 160 countries take part in the annual celebration. The mission of these events is to promote fitness, well-being, culture, and education around the globe. Moreover, Great Lakes Seiwa Kai is a member of the USA National Karatedo Federation which is the US Olympic Committee's National governing Body for sport karate.

This series of seminars is one of 700 Olympic Day Events across the country and will be taught by Vassie Naidoo who is the President and Head Instructor of Seiwa Kai Goju Ryu Karatedo in the USA and also the President of the Japan Karatedo Federation Goju Kai in the USA. Mr. Naidoo travels throughout the USA and international community teaching seminars and promoting proper kata performance. Take advantage of this opportunity to train with one of the world's great instructors of Goju Ryu Karatedo and learn the proper performance of Goju Ryu Kata.



Vassie Naidoo will be assisted by Mark Cramer who is a national gold medalist in kata with the USA National Karatedo Federation, the USA Olympic Committee's National Governing Body for sport karate. Mr. Cramer tells us about the seminars: "Great Lakes Seiwa Kai and Bedford Community Education are excited to be part of this Olympic Day celebration. We hope to inspire kids and adults in Northwest Ohio and Southeast Michigan to live healthy, active lives."

Left: Mr. Cramer and Mr. Naidoo after Kata competition in Japan in 2012

GREAT LAKES SEIWA KAI SEMINAR and SHINSA LOCATION, SCHEDULE and FEES

Friday, June 5 (Douglas Road School Gym; 6875 Douglas Rd. Lambertville, MI 48144)

Session 1 – 6:30 to 8:30 (Black belts, brown belts, and invited students only.)

•

Saturday, June 6 (Douglas Road School Gym; 6875 Douglas Rd. Lambertville, MI 48144)

- Session 2 – 10:00 to 12:00
- Lunch Break
- Session 3 – 1:30 to 3:30
- Session 4 – 3:45 to 5:45
- Seiwa Kai Shinsa (Dan Grade Only) This grading examination is not open to the public.
- Banquette – 7:00 to ? (Location TBD)

•

Sunday, (Douglas Road School Gym; 6875 Douglas Rd Lambertville, MI 48144)

- Session 5 – 10:00 AM to 12:00 AM. This session is required for anyone who is grading for a kyu rank

Fees

- Session 1 -- \$20 Friday, June 5 – 6:30 to 8:30 PM
- Session 2 -- \$20 Saturday, June 6 – 10:00 AM to Noon
- Session 3 -- \$20 Saturday, June 6 – 1:30 to 3:30 PM
- Session 4 -- \$20 Saturday, June 6 – 3:45 to 5:45 PM
- Session 5 -- \$20 Sunday, June 7 – 10:00 AM to 12:00 PM
- All 5 Sessions – \$80
- Family Maximum: 2 family members \$ 100; 3 Family members \$115; 4 family members \$130

Sessions Required per level of training for GLSK Students:

- **Peewees** are encouraged to participate in Session 2.
- **10th Kyu to 7th Kyu:** Sessions 2 and 5 (minimum) Please feel free to attend more sessions.
- **6th Kyu to 1st Kyu:** Sessions 2, 3, and 5 (minimum) Please feel free to attend more sessions.
- **Shodan and up:** All Sessions

No food or drinks (except water and clear sports drinks) will be allowed into the gym area.



GREAT LAKES SEIWA KAI SEMINAR PARTICIPATION WAVER FORM

NAME _____

PHONE _____

ADDRESS _____

EMAIL _____

CITY/STATE/PROVINCE _____ ZIP/POSTAL _____

COUNTRY _____ DATE OF BIRTH ____/____/____ AGE _____

DOJO _____ TEACHER _____ STYLE _____

PHYSICAL OR HEALTH IMPAIRMENTS _____

PARTICIPANT WAVER and AFFIRMATION OF ACCURACY

In consideration of my acceptance into this seminar, 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 waive compensation for them. I additionally affirm that all tournament registration information is true and accurate. I assume the risk of any and all injury that may be suffered as a result of participation in the seminar and understands that karate can be defined as an ultra-hazardous activity which can result in physical injury even if practiced correctly. The participant represents that he/she is in good health and is able to participate fully in the training.

