



**PAN-AMERICAN SEIWA KAI  
NEWSLETTER**

**全米誠和会  
社内報**

**Dedicated to Traditional Goju Ryu Karatedo  
ISSUE 14: September/October 2015**

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## Table of Contents

1. **Japanese Art:** The Art of Miyamoto Musashi's Strategy – Page 3
2. **Essay:** Grading in Japan: By Jim Pounds – Page 6
3. **Pictorial Essay:** The Training, the Social Relationships, and the Culture – Page 10
4. **Humor:** Top 10 Signs that You're Training at a McDojo – Page 20
5. **Essay:** The Importance of Fresh Water: by Mark Cramer – Page 21
6. **Pan American Seiwa Kai**
  - USA Goju-Ryu Karate-do Seiwakai Training Seminar, JKF Gojukai Shinsa, and Seiwakai Shinsa – Page 25
  - The Super Spud: Raw Potato Juice By Vassie Naidoo – Page 28
  - Goshukan Seiwa Kai Canada Summer Training – Page 29
  - Goshukan Seiwa Kai Canada Fall Gasshuku – Page 30
7. **Obituary:** Teruo Chinen – Page 31
8. **Seiwa Kai Around the Globe**
  - Belgian Seiwa Kai Seminar 2015 – Page 32
  - Goshukan Seiwa Kai South Africa – Page 33
  - Seiwa Kai London Seminar 2015 – Page 34
  - Seiwa Kai Australia Seminars 2015 – Page 35
  - Seiwa Kai / Goshukan Hungary Seminar: By Leo Lipinski – Page 37
  - Slovakia Seiwa Kai Camp and Seminars: By Leo Lipinski – Page 38



Miyamoto Musashi: *Cormorant* (Ink on paper 1630s)

# The Art of Miyamoto Musashi's Strategy

By Mark Cramer

***“It is said the warrior’s is the twofold Way of the pen and the sword, and he should have a taste for both Ways.” Miyamoto Musashi***

Born in 1584, his full name was Shinmen Musashi No Kami Fujiwara No Ginshin, but he is better known as Miyamoto Musashi (宮本武蔵). As a Samurai and Ronin, he fought and won sixty duels, his first at the age of thirteen. He also took part in a number of military campaigns, and is by far



Japan’s most well-renown swordsman. Known as Kensei (劍聖) or the Sword-Saint, he is the author of the widely read treatise on strategy, *Go Rin No Sho* (五輪の書) or *A Book of Five Rings*.

Few people outside of Japan realize that this fearsome warrior and strategist is also one of Japan’s most revered visual artists. His works of art are considered National Treasures, and are preserved in the city of Kumamoto on the island of Kyushu, Japan.

Left: *Hotei Watching a Cock Fight* (Ink on paper 1630s)

In *A Book of Five Rings*, Miyamoto Musashi speaks to us about his life, his strategy, and his art: **“When I reached thirty I looked back on my past. The previous victories were not due to my having mastered strategy. Perhaps it was natural ability, or the order of heaven, or that other schools' strategy was inferior. After that I studied morning and evening searching for the principle, and came to realize the Way of strategy when I was fifty. Since then I have lived without following any particular Way. Thus with the virtue of strategy I practice many arts and abilities – all things with no teacher.”**

It is generally accepted that at one time Miyamoto Musashi studied under art teachers during the early Tokugawa period when there was a rigid system of grades and seniority with the arts. However after his to his realization in the Way of Strategy, he separated himself from these traditional methods and consummated his training in many arts with “no teacher.”

His style is direct and utilizes an economy of brush strokes.

***“Enact strategy broadly, correctly and openly. Then you will come to think of things in a wide sense and taking the void [空] as the Way [道], you will see the Way as the void.” Miyamoto Musashi***



**Above: Shrike Perched in a Dead Tree (Wall scroll: Ink on silk 1630s)**

*Editor's Note: Quotations in this brief review are taken from: Musashi, Miyamoto, A Book of Five Rings (Woodstock, New York; Overlook Press, 1982)*

# GRADING IN JAPAN

By Jim Pounds



I've graded in Japan twice in the past three years for a Japan Karate Federation 6<sup>th</sup> Dan, and haven't passed either time. Obviously, a lot of time is required in preparation as well as a lot of cost to travel to Japan, lodging and meals, training fees, time away from work and family, and the cost of the actual grading itself whether you pass or fail. I've been asked by both karateka and non-karateka what the payoff is. Is it necessary? Is it beneficial? How come you didn't pass? Will you do it again? These questions have made me look deeper into the process and the benefits in order to really answer them to my own satisfaction. There are many others who have done this process more often than I, so I have to preface this essay by saying these views are

my personal opinion and I will attempt to be as honest with myself and you as possible.

First, I have to mention that these observations are tempered through the experience of a 6<sup>th</sup> Dan in Seiwakai attempting to achieve the same grade in the Japanese Karate Federation Gojukai. I've studied karate since 1973 in four different Japanese or Okinawa styles and hold Dan ranking in three of them. I am not young, nor am I over the hill. I'm used, but I'm not used up! But while trying to achieve peak performance for these gradings, I realize I am also battling the physical attrition that aging invariably brings. I was the oldest one grading for 6<sup>th</sup> Dan in my group this year, so my years in other organizations may have hindered me, chronologically speaking, or perhaps I might have been doing this as a younger man. Although my martial understanding and intuitive reactions are more honed than when I was a younger man, a Japanese grading panel is looking for is a very tight level of performance, or a metaphysical breakthrough. Or both. I'm really not sure.

I bring up this age thing because my observation is that up through 4<sup>th</sup> Dan, passing seems much easier so long as you are properly prepared by your Sensei, which we always are by Fujiwara Shihan after the week in Omagari preceding the Gojukai Seminar and Shinsa. But starting at 5<sup>th</sup> Dan level -- which means you have spent a minimum of twenty years of karate training to satisfy the time-in-grade requirements (most have spent much longer) to be eligible -- it is anything but automatic. At 5<sup>th</sup> Dan, you are asking to enter the inner circle of serious karate practitioner/teachers. For many years, no Japanese would grade above 5<sup>th</sup> Dan because that was Funakoshi's grade, and how could you be a higher grade than the acknowledged founder of Japanese karate? Japanese karate ranks take much longer to earn than many martial arts, in which I've seen guys in their mid-thirties audacious enough to call themselves 10<sup>th</sup> Dan Masters. All of my Grading Panel, who are the head instructors of the various Gojukai Ryu are 8<sup>th</sup> Dans after forty

to sixty years of training, so you can see why I'm somewhat skeptical about grades in other styles. When I attempt to grade for 6<sup>th</sup> Dan, I am a non-Japanese asking to be allowed into the highest echelon of karatedo, a *Japanese* cultural art. So I have to put that into perspective. That also brings up another discussion as to whether a non-Japanese will ever be considered accomplished enough by the JKF to achieve the ranking of the Japanese highest levels, but that is not the topic of this essay. Let me address the questions that I've been asked.

