

# 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**  
**ISSUE 22: January/February 2017**

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Kawase Hasui – *Pagoda of Saisho-in Temple in Snow at Hirosaki*

## **Happy New Year 2017: Year of the Fire Rooster**

**By Mark Cramer**



In the Japanese zodiac, it is believed that all people who are born in a particular year will share certain personality traits. There are twelve animal zodiac signs – rat, bull, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and boar. Additionally, there are five elements associated with each animal in twelve year cycles – metal, water, wood, fire and earth. Consequently, your particular zodiac sign will occur once every 60 years. If you were born in 1957, this is your year.

The rooster is part of an ancient Japanese myth. Amaterasu, the Sun Goddess, went into hiding in a cave after a bitter fight with her brother causing light to disappear from the world. Eventually, she was lured out of the cave by a commotion caused in part by the crowing of this bird, and light once again returned to the earth.

The Fire Rooster is a Japanese zodiac sign with a personality that will light up every room. They are natural leaders possessing the gift of charisma and organizational skills. They tend to rise above others, and create success.

The Fire Rooster is a sociable animal who loves both attention and friendship. This makes the Fire Rooster either the center of attention at the party or the organizer of the best party around.

Since Fire Roosters are extremely capable, they will rely on themselves to get things done. Consequently, once their mind is made up, they can become dominating, possessive, and obstinate. Working with the Fire Rooster can be difficult since you are under the constant scrutiny of their beady eyes, and will feel the sharp peck of their beak if you err. Despite these shortcomings, the Fire Rooster will get things done with style and flair.

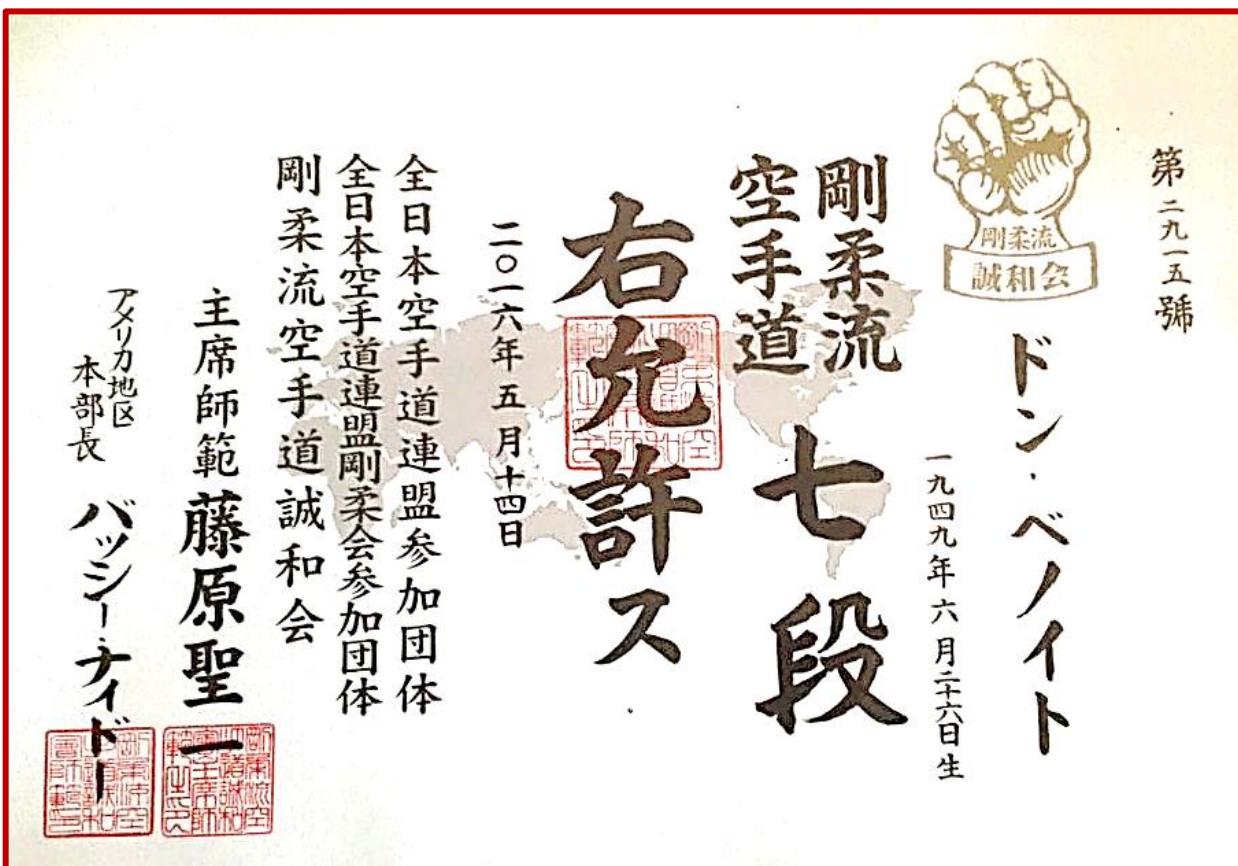
However, Fire Roosters need to learn how to cool down in order to better get along with those who are near to them.