Participant's

Signature _____ Date ____/____/____

Co-signed if under 21 _____ (Legal Guardian)

SESSIONS YOU ARE ATTENDING: ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____

Total Cost _____

GENDER (Check One) ____ MALE ____ FEMALE

AGE _____

Seiwa Kai Humor

**NINJA FIGHTING
TRAINER**

I WILL TRAIN YOU TO FIGHT LIKE A
WARRIOR

**NINJA
POWER!**

SKILLS

- ❖ RUNNING
- ❖ JUMPING HIGH
- ❖ NINJA FLIPS
- ❖ INVISIBILITY
- ❖ CONTROL ANIMALS
- ❖ BATTLE DANCING
- ❖ LIGHTNING PUNCH
- ❖ BREATHE UNDERWATER
- ❖ SWORD

LEARN TO USE:



NINJA SWORDS
BOW STAFF
THROWING SHARPS
CHAINSTICK
FLASHING POWDER
UZI

ABOUT ME:: I AM A 10TH DEGREE DRAGON BELT IN NINJITSU, 10TH DEGREE BLACK BELT IN KARATE, AND I RUN ALOT. I HAVE USED MY SKILLS AND SAVED PEOPLE. THE NINJA WAY IS NOT TO FIGHT BUT IF YOU HAVE TO FIGHT YOU FIGHT TO WIN. I CAN SPEAK A LITTLE JAPANESE BUT IM LEARNING MORE EVERY DAY.

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Sometimes reality provides the joke.

KOKUTAI: THE PERIOD of NATIONAL ESSENCE

国家の本質の期間

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KOKUTAI

Japan embarked upon a social and political program called Kokutai or *National Essence* “which served from the Meiji Restoration [1867] to 1945 as an inspiring and unifying ideology.”[i] This program had two major objectives. The first of these objectives was Japan-ness (*Nihonjinron*) which promoted cultural uniformity throughout all of the territories of Japan, including Okinawa. The other major objective of Kokutai was austerity (*Shugyo*). This was designed to inculcate the ideals of the old samurai class into all of the social classes in Japan. Loyalty, bravery, and sacrifice were to be instilled into the entire population through this program. [ii] Kokutai, the program of *National Essence*, would eventually have a profound effect on the development of karate by lifting the veil of secrecy which once surrounded karate and by substantially altering the manner in which karate was taught in both Okinawa and Japan.

KARATE BECOMES PUBLIC

As a result of Kokutai, the period of karate's secrecy ended in the early twentieth century as the reign of the Meiji Emperor was drawing to a close. The transition from karate being taught in a secretive and selective environment to karate being taught openly to the public is confirmed by Richard Kim: "In Okinawa around 1903, karate was incorporated into the public school physical education system. Prior to this period, karate training was restricted to the nobility and men of means." [iii]

The reason that karate was introduced into the public education system had militaristic undertones. A Japanese doctor was examining Okinawan candidates for the Japanese military service, and he noticed that the mental and physical condition of certain young men was exceptional. When it was discovered that all of these men trained in karate, the Japanese government decided to end the ban which had forced karate to be taught secretly and to move karate into the public educational system. In this manner, the physical condition of all of the Okinawan candidates for the Japanese military would be improved. [iv]



Karate training became public in Okinawa and had militaristic undertones.

Karate, which was once the secretive martial art of Okinawa's nobility, was now a public art which was practiced by all of the young men of all of the social classes in Okinawa. However, we must bear in mind that this change was not motivated by a desire to have karate introduced to the general public. The real motivation came from the government's desire to improve both the mental and physical condition of the men who were entering the armed services of the Empire of Japan.

One can reasonably infer that having karate taught in the government run public schools, and having it taught to all levels of Okinawan society grew out of Japan's program of Kokutai or *National Essence*. The Kokutai goal of *Shugyo* was designed to instill the ideals of Japan's samurai class to all of the social classes in Japan. Consequently, it is quite consistent with *Shugyo* to have the ideals of the Okinawan nobility and their martial art instilled into all of the social classes on the island of Okinawa. The purpose was to have all young Japanese men, including those in Okinawa, instilled with the martial spirit, feelings of loyalty, and a sense of sacrifice for Empire.[v] Teaching karate in the public school curriculum would have ensured that all of the men from Okinawa who entered the Japanese military would be trained in a martial art and instilled with these traits.

KARATE IS SUBSTANTIALLY ALTERED

Furthermore, Japan's program of Kokutai (*National Essence*) was promoting the ideal of *Nihonjinron* or "reshaping all of Japan, including Okinawa, into one unified people." [vi] Consequently, when Okinawan karate teachers traveled to the main islands of Japan in the 1920s and introduced their martial art to the Japanese public, they discovered that "by Japanese standards karate was uncultivated and without suitable organization or 'oneness.' In short, it was not Japanese." [vii] To make matters even more complicated, Okinawan karate was of Chinese origin "and anti-Chinese sentiment was rampant." [viii] As a result, the Japanese quickly set upon transforming Okinawan karate into a suitable Japanese martial art.

