



PAN-AMERICAN GOJU RYU
KARATEDO SEIWA KAI
NEWSLETTER

全米剛柔流空手道
誠和会社内報

Dedicated to Traditional Goju Ryu Karatedo
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<http://www.greatlakesseiwakai.com/usa-seiwa-kai-newsletters.html>

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Vassie Naidoo: Liaison



Above: Hasui, Kawase Ueno Park, Tokyo

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Seiwa Kai Goshukan Canada Spring Camp

剛館修加奈陀 春合宿

May 13, 14, and 15



The Seiwa Kai Goshukan Canada spring camp took place in Orangeville, Ontario the weekend of May 13, 14, and 15. It was well organized; the accommodations were comfortable and convenient. Moreover, our hosts did a tremendous job with every aspect of the weekend's activities.

Left: Sensei Angelo Panoussis assists Fujiwara Shihan with the demonstration.

At least 170 people from across Canada, the United States and Mexico participated in the Gasshuku. The gym in the Orangeville athletic complex was completely filled with participants.





Fujiwara Shihan's instruction was detailed, and everyone left the seminar with a plethora of things to work on.





Training was intense for all three days of the seminar, and fatigued muscles were common by the completion of Sunday afternoon's training.



Fujiwara Shihan tests for proper Sanchin dachi during Tensho Kata explaining that most people's Sanchin dachi is proper in Sanchin Kata, but is often improper in other katas.



Every seminar session began with intense work on kihon...

...followed by intense work on Kata



Craig Vokey Sensei, President of both Seiwa Kai Goshukan Canada and Karate Canada, prepares a large stack of seminar certificates for distribution to all of the seminar's participants.



Even our youngest Seiwa Kai member seemed to enjoy the seminar as mom and dad took turns nurturing her.



Some who traveled from Mexico got to see snow and sleet for the first time.



From Our Host, Sensei Angelo Panoussis

I would like to first thank everyone who came from near and far to support and help keep Goshukan Seiwa Kai Canada strong! What an amazing weekend of great training, beautiful friendships, growth and unity! A special thank you to Seiichi Fujiwara Shihan and especially to his family in Japan for being so generous of his time and also for his leadership! Goshukan Seiwa Kai Canada is very fortunate to have such supportive and knowledgeable Sensei's. I would personally like to thank these Sensei's now for leading by example and helping us in our journey; Vassie Naidoo Sensei, Desmond Tuck Sensei, James Pound Sensei, Don Benoit Sensei, Craig Vokey Sensei, Alan Chan Sensei, Fujino Sensei, Doug Meagher Sensei, Sylvain Sly Lessard Sensei, Mark Cramer Sensei & Kevin Moskie Sensei, and all the other Sensei's.

On Friday morning we had the privilege of doing a bit of extra training with Fujiwara Shihan. He emphasized the twelve Basics/Kihons of stances and movement which we practiced and we will continue to practice at our dojo's. We were also fortunate to receive a sit down lecture on the importance of continuing to lead by example. Too often karate instructors put their training to the sidelines to give more to their students when in actual fact this actually takes away from our students. When we are not actively training, our students cannot flourish to their true potential. He also spoke about how professionally diverse our students of Goshukan Seiwa Kai Canada are. For example, we have lawyers, accountants, engineers, business owners, authors, chefs, cleaners, geologists etc... However, in saying this he asked that we always remember that when training on the floor, in order to learn and grow we need to come with a beginner mindset to open up our minds and not let our egos get in the way of our training.

The weekend training seminar emphasis was on Kihon and Kata. Which I think everyone who participated took something away that will improve their Karate. The banquet was also a great success with a live band, great food, and wonderful friends to be around. After Saturday and Sunday's training sessions there was also a Seiwakai Testing as well as a JKF Gojukai Testing that took place.

For some of our southern friends who had never seen snow before, they had a surprise over the weekend when the white stuff came down sideways in a bit of a snow/hail storm. We, Canadians were happy that the snow didn't stick around for long as we see it in copious amounts all too often.