### *Is grading in Japan necessary?*

I suppose that depends on how one defines necessary. Can I be an accomplished karateka without ever setting foot in Japan? Absolutely, but there is something intangible acquired from the experience, even if it is to train there and not to grade. Like I said, it is a Japanese cultural art and very deep. There are so many things as non-Japanese practitioners we know almost nothing about, not only pertaining to the jutsu and do of karate, but more so, about the cultural complexities and subtleties that accompany our art, that are as much a part of the depth and breadth of karatedo as the actual kicks and punches. These nuances *are* Budo. They have developed over a thousand years as a code of conduct, in the development of personal willpower, and in proper behavior. Just as a Zen student can achieve enlightenment through the transmission of energy from the Master, so can the karate practitioner achieve a deeper gut-level (*hara*) understanding of this amazing martial art, by being repeatedly immersed in the culture and training. So in that respect training in Japan, and especially grading, is necessary and actually takes many return trips to deepen one's inner understanding. You cannot extract Japanese karatedo from Japanese culture. You must begin to understand both to truly be a student of the art.

### *Is it beneficial?*

Let me simply say that the process changes you. You set the goal for yourself far into the future and you begin training with that end in mind: *I am going to Japan to train and grade.* You are a serious practitioner in the first place or you wouldn't have made that goal or be willing to make that commitment. Nor would your Sensei approve the attempt if you weren't ready because it would be a bad reflection on him or her. Like an Olympic athlete you train to become your very best, for an event far into the future. You work hard. Then you go to Japan. In our Seiwakai organization, you spend 6 or 7 days of hard training in Shihan Fujiwara's "Finishing School" being even more finely honed. Then you have another day or two under the eyes of the most senior instructors when you arrive at the JKF Gojukai venue. If you aren't serious, you won't have gotten this far. You are in a different culture. Your internal time clock is topsy-turvy and you are training hard during your normal REM sleep time back home. Your diet is foreign. You are pretty much worn down from the six hour training days in 100% humidity. Your body hurts.

But something is different. *You* are different. The training and the commitment has changed you both physically and mentally. You now better understand that the command "*OSSU!*" actually comes from the contraction of the admonishment to "fortify yourself and endure." You more appreciate how Olympic athletes spend years of training and denial of distractions in order to bring themselves to the pinnacle of peak performance at the exact time they have to...against the very best competitors in the world. It's pretty heady stuff. When I look around the grading room and I am only one of three non-Japanese in a group of 15 or 20, it hits me that wow, I am halfway

around the world with some of the best Japanese karateka of my level, asking – no banging – on the door to the inner circle. It's then you realize how different the training has made you, how resolute and spiritually unshakable. That alone would be worth the effort.

I don't compete anymore, but I miss that nervous energy before going into the ring. I knew those butterflies were going to disappear as soon as a match started because I trusted my training and preparation. 'It' was within me regardless of the situation and was always a wonder how 'it' would take over in competition. I could almost sit back and watch myself like it was an out-of-body experience. I get that same sensation when grading in Japan. I feel like an Olympian. I know that when they call my name I will perform to the very best of my ability. That's all I can control and I love that I am able to. I'm in my zone and I am not the same guy people see at work or even in my own dojo. It is a transcendent experience. And the higher the grading level, the more transcendent the experience becomes. Yes, *you* are different.

### ***How come you didn't pass?***

I don't know. They don't tell you. It is all nuanced, a very high standard is expected, and no doubt a bit of politics exists. All I know is that I felt better, stronger, and more prepared this year than in 2013. You don't know how the grading panel sees you or what little things you did or didn't do that the panel deems necessary for this level. You think you do, but you don't. If you were ever a karate competitor, you know these things can often go either way. To win, lose, or even place can be relative and subjective. Win or lose, you get to gloat or whine for five minutes then you better get back to training because that's where the rubber meets the road. That's why you do this art in the first place. Not simply to win...or to pass any grading automatically. That would cheapen the real effort required.

### ***Will I do it again?***



More than likely I will because it isn't my nature to leave business unfinished. I'll admit that both times I realized I wasn't one of the few that passed, my first reaction was disappointment. My second reaction was that I had somehow let down Fujiwara Shihan and the Seiwakai. The third reaction was a bit of pure old piss and vinegar. *How the hell could I not have passed? What's wrong with those guys? Gotta be politics. Screw it, I'm not going through all that again, and paying for it to boot!*

But thankfully, those emotions fade quickly and I end up going back in my mind to re-create my performance and be objective about what was done well and what could be improved. Until 2013 I had only failed one grading, and that was for Ikkyu in Shito-Ryu when my Sensei realized (correctly) that none of us had taken the level seriously enough to properly prepare for it. We figured it was a gimme. I'll also admit I've had a couple of promotions that I probably did not totally merit at the time I graded. Well, those gimme's are over at this level, as they should be.

This is another of those cultural differences. It is not at all unusual for several high-ranking Sensei from your grading panel to congratulate you later on a very good grading, and you begin to think you passed. They are actually congratulating you on the strong *attempt*. They see it as reflective of your inner fortitude that you have persevered long enough to even be there and attempt the grade level. You made the effort and you performed well. That you passed or did not pass is not the point. The fact that you were there and met the challenge is high accomplishment in their eyes. It is not unusual for Japanese karateka to attempt these higher Dan grades again and again for years and sometimes never pass. They see it as part of the path they have chosen, and even if they do not pass, it is not a reflection of the inner person they have become because of the training. Sometimes that's difficult for a gaijin (non-Japanese) to comprehend. *What? They didn't see how great I am? Man, I'm going to join some other organization.*

So yes, I'll no doubt attempt it again. I like that heady feeling and pushing myself to be the best I can be. As I get older, that understanding may indeed be more transcendent than physical, which is just how our karate should evolve if it is truly to be a life-long art.