Patrick McCarthy enumerates some of the changes that were required in order to transform Okinawan karate into a truly Japanese martial art: "For karate-jitsu to be accepted in mainland Japan, the Butokukai [Japan's supervising body for the martial arts] called for the development and implementation of a unified teaching curriculum, a consistent standard for evaluating the various grades of proficiency, the implementation of Kano Jigoro's [the founder of judo] dan-kyu system [of black belts and lesser belts], and the development of a safe competitive format through which participants could test their skills and spirits... [The] idea was to establish a universal set of standards, as judo and kendo had done" [ix] This litany of alterations was required in order to transform Okinawan karate, which was still called Chinese-hand, into a martial art that was consistent with the other Japanese martial arts.

Moreover, if the karate of Okinawa was to gain acceptance in Japan, it needed to be in accord with the indigenous Japanese martial traditions of judo and kendo in one other area. This meant that

specific style names needed to be adopted.[x] Consequently, the general references to the city where the martial art was practice were abandoned, and specific style names were registered with the Dai Nippon Butokukai in the early 1930s.[xi] Goju Ryu, Shorin Ryu, Shito Ryu, Wado Ryu, and Shotokan were style names which eventually would be spread throughout Japan and its empire.

For the most part, the changes which had been called for by Kokutai and the Dai Nippon Butokukai materialized. Karate lost its Chinese visage and became Japanese in its appearance and in its substance. Karate training was standardized and systematized. The karate gi and belt grades were introduced, and names for styles were selected. This once secretive and enigmatic Okinawan martial art was transformed into a modern Japanese martial art which could be practiced by people of all social classes.

[i] Brownlee, John S: *The Four Stages of the Japanese Kokutai* [National Essence], page 1

[ii] McCarthy, Patrick: *Bubishi*: page 52

[iii] Kim, Richard: *The Weaponless Warriors*: page 64

[iv] Cook, Harry: *Shotokan Karate*, pages 23-24

[v] McCarthy, Patrick: *Bubishi*: page 52

[vi] McKenna, Mario, *Dragon Times*: Vol. 17 page 9

[vii] McCarthy, Patrick: *Bubishi*: page 54

[viii] McCarthy, Patrick: *Bubishi*: page 55

[ix] McCarthy, Patrick *Bubishi: The Bible of Karate*: page 55

[x] Higaonna, Morio: *The History of Karate*: page 68

[xi] Cook, Harry: *Shotokan Karate*, page 36

Karate at the Toronto 2015 Pan American Games



Opening Ceremony on Friday, July 10th, 2015.

Karate Competition: July 23-25 at the Mississauga Sports Centre

Editor's Note: Mr. Craig Vokey of Goshukan Seiwa Kai Canada is the Sport Organizing Chairperson for Karate at the 2015 Pan Am Games.



Whereas there are 45 nation members of the Pan American Karate Federation, only 14 nations have qualified kumite athletes for this Pan American Games. (Karate competition at the games will be in kumite only.)

A total of eighty athletes, forty men and forty women, have qualified for Pan American Karate Championships. There are five kilo divisions for each gender, and each division has eight competitors. Qualification was accomplished through one of the four qualifying tournaments – the 2014 South American Games, the USA / Mexico Regional Qualifier, the 2014 Central American and Caribbean Games, and the 2015 Pan American Games Qualifier. Additionally, as the host nation Canada automatically qualifies one athlete in each kilo division. The qualifying results by nation, kilo division, and gender are shown in the table below.

| Name of Country | Kilo Divisions Men | | | | | Kilo Divisions Women | | | | | Total |
|--------------------------------------------------------------------------------------------------|--------------------|----------|----------|----------|----------|----------------------|----------|----------|----------|----------|-----------|
| | 60kg | 67kg | 75 kg | 84kg | 84+kg | 50kg | 55kg | 61kg | 68kg | 68+kg | |
|  Argentina | | X | X | X | X | | | | | X | 5 |
|  Brazil | X | | | X | X | X | X | X | | X | 7 |
|  Canada | X | X | X | X | X | X | X | X | X | X | 10 |
|  Chile | X | X | X | X | | X | X | X | X | | 8 |
|  Columbia | X | X | X | | | | X | | | | 4 |
|  Cuba | | X | | | X | | | | | X | 3 |
|  Dominican Rep. | X | X | X | | X | X | X | X | X | X | 9 |
|  Ecuador | | | X | X | X | | | X | X | X | 6 |
|  El Salvador | | | | X | | | | | | | 1 |
|  Mexico | | X | | X | | X | | X | X | X | 6 |
|  Peru | | | | | | X | X | X | | | 3 |
|  United States | X | | X | | X | X | X | X | X | | 7 |
|  Uruguay | X | | | | | | | | | | 1 |
|  Venezuela | X | X | X | X | X | X | X | X | X | X | 10 |
| Total: 14 Countries | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 80 |