After the weekend seminar a group of us took our special guests sightseeing in Niagara Falls, attended a lovely wine and food tour as well as attended a Blue Jays Baseball game in Toronto! It was a great way to unwind after the demanding training over the weekend.

A weekend training seminar of this size cannot be done without the support and help of many. I would first like to thank my Orangeville Dojo Family for their continued support and dedication. You all know who you are and I couldn't have done it without you. To all the Shihans, Sensei's, students and parents thank you for supporting such an important event for us. We are all anxiously looking forward to the next training seminar!

These copyrighted group photos were provided by Dave Wilson Photography.









Upcoming Event

**The USA Seiwa Kai Goju Ryu Karatedo Seminar
With Fujiwara Shihan and Vassie Naidoo Shihan
Monica, California
November 4, 5, & 6
Save These Dates!**



Great Training and Great Fun

CREATING TEACHERS

By Jim Pounds



It dawned on me recently that some of my students are better than me. Let me qualify that they are better than me in some ways, mainly in skills that require speed and excellent balance. They are definitely beginning to “out quick” me in kumite. There is that vaguely uncomfortable moment when I think that maybe my skills are fading, I’m over the hill, I don’t have it anymore, and blah blah blah.

Shihan Fujiwara, the Head Instructor of Goju-Ryu Karatedo Seiwakai, touched on the topic of growth last weekend in Ontario when he told us the natural progression of karate understanding went from physical to mental to the heart over many years of training. So yes, my physical skills are indeed diminishing with age, but my understanding and my *shin*, my spirit, is deeper than ever. My paranoia about losing my skills is unfounded when looked at from that perspective. I also realize my students *should* be getting better than me if I’m any kind of teacher. Yogi Bhajan, the man who brought Kundalini yoga to the USA, said repeatedly, “My intent is to create teachers, not to accumulate students.” Bravo!

I’ve met karate instructors who acted as if they could only pass along a little knowledge or they would lose their following, as if knowledge were a finite pie to be rationed out begrudgingly and perhaps saving the best for themselves. That is not what teachers are about and I suspect that mindset is because the teacher himself is limited. If we teach our students everything we know, then why would they stay?

The solution is to keep learning yourself, keep improving, keep beginner’s mind. That’s why we have seminars. Our Shihan level instructors pour out everything they can convey in the brevity of a 3-day weekend or a weeklong *Gasshuku*. Peter Urban said about a dojo, “Everyone works.” Your own teachers are also training just as hard as you are to improve while keeping the cup half-full so they can acquire even more to pass on.



If we aren't giving our students everything we know and instilling a hunger to learn more, we are giving less than our best and leaving them with less than their full potential. To teach well, teachers must abandon ego. Some believe that when students surpass the teacher, then the teacher is no longer Superman or Superwoman. We think that will strip away some of our mystique, but that is nonsense. Giving completely of your knowledge and skills leaves room for more. Giving completely gives students the advantage of getting on toward the creative side of learning, which is how they actually *will* become better than you, the teacher. That is what makes you super, man.

It's all good. All things must pass – even ourselves. These students who are becoming better than us are not the hobbyists and fair-weather karateka that are a part of every dojo. They are the teachers of tomorrow, of a next generation. They are the ones with a proverbial fire raging in their hair. Giichin Funakoshi, the founder of Shotokan karate, was no doubt contemplating the same conundrum when he posed his oft-quoted rhetorical question, "The Way...who will pass it on straight and well?"

Give completely of yourself and your knowledge and you will always have room for more knowledge and even deeper understanding. Then you pass that on too. That's how you stay super in your students' eyes.

James Pounds

5/20/16

Seiwa Kai Humor



TRADITIONAL KARATE-DO and the MODERN OLYMPIC MOVEMENT

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Karate competition is now being considered for inclusion in the 2020 Tokyo Olympic Games.

As we sat around our dinner table during the banquet for the Seiwa Kai Goshukan Seminar in Orangeville, Ontario several of us began discussing the prospect of karate being introduced into the Olympics at the 2020 Tokyo games. Some of us at the table expressed optimism at the prospect of Karatedo becoming an Olympic sport while others expressed deep reservations as to what will become of traditional Karatedo if the Olympics turns it into just another sport.