**Pictorial Essay: Seiwa Kai Seminar 2015**  
Photos Courtesy of Des Tuck, Glenn Stephenson, and Jim Pounds  
**Training: Omagari, Japan**



**Fujiwara Shihan Teaching**





**Seiwa Kai Seminar in Omagari, Japan: Group Photo**



**Training: JKF Goju Kai Seminar 2015 Beppu, Japan (Kyushu Island)**



Above: A lecture by Shiomisensei

Below: JKF Goju Kai Group photo



**Social: After Training Comes Food, Comrodery, and Fun**



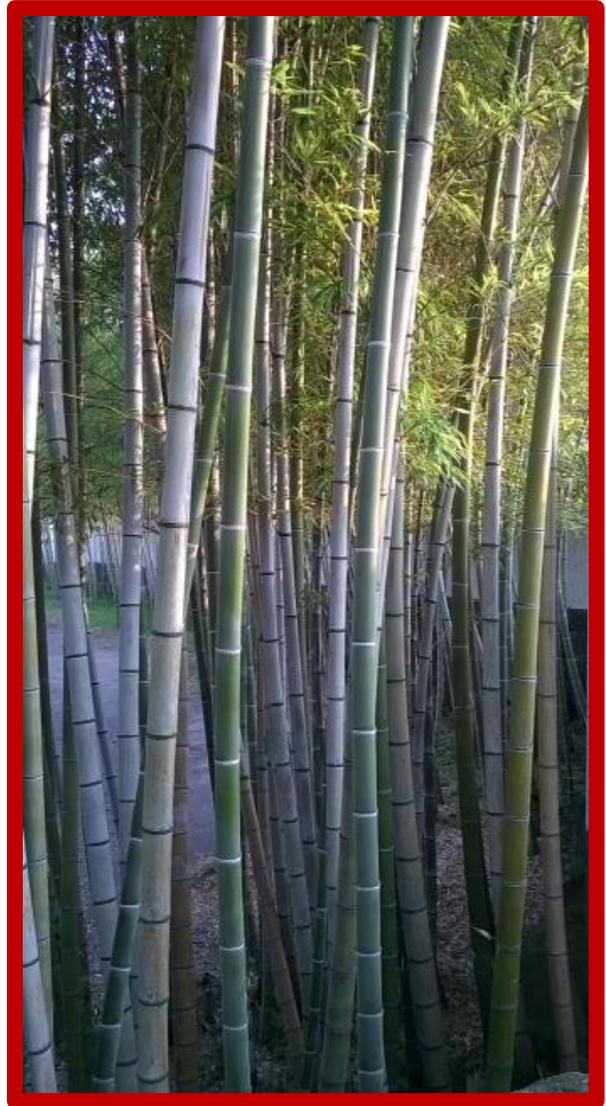




# Cultural



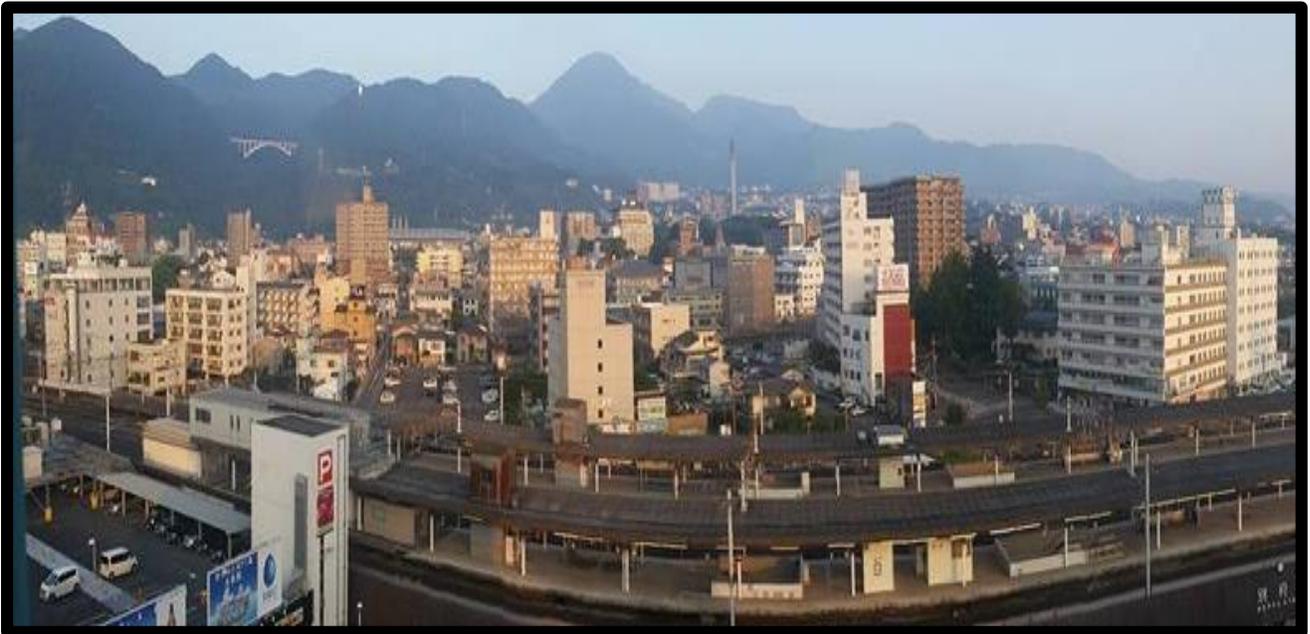
Art



Nature



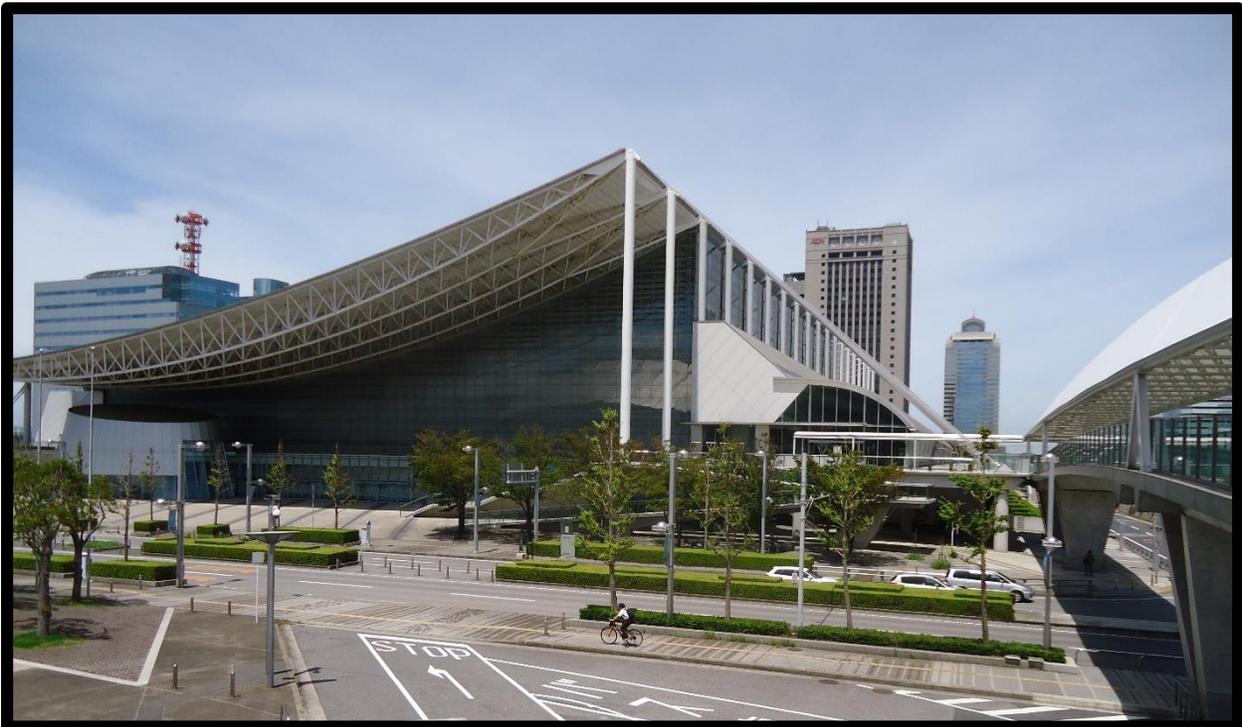
**Rural**



**Urban**



**Traditional**



**Modern**

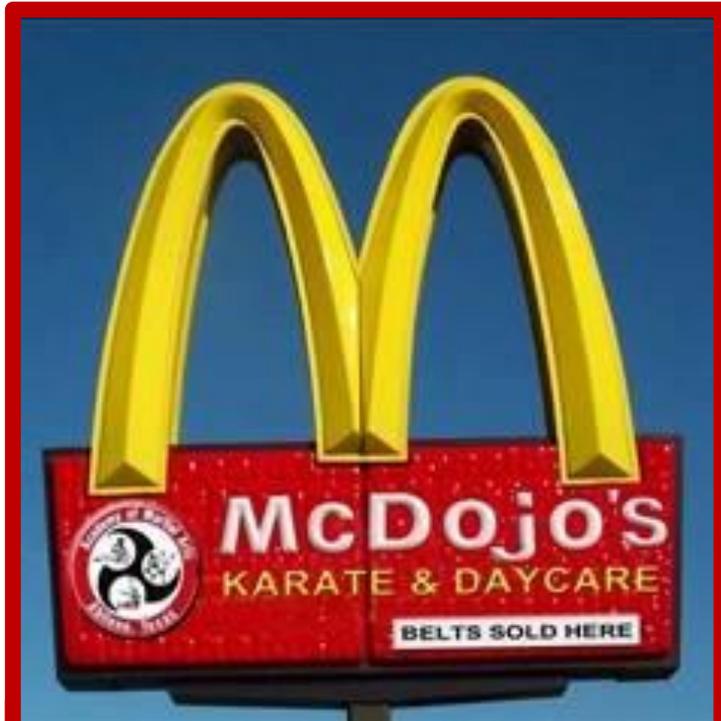


Dance



Ceremony

## Seiwa Kai Humor



Millions  
Sold



### Top 10 Signs that You're Training in a McDojo

10. You wear multicolored uniforms.
  9. You have a half dozen or more patches on your gi.
  8. It typically takes only 1-2 years to get a black belt.
  7. There is a special course at an especially high price that will get you a black belt in 6 months or less.
  6. All prospective students are required to sign a long-term contract.
  5. Buying and wearing the dojo's merchandize is mandatory.
  4. You are never taught the bunkai to kata, and if you are it doesn't work.
  3. Your style was created by your sensei, and yet he calls it "traditional."
  2. Your "Grand Master" claims that he can teach you to harness the mystical powers of the earth, the sea, and the sky.
- And the number one sign that you're training at a McDojo**
1. Your sensei has studied marketing longer than Karate.

# The Importance of Fresh Water

By Mark Cramer