Pan American Seiwa Kai in Competition

Toledo School for the Arts Great Lakes Seiwa Kai Tournament



On May 9th, the Toledo School for the Arts hosted its first annual Great Lakes Seiwa Kai Karate Tournament in its Attic Theatre. Seventy-six students from Toledo School for the Arts (Ohio) and Bedford Public Schools (Michigan) participated in the event. Competition was limited to students from second through twelfth grade, and all of the competitors were from the dojos of Great Lakes Seiwa Kai. Additionally, the majority of the judges, scorekeepers, and timekeepers for both kata and were high school students from TSA and Bedford.

Toledo School for the Arts is a public charter school (grades 6 through 12) located in downtown Toledo, Ohio, and it has an enrollment of just over 500 students. TSA's curriculum integrates the visual and performing arts with core academic subjects. Karatedo is one of the arts which is taught at Toledo School for the Arts, and students are able to receive a major in the martial arts. TSA students have been accepted to many of the nation's best colleges and universities, and the school has enjoyed a 100% graduation rate for the last four years.





TSA students are able to receive an Arts Diploma by taking a minimum of five classes in a particular art during their four years of high school. Being the Tournament Director was the Senior Project assigned to Carrie Pierce and will result in her receiving an Arts Diploma for the Martial Arts from Toledo School for the Arts.

Below: Carrie Pierce (with Mark Cramer) earned her Shodan from the Seiwa Kai in 2014, and will become the first Toledo School for the Arts student to receive an Arts Diploma for the Martial Arts in 2015.

Carrie Pierce tells us about her experience: “May 9, 2015 was the Toledo School for the Arts first annual friendship tournament. For my Senior Project, which is required for my Arts Diploma, I was given the assignment of being the Tournament Director for this event. I did not realize how hard being the Tournament Director would be. The easiest part was all the paper work that had to be filled out and sent out. Without the help of Sensei Cramer this competition would have been impossible.”

“I have been to several tournaments but I didn't realize how much work was put into a tournament. The day of the tournament a number of students came early to help set up and hang up signs. I spent most of my time in the registration room. Competitors started showing up, and there were over 70 competitors from both Toledo School for the Arts and Bedford Great Lakes Seiwa Kai. This is when I began to put the competitors into divisions.”

“Putting the younger kids into divisions was difficult; they would only pay attention for a second. Other than that, getting people into their divisions was not hard. Watching competitors warm up made me wish for it to be over before something went wrong.”

“I was very proud of all the students who I have in class. At the tournament the students put forth all they had and did a fantastic job. There is something about tournaments that brings out the best in people.”





U.S. Open

Submitted by: Marie Tanabalan

After an incredible and exciting day at the Junior International Championships in Las Vegas, young Jake Moore from Great Britain won a silver medal in kata and bronze medal in kumite in the advance division. Well done and congratulations on your success. All the best for the US Open which takes place 4-5th April. Seiwakai England Team TKF GB team - with Leo Lipinski and 5 others.

Ohio Qualifier

Mark Cramer (right) refereeing with Roger Jarrett and Josey Guerrero at the Ohio Qualifier to the USANKF Championships and Team Trials.



Sudbury, Canada Kids Strike Again
Contributed by Benoit's Martial Arts





Goshukan Seiwa Kai South Africa Submitted by Gary Mahnke

Team Goshukan who brought home the bling from 2015 Nationals! 17 KSA all style national medals from 11 Gladiators! Well done guys and girls, your hard work is paying off!!