This debate is not new; it goes back many years and involves many well-known instructors. Nearly 20 years ago Mr. Kiyoshi Yamazaki published an article asserting that from the very moment that karate was introduced to the main islands of Japan, it was inextricably intertwined with the Olympic movement. He acknowledged that this assertion may amount to heresy for some, but to him it is a matter of fact: “Joining the Olympic family means that karate accepts Olympism as its guiding philosophy. Such thought might upset some ‘traditionalists.’ However, believe it or not, this had already occurred in the early 1900s.”[i]

Mr. Yamazaki presents an interesting case, and makes three contentions. (1) The success of karate being accepted by the general population of Japan was, in large part, due to the ethos of Dr. Jigoro Kano, the founder of judo and the father of the Olympic movement in Japan. (2) Moreover, Mr.

Funakoshi, who has long been regarded as the father of Japanese karate-do, followed Mr. Kano's example and moved karate in the direction of an Olympic sport. (3) Finally, Mr. Yamazaki believes that the spirit of budo and the spirit of the Olympics share similar values. However, there are others who dispute these assertions.

We must research Mr. Yamazaki's contentions to see if they have merit, and we must also examine the concerns of the traditional karate masters regarding Olympic-style sport karate. Depending on what our research uncovers, we can see if the path of traditional Karatedo and the path of Olympic-style sport karate follow in the same direction or if those paths diverge from one another.

DR. KANO, THE OLYMPIC MOVEMENT, AND KARATEDO

According to Mr. Yamazaki, Dr. Jigoro Kano was “a life-long educator and university president... [and] the first Japanese representative to the IOC in 1909. [He] also participated in the 5th Olympics held in Stockholm, Sweden in 1912 as the head of the first-ever Japanese delegation. This was 10 years prior to the famous demonstration of karate by Gichin Funakoshi and Shinkin Gima that took place at Dr. Kano's Kodokan Dojo in 1922.”[ii]

Moreover, Jigoro Kano is the individual who in 1884 created the sport of judo from the combat art of jujitsu. We are told by Mr. Yamazaki that “Judo, which he [Dr. Kano] created, was without doubt a combination of the traditional Japanese martial art of jujitsu and the ideal of Olympism.”[iii] It is quite clear that, jujitsu, a Japanese art of war, was intentionally transformed into judo, a sport which is now in the Olympic Games.

The same thing is true about Japanese karate. The karate of Okinawa was taken to Japan during the Period of National Essence (Chapter 5), and it had to undergo a transformation in order for it to be accepted into Japanese society. Karate was required to undergo a metamorphosis similar to the changes that Dr. Kano had made in jujitsu when he created the sport of judo. This meant that karate had to adopt a safe and competitive format which would allow students to test their skills.[iv] We also know that during the Post W.W. II period (Chapter 7), the Western sporting format was embraced to a much greater extent and international sport competition was initiated by the leadership of Japan's karate-do associations.[v] Consequently, from the earliest beginnings of Japanese karate-do, the concept of a safe competitive format, or sport, was included.

This transformation of Okinawan karate-jitsu to Japanese karate-do was certainly not a superficial change. Substantive alterations were made in order for Japanese society to accept karate as a Japanese art. Mr. Yamazaki elaborates on this and explains that for karate-jitsu to become karate-do, it had to undergo a transformation from a warring instrument to a sporting format: “When Dr. Kano invited [Mr.] Funakoshi from Okinawa and encouraged him to teach karate in Tokyo, Dr. Kano envisioned a universal sport that could be practiced by the youth of the world. The

transformation of karate-jitsu to karate-do signified karate's acceptance as a sport rather than as a tool of war.”[vi]