An American karate organization recently suggested to its membership that there was no reason to train in Japan. It was asserted that the quality of instruction that they receive within their small U.S. based organization is as good as if not better than the quality of instruction available in Japan. The reasoning behind this was that the chief instructor of their organization trained in Japan from the late 1950s to the late 1960s. However, their chief instructor hasn't trained in Japan or with his instructors from Japan in decades. It was further suggested that the only reason that someone would want to train in Japan was to inflate one's ego.

On another occasion, their membership was verbally warned that if they would happen to go to Japan to train, their presence would be perceived as the cultural equivalent of "challenging the Japanese for the ownership of their dojo." Consequently, they would have to regularly engage in brutal matches over the dojo's ownership. The message from this organization's leadership was clear. There is no real advantage to training in Japan, and going there to train will only evoke a violent reaction from their Japanese "hosts."

Let's carefully investigate these three assertions about training in Japan to see if they hold water. Training in Japan certainly doesn't involve a perceived challenge over the ownership of the dojo followed by brutal kumite matches. Whereas this was likely to have been true in the 1950s and

1960s, it is not the case today. Japanese society has changed greatly during the last half century. A quick internet search will reveal scores of dojos from all of the major Japanese styles that welcome English speaking karateka to train in their dojo during their stay in Japan.[i] Consequently, this is not a reason to avoid training in Japan.