Goshukan South Africa's Sensei Troy Futter was recently crowned the South African National Heavyweight All Style Champion at the KSA National Champs in March 2015, by winning Gold in a tough division filled with worthy opponents! After a run of serious injuries that saw him confined to crutches with a snapped ACL ligament and torn meniscus in his knee which he sustained, in an exceptional fight, at the Goju Ryu World Championships in 2013. After a long and hard road back to form, he then managed to rip the big toe on his right foot almost clean off!! This open fracture set him to the start of his painful recovery road! These setback did not break his fighting spirit! With more courage, determination and fight than I've ever seen in any man, and with many people having written him off, Troy not only made it back faster and stronger than ever. Well done Troy. You have the heart of a true champion and your reward of the heavyweight title is well deserved! We are all very proud of you.

Goshukan Seiwa Kai South Africa **Submitted by Gary Mahnky**



Goshukan's Vicky Munsamy is a true legend! This amazing mother of 2, is a titan in the ring and has cemented herself, once again, at the very top of the rankings by being crowned South African National All Style Karate Champion, when she took Gold for kumite at KSA Nationals in March 2015! This title is added to her already impressive CV that has seen her crowned World Champion not once, but twice, by winning Gold in the 2010 and 2013 Goju Ryu World Championships. She also took home a bronze medal for kata at the 2010 world Champs.

Vicky is such a true champion, her humble attitude and infectious laugh, makes her one the most loved athletes in karate South Africa. Keep up the hard work Vicky, we are all so very proud of you

SRK Spring Open Championships in Grays, Essex April 25

Submitted by Richard Hang Hong

Several Seiwakai clubs were in attendance as part of the 25 clubs and 230 competitors including Oxford Karate Academy, The karate Centre, Kaizen Ryu Karate, and Windrush Karate Well done to everyone who participated and huge thanks to all the officials and coaches for your help throughout the day.



Seiwa Kai around the Globe

The State of Seiwakai England

By Leo Lipinski



Over the past 10 years and more I was often asked what legacy is being created here in Britain/England. I have given this question much thought in the past few years especially in the light of the fact that day by day I am ageing and feeling the effects of this, I will give this question a somewhat long-winded answer.

I have always thought of myself as a student, learning daily from everything I do. This includes my feelings about karate. I go to Japan every year and have been for nearly 50 years. Not for a week or just to attend a seminar but for months on end, sometimes for as long as 6 months. I go there to learn. I go there to try to understand what they teach. Often I hear people say when they are told something “I know, I know” Common words. I will say hand on heart I have never used these words in relation to karate. In the times I had the chance to train with teachers such as Tasaki Sensei and Shiomi sensei I never ever said to such teachers “I know” – if I know why would I be there in the first place. So, I always responded yes Sensei and tried to absorb their teaching. I still do the same with Fujiwara shihan and others. I go to Japan to learn as much as they are willing to teach me.

Moving on from this—when I say I go as a student—this is the truth. It is also the truth that I learn from all of you even when I am teaching. That is how I think of teaching—sharing information with other likeminded students who are all travelling the same road. It just happens some of us started on the road earlier than others.

To get back to the question of a legacy here in England, I will start this by saying I am not English. I am an immigrant with an immigrant's mentality. I am not “hindered” by the constraints of being British. Transferring this to karate I have had a very open policy about taking in people from outside of Seiwakai. Tasaki sensei in truth was not completely in favor of this but he let me get on with it as does Fujiwara Shihan. Today our organization is a mixture of karate cultures. Some are from “mixed” karate styles, some from other forms of Gojuryu which are actually quite different from Tasaki Sensei's Gojuryu. What I hope they learn are the values that come with being part of the/ Seiwakai family. In addition to good karate it is also about manners and respect. Certainly this is the way of Seiwakai in Japan.

We have been lucky that we have grown and grown even though at the same time losing some people. A few have left when they were not thought good enough to grade by Fujiwara shihan and me.

As a result of this growth we now have a pool of leaders of various ages, ranging from 25 up to the late 50's. I refer to people with the rank of 1st Dan right up to two with 7th Dan. This provides Seiwakai England with quality, integrity and most of all, continuity. All of these people and their students are the legacy. Many in this band of instructors have management and leadership qualities. They are the Seiwakai of the future. We have many in various age groups, 25-40, 40-50 and 50-60. Many are growing in technical knowledge and skill by training very regularly on seminars. Once we get past any politics, and we do not need this as many have seen who attend my regular weekend seminars, we have a truly amazing group of people. They are the legacy for the future and for continuity -- growing group of teachers without personal agendas that get in the way of growing our karate and improving their standards. We do not run Seiwakai by meetings and typical karate organizational processes. It is all by agreement and consensus hopefully of people who are there because they are passionate about karate and not about themselves. I am an older student doing the same as you do. We do not require bosses.