MR. GICHIN FUNAKOSHI AND SPORT KARATE-DO

Mr. Funakoshi was tremendously affected by Dr. Kano and his beliefs. Research explains the extent to which Mr. Funakoshi's karate was influenced by Dr. Kano's beliefs: “It is obvious that Funakoshi was very influenced in his views by Jigoro Kano. Many of his pupils remember how he would stop and bow to the Kodokan [the headquarters of Dr. Kano's judo organization] whenever he passed by. When asked why he did such a thing he always said that he was showing respect for Kano Sensei and for the help he had given him.”[vii]

Mr. Yamazaki explains the extent to which Mr. Funakoshi's karate was influenced by Olympic ideals. “Funakoshi's dojo kun (motto) includes ‘Seek perfection of character!’ This philosophy actually originated in ancient Greece and was handed down to him by Dr. Kano, a life-long mentor to Funakoshi and a friend of Baron Pierre de Coubertin [the founder of the modern Olympic movement].”[viii] However, it must also be noted that seeking the perfection of one's character was also deeply imbedded in karate through the philosophy of Confucianism which is as old as the philosophy of ancient Greece.[ix] Since we know that Mr. Funakoshi was trained in the Confucian classics [x], it can be easily inferred that Mr. Funakoshi believed that some of the goals of the Olympic movement and some of the goals of karate shared similar values. This certainly could have led Mr. Funakoshi to conclude that karate could become a sport without sacrificing its core values.

One of Mr. Funakoshi's students, Fasajiro Takagi, offers an interesting perspective on Mr. Funakoshi's intention to create a sporting component within karate-do. Mr. Takagi began training with Mr. Funakoshi in 1932, only ten years after karate's introduction to Japan, and he explains that Funakoshi “always advocated karate as a national physical culture. His concept was that karate should not remain merely a martial art, to beat and kill people, but more so, to ‘develop’ its potential as a sport.”[xi] Mr. Takagi gives us a rare insight into the intentions of Mr. Funakoshi. He tells us that very early in the development of karate in Japan, Mr. Funakoshi envisioned a dual purpose for karate. Mr. Funakoshi intended for karate to remain a martial art, but it was also to develop a sporting component.

The research clearly indicates that Japanese karate-do and the Olympic movement are intertwined. They are not, as some erroneously contend, totally separate and exclusive from one another. Additionally, one can hardly deny that Dr. Kano and the Olympic movement had a tremendous influence on Mr. Gichin Funakoshi. Furthermore, research has shown that Mr. Funakoshi intended for karate-do to develop a sporting component which possessed some of the Olympic ideals.

BUDO AND OLYMPISM

At one level, sports and martial arts, or budo, have little in common. Research tells us that the word “sport” is derived from the Greek word for “play” while budo is deadly serious and has nothing to do with “play.” Sport is a matter of winning or losing, and budo is a matter of living or dying. On this level sport and budo have little in common.[xii] However, on another level, the spirit of the Olympic sport movement and the spirit of the martial arts share some common ground. They both profess to improve the quality of the life of their adherents, and they both endeavor to improve the character of their participants. It is likely that this is in this direction that Mr. Funakoshi wished to take Japanese karate-do.[xiii]

Although no one is contending that either Dr. Kano or Mr. Funakoshi intended for karate-do to lose all aspects of a budo, it appears as if they had intended for it to evolve into a budo with a sporting component. Some areas of the philosophy of budo and the philosophy of the Olympic sport movement are mutually exclusive while others are mutually inclusive. It is in this area where these two philosophies merge where budo and sport can simultaneously exist. However, one must be cautious not to place the sporting component of karate-do before the budo element of traditional karate-do. Dr. Kano and Mr. Funakoshi never intended for karate to become a sport with a martial art component. They endeavored to make karate-do a martial art with a sporting component, and the vast majority of traditional karate instructors form the various styles of Okinawan and Japanese karate-do support this position.

Mr. Eiichi Miyazato, a very orthodox Okinawan Goju Ryu sensei and former JKF Goju Kai Technical Advisor, explains: “Competition allows one to experience what one cannot experience in kata or ‘yakusoku kumite’ [prearranged sparring]: the mental fight or quick ‘taisabaki’ (lateral body movement), timing, training the eyes, etc., that are obviously important to experience.”[xiv] Consequently, if even the most orthodox of the Okinawan masters believe that competition has a role in traditional karate-do, then it is incumbent upon us to determine the extent of that role.