Training in Japan isn't about inflating one's own ego particularly since one is usually humbled by the experience of arduous training and minute corrections. However, training in Japan does require going there to learn traditional Karatedo with a "beginner's mind" while leaving one's ego behind. It also requires going to Japan with a willingness to train hard – very hard. One or both of these requirements may prove to be beyond the capability many karateka.

The third assertion is based on the assumption that Karatedo is static and unchanging. Only if this assumption were true could the Karatedo of the mid-twentieth century be the same as the Karatedo in the early twentieth-first century. This is also the only way that someone who trained in Japan during the 1950s and 1960s could be current in their technical knowledge of Karatedo after fifty years. However this just isn't the case, and a detailed explanation is in order.

Change is inherent in all component things. Consequently, change or evolution in Karatedo is inevitable, and it is also the natural way of things. The Karatedo of Kanryo Higaonna was not the same the Karatedo of his student Chojun Miyagi. Chojun Miyagi's Karatedo continued to evolve throughout his life time, and what he taught before the Pacific War was not the same as what he taught after the war. [ii] Karatedo must evolve or it will stagnate. Change is the natural way for all humans and all of their endeavors.

**Below: A Karatedo training group including Chojun Miyagi**



Training with others and sharing knowledge is also the natural way. Chojun Miyagi was a member of Karatedo study groups, and he made two trips to China to train and learn there. This is something that modified and improved Miyagi Sensei's teachings. Researchers contend that Tensho kata [iii] and perhaps the Gekisai kata [iv] were developed through this sharing of knowledge. To not train with others and to not benefit from the knowledge of others is not natural.

The idea of needing to regularly train with others outside of one's

small circle was espoused by Choshin Chibana (知花 朝信) who was awarded the Order of the Sacred Treasure by the Emperor of Japan for his dedication to the study of traditional Karatedo.

Chibana Sensei described the need for all karate instructors to train with and learn from others by comparing a person's karate to a pond. He explained that a person's karate, like a pond, must continually change in order to survive. A pond must have fresh streams that feed it and replenish it with water. If fresh new water does not continually flow into the pond, it becomes stagnant and it dies. If the Karatedo teacher does not receive an infusion of fresh new ideas and methods from other instructors, then he, like the pond, stagnates and dies as a martial artist.[v]



Today, Goju Ryu Karatedo is constantly evolving because a cadre of highly trained instructors in Japan meet regularly to clarify and improve our style of Karatedo. These changes are based on the teachings of Miyagi Sensei and the application of the techniques in the kata. Often these clarifications are subtle, but they are important. Consequently, the Goju Ryu of the 1950s and 1960's is not the same as the Goju Ryu of today. There are some major differences because the cumulative effect of all of these clarifications and adjustments has become significant over the past fifty years.

There are several ways that one can keep current with the evolution of Goju Ryu Karatedo while learning from and with others. First of all, one can travel to Japan and train with the cadre of highly trained experts who are there. This can be an eye-opening experience particularly when you see very high level instructors being corrected. When I first observed this, I went up to one of those instructors and said "Please don't take this the wrong way, but it warms my heart to see that you are being corrected as much as I am." He immediately responded "Of course I'm being corrected; my Karatedo isn't perfect. No one's Karatedo is perfect." Even the high level instructors who have spent a lifetime training need to train with others so that their Karatedo will stay fresh and continue to evolve and improve.

Another way to keep current with the evolution of Goju Ryu Karatedo is to bring some of the members of the Japanese instructors' cadre to your organization on a regular basis. It is not as expensive as traveling to Japan because the expenses are divided between many individuals. The instruction is of the highest quality since the visiting instructors are selected by their organizations because of their in-depth knowledge of the subtleties of Goju Ryu Karatedo. Lastly, if this is still too expensive for your budget, it is a good idea to have someone from your dojo attend these seminars and diligently bring back the information on the changes that have naturally occurred in Goju Ryu Karatedo.

Regular training with others who are knowledgeable in the evolution of Goju Ryu Karatedo is essential in making progress on your Karatedo path. We all need to have our Karatedo evolve or our Karatedo stagnates. We all need to learn from the knowledge of others or we make no progress on our Karatedo path. After all none of us, regardless of age or grade, is perfect in our Goju Ryu Karatedo.

If they can afford it, all instructors of traditional Goju Ryu Karatedo should aspire to train in Japan first and foremost because of the in-depth instruction which is given by a cadre of the world's best instructors. Every instructor of traditional Karatedo, regardless of dan-grade, needs to regularly train with and learn from other instructors, and the best place to do this is in Japan, the birthplace of Karatedo.[vi] This is why the Seiwa Kai leadership trains there at least once a year with Fujiwara Hanshi, and this is also why the Seiwa Kai leadership brings Mr. Fujiwara and other top instructors to their areas on a regular basis. It is the infusion of fresh ideas and methods from Japan that replenishes us as students and teachers of Traditional Goju Ryu Karatedo.

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[i] [http://www.tokyoroomfinder.com/living-guides/sports-and-culture/practicing\\_karate\\_in\\_japan](http://www.tokyoroomfinder.com/living-guides/sports-and-culture/practicing_karate_in_japan)

[ii] Higaonna, Morio: *The History of Karate*: page 104

[iii] Higaonna, Morio: *The History of Karate*: pages 58 - 59

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

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

[vi] Some will assert that Okinawa is the birth place of karate, and this assertion is based on the belief that karate (China Hand) developed in Okinawa in the 1600s and that Okinawa Prefecture was formed in 1879. However, Okinawa and all of the Ryukyu Islands have been under continuous Japanese control since the Satsuma conquest of 1609. The earliest recorded references in Okinawan literature to an indigenous martial art date to the mid-1660s, and the first public demonstration of karate was in 1761. (See Nagamine, Shoshin: *The Essence of Okinawan Karate-Do*, page 20.) Since the both the literature and the demonstration are within the timeframe of the Japanese control of Okinawa, it is accurate to state that Japan is the birthplace of karate. It originated during the 1600s in what was to become Okinawan Prefecture, and it later spread to the other prefectures of Japan in the early 1920s.