Many Japanese karate instructors also believe that traditional karate-do values and sport competition can coexist. However, there seems to be an approach-avoidance attitude toward sport karate. On one hand the traditional karate masters accept sport competition as an aspect of karate training, but on the other hand they reject competition as an end in itself. Kenzo Mabuni explains: “I believe that we can find a middle point where sport competition helps karate and keeps its traditional values.”[xv] Mr. Takiyuki Mikami supports this belief: “These days, karate has a sportive aspect... I don’t think that this is bad as long as we keep the proper perspective.”[xvi]

However, these two masters also warn us about the dangers of sport competition. Mr. Mabuni tells us that a focus on winning cannot replace a focus on good karate kihon (basics): “It is possible to win a karate competition even though you don’t have good karate technique, and this is not good.

You may have good timing and sharp speed to score but lack good karate basics.”[xvii] Mr. Takiyuki Mikami issues a similar caveat about the dangers of an overemphasis on winning: “Unfortunately, in order to win, many competitors do wrong things such as cheating, acting, et cetera. And, of course this is completely opposed to the spirit of the martial arts.”[xviii]

However, the consensus among karate masters seems to be that as long as karate students and their instructors retain the proper perspective and use competition to further their knowledge and not as an end in and of itself, then sport competition is not a threat to the core moral values that were infused into karate many years ago. Mr. Mikami explains: “I don’t think that competition has to interfere with the traditional principles of the art. Winning or losing is not the most important thing in competition. The sport competition teaches us a lot of things that cannot be learned in the dojo such as pressure in front of people, mental control in a strange environment. But like I said you have to keep the right perspective.”[xix]

To the majority of Okinawan and Japanese instructors of traditional karate-do, the acceptance of sport competition is tempered with the belief that competition must be a vehicle for improving one’s character and for furthering one’s skills in traditional karate-do. The belief of the overwhelming majority of the traditional karate masters is that karate competition as an end in and of itself would be a case of the tail wagging the dog. The consensus of the vast majority of the karate masters of today is that karate should be a traditional martial art with a sporting component.

TRADITIONAL KARATE AND THE OLYMPIC MOVEMENT

The question becomes does karate at the Olympic level promote the correct perspective of training and adhere to the core values of traditional karate-do. Some of the Japanese karate instructors believe that moving karate in the direction of an Olympic sport threatens to destroy the core moral values which were long ago infused into karate-do. Mr. Fumio Demura who is one of these critics explains: “I don’t like the Olympics. Why! Because so-called Olympic karate is not a martial art, and so it is not karate. There is no...student teacher relationship, no discipline, and no structure. Only the people who win get attention – everyone else gets none. And even champions are soon discarded as the next batch of fast young kids comes up to take their places.”[xx]

Even though karate is not presently in the Olympic Games, Mr. Demura expresses a genuine fear on the part of many traditional karate instructors that Olympic-style sport karate will destroy karate-do as a martial art and turn it into nothing more than just another sport. The fear is that the relationship between the teacher and the student will be replaced by the relationship between a coach and an athlete. Consequently, that deeply personal relationship where the teacher helps the student improve his character will be replaced by a coach who is interested in an athlete only so long as he or she wins. Moreover, it is feared that the personal discipline and respect that has

dominated karate for centuries will be replaced the same type of in-your-face behavior that we witness in other sports.

It is interesting to note that Mr. Demura follows up his condemnation of the Olympic-style competition with a conciliatory statement: “On the other hand, serious karate people... tend to view competition only as an interesting diversion, and go back to serious training in the dojo after they are finished competing.”[xxi] These two statements are interesting. On one hand, it shows a fear on the part of some traditional karate instructors that sport competition, when it is taken to the Olympic level, will destroy karate’s core values. However, on the other hand it shows an acceptance of sport karate competition at another level.

This approach-avoidance relationship with sport karate competition and the Olympic movement indicates what many traditional Karatedo instructors believe. Karate competition can be an integral part of traditional karate-do without threatening its core values, but only as long as the proper balance between sport and serious training is maintained. However, once karate becomes an Olympic sport this may prove to be a difficult balancing act.

END NOTES

- [i] Yamazaki, Kiyoshi: *Dragon Times*, Vol. 16
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- [iii] Yamazaki, Kiyoshi: *Dragon Times*, Vol. 16
- [iv] McCarthy, Patrick Bubishi: *The Bible of Karate*: page 55
- [v] Cook, Harry: *Cook, Harry: Shotokan Karate*, page 162
- [vi] Yamazaki, Kiyoshi: *Dragon Times*, Vol. 16
- [vii] Cook, Harry: *Shotokan Karate*: page 91
- [viii] Yamazaki, Kiyoshi: *Dragon Times*, Vol. 16
- [ix] Leys, Simon: *The Analects*: page. xxvii
- [x] Cook, Harry: *Shotokan Karate*: page 45
- [xi] Cook, Harry: *Shotokan Karate: A Precise History*: page 91
- [xii] Cook, Harry: *Shotokan Karate: A Precise History* pages 91–92
- [xiii] Cook, Harry: *Shotokan Karate: A Precise History* page 92
- [xiv] Miyazato Eiichi: *Okinawan Den Goju Ryu Karate-do*: page 32
- [xv] Farguas, Jose M., *Karate Masters* page 186
- [xvi] Farguas, Jose M., *Karate Masters* page 229
- [xvii] Farguas, Jose M., *Karate Masters* page 186
- [xviii] Farguas, Jose M., *Karate Masters* page 229
- [xix] Farguas, Jose M., *Karate Masters* page 229
- [xx] *Classical Fighting Arts*, Vol. 2 No. 14 (Issue #37) page 11
- [xxi] *Classical Fighting Arts*, Vol. 2 No. 14 (Issue #37) page 11

Great Lakes Seiwa Kai Seminar and Tournament

With Vassie Naidoo Shihan

On May 6, 7, and 8 Great Lakes Seiwa Kai hosted a seminar and tournament for the students of Toledo (Ohio) School for the Arts and Bedford (Michigan) Public Schools.



On May 6 and 7, Shihan Vassie Naidoo offered his detailed instruction in both kihon and kata. Students left the seminar with a tremendous amount of “homework” on how to improve their Goju Ryu Karatedo.

The kumite match below was just one of the many spirited matches of the day.



Although the tournament was on Mothers' Day (May 8), it still drew 78 Seiwa Kai competitors from our Ohio and Michigan dojos. All of the competitors were school-age students, and a good time was had by all.

Seiwa Kai Around the Globe



Seiwa Kai Goju Ryu Karatedo International

Seiwa Kai England



Seiwakai England Team results from the JKF Goju Kai Italy International Championships: 20 medals (8 gold 8 silver 4 bronze). Well done & congratulations to all! Amazing results from the squad! Thank you to the parents who cheered & supported from the stands, the members' individual club Sensei and to the Seiwakai England squad coaches Jamie Edmonds Sensei and Indran Tanabalan Sensei who are all doing an excellent job training up the team.

Seiwa Kai Manchester, England



Seminar with Shihan Lipinski April 2016

The following is from several email conversations that I had with Leo Lipinski Shihan, and I believe that there are some very important aspects of the Seiwa Kai contained in the correspondence that all Seiwa Kai members should know.

- In the Seiwa Kai, we have instructors who teach for the love of Karatedo and not for the love of money.
- We adhere to the highest of standards.
- People are treated with respect both organizationally and individually, and everyone is evaluated on ability and not on extraneous factors such as nationality or appearance.

Leo Lipinski Shihan: *We have very good attendance [at Seiwa Kai England seminars], and for this reason the technical level in England is growing. Regular training gets results.*

I teach for free – I don't take any money for my seminars. This is the reason why all these clubs are happy to organize the training. They pay my travel and hotel/food and that's it. Tasaki sensei did the same and Fujiwara Shihan too. Perhaps it is time that people understood this. We work for Seiwakai and for the students.