## Pan American Seiwa Kai

### USA Goju-Ryu Karate-do Seiwakai Training Seminar, JKF Gojukai Shinsa, and Seiwakai Shinsa



Photo by Richard Hang Hong

#### Open to ALL Karate Practitioners.

Three days of training in sunny Santa Monica, California with **Seiichi Fujiwara Hanshi**, 8th Dan -- President and Head Instructor of Goju-Ryu Seiwakai and Head of the JKF Gojukai Overseas Committee; **Shihan Leo Lipinski**, 8th Dan -- President of Seiwakai Europe; **Shihan Vassie Naidoo**, 7th Dan -- President of Seiwakai USA; and **senior USA instructors** with an emphasis on teaching methodology, kata, and practical applications of Goju-Ryu Karate-do.

You will leave this seminar with new insight on proper kata performance, effective kata bunkai, Goju-Ryu kumite, and a deeper understanding of Budo. Please plan on joining us for insightful instruction, beach training, camaraderie, and maximum effort.

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**REGISTRATION FORM**  
**Santa Monica, CA, USA**  
**Friday-Sunday, November 7-9, 2014**

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Country:** \_\_\_\_\_  
**Dojo:** \_\_\_\_\_ **Current Rank:** \_\_\_\_\_  
**Main Phone:** \_\_\_\_\_ **Secondary:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Seminar Schedule:**

<b>Friday, Nov. 7, 2014</b>	<b>6:00pm – 9:00pm</b>	<b>YWCA Santa Monica/Westside</b>
<b>Saturday, Nov. 8, 2014</b>	<b>9:00am – 10:30 am</b>	<b>Beach Training - Sanchin/Tensho</b>
	<b>Noon – 4:00 pm</b>	<b>YWCA Santa Monica/ Westside</b>
<b>Dinner Enkai</b>	<b>7:00 pm -- 9:00 pm</b>	<b>Location T.B.A.</b>
<b>Sunday, Nov. 9, 2014</b>	<b>9:00 am</b>	<b>JKF Gojukai Shinsa -- Hombu Dojo</b>
	<b>Noon -- 3 pm</b>	<b>YWCA Santa Monica/Westside</b>
	<b>3 pm – 4 pm</b>	<b>Seiwakai Shinsa – YWCA</b>

**Please check activities attending:** **# Attending:**    **Total:**

- |   |                                  |       |          |
|---|----------------------------------|-------|----------|
| <input type="radio"/> 3-Day Training        | \$175.00 (\$195 after Oct. 20th) | _____ | \$ _____ |
| <input type="radio"/> 2-Day Training        | \$150.00                         | _____ | \$ _____ |
| <input type="radio"/> Single day Training   | \$125.00                         | _____ | \$ _____ |
| <input type="radio"/> Saturday Dinner Enkai | \$30.00                          | _____ | \$ _____ |

**TOTAL FEE:** **\$ \_\_\_\_\_**

**PLEASE MAKE CHECKS PAYABLE TO:**    **KICK (Karate for Inner City Kids)**

**CREDIT CARD (Circle which one):**    **VISA/MASTERCARD**

**CREDIT CARD #:** \_\_\_\_\_ **EXP. DATE:** \_\_\_\_\_

**Mail Registration to:**    **KICK    2202 Pico Blvd.    Santa Monica, CA, USA 90405**

***For further information, contact Vassie Naidoo @ 310-399-6955***

**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., YWCA Santa Monica, 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 2014 USA Goju-Ryu Karate-do Seiwakai Training Seminar & JKF Gojukai 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**



# Goju Ryu Karate Do - Seiwakai USA

Hombu Dojo - 2202 Pico Blvd. Santa Monica, Ca. 90405  
Tel/Fax: 310-399-6955 E-mail: usagojuryu@gmail.com  
www.karateofla.com



## **IMPORTANT NOTICE!**

### **2015 USA Goju-Ryu Seiwakai Seminar - Santa Monica, Ca, USA November 6 - 8**

Hello all,

Vassie Shihan asked me to pass this information on to all who are planning to attend the seminar:

In reserving a block of rooms at **The Travel Lodge - Santa Monica (310) 450-5766** (our usual, convenient lodging place for Seiwakai seminars), we were notified that there is a major film festival in L.A. the same weekend as our seminar and that hotels will be booked up early and rates will be higher.

We still received the corporate rate for our weekend, but the rates are a bit higher than usual. They are:

Room with 1 Queen Bed	\$167 + tax
Room with 2 Queen Beds	\$183 + tax
These rates are for double occupancy.	
ADD for extra person	\$10 + tax
ADD for rollaway bed	\$10 + tax

**However, because of the anticipated sell-outs, the Travel Lodge (310) 450-5766 will only guarantee this rate through October 10th.** Better to book now as you can cancel if your plans change. Book now and start looking for roommate(s) if you are trying to economize. Book under **'KICK.'**

The great thing about the Travel Lodge is the price includes breakfast, you can walk to the dojo, they have a laundry, and there is a Trader Joe's across the street. Of course, you may look for other lodging through discount companies or use any points you may have, but the impetus is to **BOOK SOON!**

I look forward to seeing and training with you all in November.

All the best,

James Pounds  
Secretary

## The Super Spud: Raw Potato Juice By Vassie Naidoo



Many of us who practice Karatedo are also interested in good nutrition. Recently, raw organic potato juice has come into focus for its preventive health properties and as a treatment for certain disorders. Raw potato juice has an abundance of vitamins A, C, and B. It also contains generous amounts of phosphorus, calcium, iron, potassium, fiber, and protein.

A few months ago, I started drinking raw organic potato juice every morning, and it definitely makes a difference in the way I feel. I've done a bit of research, and a few of the benefits of drinking raw organic potato juice are described below:

1. **Gout:** Potato juice is very alkaline and can help to flush the cause of gout, uric acid crystals, from the body.
2. **Detoxing:** Raw potato juice is a good and inexpensive way to aid in detoxing your body.
3. **Indigestion and GI Disorders:** Since raw potato juice is alkaline, it neutralizes excess stomach acid and can also aid in healing gastric ulcers.
4. **Arthritis:** It possesses anti-inflammatory properties and can help in reducing the discomforts of arthritis.
5. **Cancer:** Because it is alkaline, raw potato juice can help prevent cancer. Red and purple potatoes contain high amounts of anthocyanins, and this plays an important role in preventing the metastasis of cancer cells.