More to the point was that Tasaki sensei, Fujiwara sensei and I don't use Seiwakai to make money. It often costs us to travel. We do it for the passion we have for the karate and to share what we have.

This is the reason why Seiwakai grows not only in numbers but in standards. We really need to always raise the bar and lift the level making dan testing more and more challenging. It's not always friendly to some who test but that's the price we must all pay.

Mark Cramer: I have been told that you defied the South Africa apartheid laws by training with different color groups at your dojo. I presume that this and other similar stories are true and accurate.

Leo Shihan: *Yes, it's true. I believe my dojo was the first and for many years the only one that was open to all races – I had quite a lot of trouble from the security people. Many instructors taught other groups but did not open their clubs to them and they gave them inferior instruction. They just took the money*

MC: I have also heard stories of you and Vassie Shihan going into clubs with each other where one of the two of you was forbidden by law to go. In other words, you would sneak Vassie into an all-white establishment, and he would sneak you into a colored establishment.

Leo Shihan: *That is very true. We certainly did those things.*

MC: To your knowledge, are there any JKF Goju Kai organizations other than the Seiwakai that have non-Japanese in their governance structure?

Leo Shihan: *I don't think so. This is a very recent thing – probably Tasaki sensei suggested that foreigners are given certain positions before he died.*

Seiwa Kai Goju Ryu Karatedo Seminars

Seiwakai International has a very full seminar calendar with many opportunities for training. Regular participation in these seminars is the manner by which you keep your Karatedo skills sharp, and continue the learning process.

- Omagari, Japan– July 20, 21, 22, (23 rest day) 24, 25, 26
- London, UK – October – 21, 22, 23, 24 Total 16 hours training available.
- Santa Monica, California USA – November 4, 5, and 6

Additionally, Leo Lipinski Shihan will be conducting at least eight seminars this year in England which will be 2 days each. Please refer to the schedule on the bottom of the page for details. He will also be teaching in Belgium, Indonesia, Greece, Italy, Slovakia, Hungary, South Africa, Bulgaria, Australia and quite probably a few other countries.

Leo Shihan is also planning a seminar for seniors, those who run dojos, and instructors who run countries that will take place over 4/5 days. It is hoped that the first will take place in Europe with Fujiwara Shihan teaching starting sometime next year.

Registration information will be published as it becomes available.



U.K. Seiwa Kai Seminars 2016

Seiwa Kai Founder: Shuji Tasaki, Shihan
Seiwa Kai President: Seiichi Fujiwara, Shihan



June 11th & 12th 2016 Newcastle Goju Ryu Newcastle 10:00-17:00 Aaran Milan-Vega 07584-673911 Chillingham Road Primary School Ninth Avenue Heaton Newcastle-upon-Tyne NE6 5XX	August 6th & 7th 2016 Isle of Sheppey Kent ME12 3LP Isle of Sheppey 10:00-16:00 Theresa Langworthy 01795-874291
Oct 21st - 23rd 2016 Annual Seiwakai Seminar Shihan Leo Lipinski 07803-015404 Bishop Douglas School London N2 0SQ	Nov 26th & 27th 2016 Manchester 10:00-16:00 Steve Sijuwade 07708-497223 Ho Shin Do Karate Manchester

Seiwa Kai Slovakia



Training in the Ippon Dojo with Rastislav Marz Shihan



At The Pan-American Championships in Rio de Janeiro, Brazil

Congratulations to Calgary, Canada's Doug Smerek for achieving Kumite Referee A and Kata Judge A at the recent Pan American Championships in Brazil.

Seiwa Kai Goshukan South Africa

By Gary Mahnke



South Africa *Goshukan Reach Out* was proud to receive a cheque to the value of R28000 last week, from Core Catering! 100% of this money, together with all other monies raised by Goshukan Reach Out, will go towards the development of education and karate of abused, orphaned and underprivileged children. Goshukan Reach Out is helping to shape the champions of tomorrow by instilling discipline, respect, dignity and honor through our various training programs which are currently serving more than 900 children.