It is important to use organic potatoes which are grown in pesticide-free soil. It is also important to ensure that the potatoes are ripe (not green) and free of sprouts and black spots. These contain toxins and should be removed prior to making a juice. Additionally, raw potato juice can be mixed with other juices such as organic carrot or apple juice which will enhance the flavor. Herbs such as nettle can be added for additional health benefits. Spirulina can be added to further boost the nutritional value and increase the amount of protein in the drink.

A few weeks back, I was talking with one of my students about the health benefits of raw organic potato juice. He told me that he has an old sick dog named Rufus. His pet had a digestive disorder, wasn't eating much, and had lost all of his energy. Rufus wouldn't even go on walks. My student decided to mix raw potato juice in with the dog's food to see if it could help his aging and ill pet. After a few days, Rufus's digestive disorder began to improve, and he began to eat more. His energy level increased, and he was once again going on walks. It is good to know that something that is helpful for people is also helpful for our pets.

I feel that it is important to share this information with you so that you can make an informed decision with your health and in what you drink. You might want to give it a try. You just might find that you feel better and healthier, and your pet might feel better and healthier too.

# Goshukan Seiwa Kai Canada Summer Training

Submitted by Donna Benoit



Another great Goshukan Canada (Summer) training session. A big thank you to all the Shihan's and sensei's for your help and guidance. Also a big thank you to The Orangeville Dojo for hosting. It is an honor to train with such wonderful people! Ouss

**Goshukan Seiwa Kai Canada Fall Gasshuku**  
**Laurentian University, Sudbury, On. (Room TBA)**  
**October 2nd, 3rd, 4th, 2016**



**Tentative Agenda:**

**Friday, Oct 3rd 6:00 - 8:00 pm Training (Everyone)**  
**8:00 - 9:00 pm Brown & Black Belt Training**

**Saturday, Oct 4th 9:30 - 12:00 pm Training (Everyone)**

**Group Photo On This Day**

**12:00 - 12:45 pm Lunch (Provided)**

**12:45 - 1:30 pm Lecture**

**1:30 - 3:00 pm Training (Everyone)**

**3:00 - 5:00 pm Testing Seiwa Kai**

**7:00 - 9:00 pm Social (Room TBA)**

**Sunday, Oct 5th 9:30 - Noon Training (Everyone)**

**Rates: \$120 Entire Weekend Per Person**

**Family: \$120 Weekend First Person, \$80 Second Family Member,  
\$60 Each Additional Family Member**

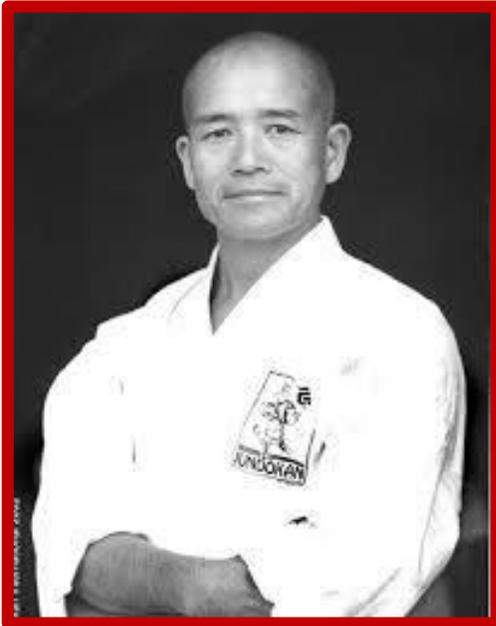
**Now Accepting Registrations**

**For Further Info: (Shihan Vokey) [cvokey@vianet.ca](mailto:cvokey@vianet.ca) or your dojo**

# Obituary

## Teruo Chinen

June 8<sup>th</sup> 1941 – September 8<sup>th</sup> 2015



It is with great sadness that I am reporting the passing of Teruo Chinen (知念 輝夫 *Chinen Teruo*) on September 8, 2015. He was he was one of the world's most well-known instructors of Goju Ryu Karatedo and the founder of the Jundokan International Karatedo organization. Chinen Sensei was also one of the last surviving students to have learned directly from Chojun Miyagi Sensei, founder of Goju Ryu Karatedo.

Chinen Sensei began training in Goju Ryu Karatedo sometime between 1949 and 1952 under either Chojun Miyagi (1888–1953), the style's founder, or Ei'ichi Miyazao (1922–1999) Miyagi's senior student. Regardless of who his first sensei was, he trained directly under Miyagi at some point during his youth, and Miyazato Sensei was his primary instructor. After six years of training, Chinen received promotion to Shodan.

Jim Pounds, who was a former student of Chinen Sensei, gives us his thoughts on his former teacher: "I found out that Teruo Chinen Sensei of Jundokan International passed away on September 8th. He was a remarkable karateka and teacher and is the sole reason I changed to Goju-Ryu from Shito-Ryu back in 1991. The thirteen years I spent with him were the most formative of my many years of karate and I will always be proud of that time. His photo will be moved to the Shomen wall."

Teruo Chinen once expressed his wish for the future of Karatedo: "I hope that the next generations will not only improve technically but also know how to share their knowledge. People must pass on the traditions and not lose them. In the old days in China and Okinawa, the teaching was done behind closed doors. Now, thanks to the media, Karatedo is no longer a secret." It is my sincere hope that Chinen Sensei's wish for the future of Karatedo comes true – that the next generation of karateka will be technically better than we are, and that they will continue the dissemination of traditional Goju Ryu Karatedo.

## Seiwa Kai around the Globe



### Belgian Seiwa Kai Seminar Submitted by Paul Penasse of Belgium Seiwa Kai

Leo Lipinski Hanshi, 8th Dan Seiwakai Goju Ryu  
European President JKF Goju Kai

Belgian Seminar

Dates : 4 - 5 - 6 march 2016 (fri - Sat - Sun)

Friday : 19:00 - 21:00 JKF Gojukai Belgian Honbu Dojo Balen

Sat : 10:00 - 12:00 & 14:00 - 16:30

Sun : 10:00 - 12:00 & 14:00 - 16:30

Sporthal Kristoffelheem

Schoolstraat 10

3945 Ham

Price : € 10,00 all weekend



## Goshukan Seiwa Kai South Africa

By Gary Mahnke



The Sascoc farewell dinner was held to tonight for Team South Africa. Goshukan's Troy Futter, will fly from Johannesburg to Brazzaville, Congo tomorrow morning at 9am for the Pan Africa Games. Join me in wishing Troy and the rest of Team South Africa the best of luck as they compete against the best of the best on the African continent! You will be in our thoughts and prayers and we will be watching on TV, supporting you though whole way! Go kick some butt!!

## Goshukan Spring Seminar and Shinsa

Goshukan will be hosting its annual spring seminar with international black belt grading exams, from 24 September - 28 September 2015 at the Western Cape Hombu Dojo in Tableview. This year we are proud to announce that we are flying out Seiwakai and Goshukan International Vice President, Shihan Leo Lipinski (8th Dan Seiwakai Karate Do & 7th Dan JKF Goju Kai), to host this traditional Goju Ryu seminar with Rob Crawford Shihan (6th Dan)

On 28 September, Leo Shihan will be teaching some of our 800 development students from our underprivileged areas giving these children exposure to international karate tuition. Don't miss out on this amazing opportunity to train with this exceptional Goju giant, who trained and was graded under some of the all-time great Goju legends, Gogen Yamaguchi Shihan, Goshi Yamaguchi Shihan, Shuji Tasaki Shihan, and Seiji Fujiwara Shihan. Leo Shihan is also the president and Chief Instructor of TKF (Traditional Karate Federation) in United Kingdom which has in excess of 1800 members.

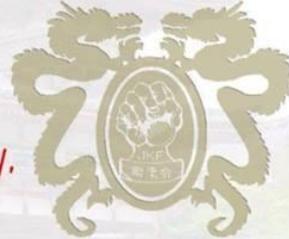
# Seiwa Kai London Seminar 2015

## SEIWAKAI GOJU RYU INTERNATIONAL KARATE SEMINAR

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和  
会



23-26th October 2015.  
Bishop Douglass School,  
Hamilton Road, East Finchley,  
London, N2 0SQ.



Please contact Leo Lipinski Shihan for any further information :

Mobile : +44 7803 015404  
E-mail : kenleel04@hotmail.com

Seiichi Fujiwara Hanshi 8th Dan

### Official Fujiwara London Seminar T-Shirt



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## Shuseikan Seiwa Kai Australia Seminar

Submitted By

Gayle Borg

Great News!!! Shihan Leo Lipinski 8th Dan is coming to Australia. The seminars will be held in both New South Wales and Queensland.

- Sydney 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> October
- Brisbane 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup> October.



He promises to deliver a unique way of teaching Goju principles. Leo Lipinski is a Seiwa Kai International Instructor, and he is the Head of Europe and United Kingdom. He travels the World teaching alongside the Head of Seiwa Kai Hanshi Seiichi Fujiwara 藤原聖一

## HUNGARY SEIWAKAI/GOSHUKAN SEMINAR



**By Leo Lipinski**

Last weekend 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> September Dr. Gila Pal, the Seiwakai/Goshukan representative from Hungary had organized a seminar in Budapest. I was the teacher of the seminar. The training was extremely well organized and attended by in excess of 40 persons over the 3 days.

I was very satisfied with the general standards. They were very capable in both Kata and Kumite. Some of their senior members are extremely good in Goju Ryu kumite. Unfortunately one of the clubs was absent from the training as they were participating in a tournament in Eastern Europe.

Training was very intensive with considerable Kihon practice and much attention to details in Kata. I also during all the kata practice showed applications appropriate to Kumite. Fortunately the students already had a very good understanding of this as a result of Gila Pals very capable instruction. It is very helpful when training is about improving what students already know rather than teaching them as novices. Even some black belts can be novices about some aspects of the training.

Darek Lesnikowski came from Poland to participate as did Dusan Vanco from Slovakia. These two and Gila Pal are always travelling and attending seminars and it shows in their technical development. The 3 day seminar concluded with testing for 11 persons. The most senior grade awarded was Pal Pager who achieved his 5th Dan. Pager runs a very successful club and attended the seminar with a good number of his students.

Well done to all those who passed. It was well deserved and my thanks Gila Pal and the Hungarian group for organizing the seminar and the marvelous hospitality.

## **Slovakia Seiwa Kai Camp and Seminars August 16th thru 21st 2015**

### **By Leo Lipinski**

Feri Kretovic, our Seiwakai representative in Eastern Slovakia held his annual camp in Drienica near the city of Kosice. Feri is an amazing organizer and more than 120 students were taking part in the various training sessions every day

Many started training every day exercising outdoors for an hour before breakfast. During the day there were at least 2 sessions of sports karate training and 2 daily sessions for Kata. Sports training was taught by Feri (who is currently a coach for one of the National teams), Janusz Haraszt (Janusz used to be the National coach for the Polish Kumite team) and also Rasto Mraz who came to teach for 2 days.

I taught the Kata sessions and when Rasto came we worked together. During the six days training we covered a lot including all the Gojuryu Kata. Not too much time needed to be spent on basics as the level of basics in Slovakia is extremely high. In fact they are very good in all aspects of karate training.

This left much time for training the entire Kata syllabus from Sanchin, Tensho, Gekisai Dai Ichi to Superimpei. In addition to Kata I was also had time to teach kumite techniques that are unrelated to sports training. This is not to say that many training methods for sport are not applicable to the more contact orientated training. They go well together. It is a great pity that such technology which develops timing and speed and good footwork is underrated by many who would like to think they practice "hard" fighting.

Included with the Kata practice was explanation of many of the Bunkai and how techniques can be applied in Kumite. There was not only explanation but we also worked with partners experimenting with the various techniques and applying them.

Included in the group training in Kata were Janusz Haraszt and Andrzej Zaleski, both of whom have very large Shotokan clubs in Poland. It is the second year that I have met them. They are great guys with some really exceptional students. They and their students (about 15 attended the kata training from the Shotokan group) certainly learn our Kata very fast.

The camp was also a great opportunity to meet new people as well as people I have already met in the past few years. Socializing is an important aspect of such camps and Feri is a master of hospitality.

I had the opportunity to watch some of the sports training and Feri, Janusz and Rasto are all extremely good coaches.

My thanks to Feri and his team who organize these camps for a really enjoyable week. I look forward to next year's camp.