## Congratulations to Don Benoit

By Craig Vokey



On behalf of Goshukan Canada, a proud member of the Seiwakai Family, I would like to congratulate Mr. Don Benoit on receiving his 7th dan in Seiwakai. Shihan Benoit has been a key member of the success of Goshukan Canada and has a 40-year history in Karate and is one of the first people to have popularized Karate to northern Ontario (Canada) with the largest and most successful dojo in the region. Besides many provincial and national medalists, the group can boast two Pan American junior kata medalists, one gold and one bronze. Active in the community, Shihan Benoit's dojo often does events for the public and for various groups.



# **Obituary**

## **Sad News: The Passing of Mark Pridham**



Mark William Pridham Shihan of London, Ontario died peacefully on Wednesday October 26, 2016 at the Tillsonburg District Memorial Hospital, at the age of 56.

Pridham Shihan began his Goju Ryu Karate training in 1989, and was actively involved with both Seiwa Kai Canada and Karate Canada. He competed at the national level, held several positions on the Karate Ontario Board, and attained national certifications as both a coach and a judge.

In 2005, Pridham Shihan received his Godan, and his Renshi title through Seiwa Kai Canada. Pridham Shihan loved the Seiwa Kai, and believed that training vigorously and developing a virtuous character were both necessary aspects of Karatedo.

Pridham Shihan was predeceased in death by his parents, Dr. Thomas J. Pridham in 1975, and Donna M. Pridham (Frank) in 2009, and is survived by his sisters Kim and Mary Ellen (Boz), and brothers Andy (Terry) and Paul.

# A New Year, Begin Again: The Importance of Keeping Beginner's Mind

By Jim Pounds



Happy New Year! May this be the year you put those plans and dreams into action.

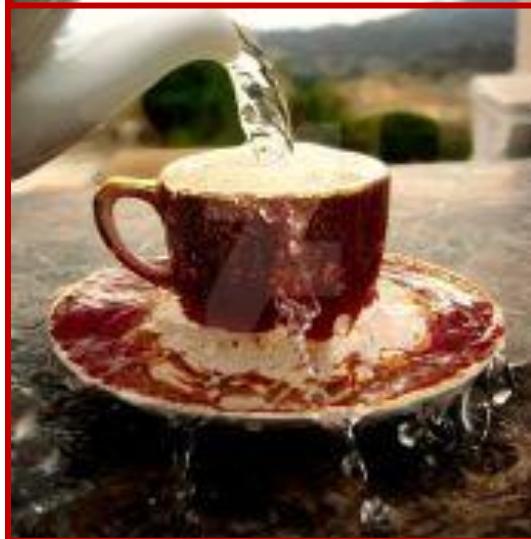
While I was training this afternoon, I was thinking about that feeling of optimism that comes with the new year. It's as if the slate has been wiped clean and we can begin anew. It's a feeling of relief in many ways to move into new beginnings. Remember how the start of last year felt the same, and yet by year's end we were still looking at many unfulfilled goals on our resolution list.

Perhaps we should be thankful and focusing on what we did accomplish rather than looking at the things we did not. We should give ourselves credit for those accomplishments without becoming complacent and leaving our heart's desire always out there on our "to-do" list. That's one step to empowerment.

Then there was the question of how to maintain an excitement and freshness in our karate training. Especially after we've been at it for numerous years and the excitement of the steep learning curve is waning. It's difficult enough to keep up a strong training regimen in the face of life's demands, even during those early years when we're focused on becoming a *yudansha* and obtaining that black belt. Then the learning curve flattens out and it becomes increasingly difficult to keep up an enthusiasm for training.

One of the most important pieces of advice that I received, was years ago when I changed from Shito-Ryu karate to Goju-Ryu. I was told that the transition would be harder than I imagined unless I kept "beginner's mind". At the time, I only abstractly understood what was being told to me, but over the years I've come to understand how important that concept is, and how necessary it is for growth in the martial arts. I think what I was being told was that as long as my own cup – my own sense of importance and knowledge – was full, there would be no room for the new to come in. If I remained full of myself and my past knowledge, anything new would simply overflow out and I would miss it. Beginner's mind implied that I needed to approach my training as an empty vessel again. To leave room for the new to

*The beginner's mind has many possibilities.  
The expert's mind has few.*

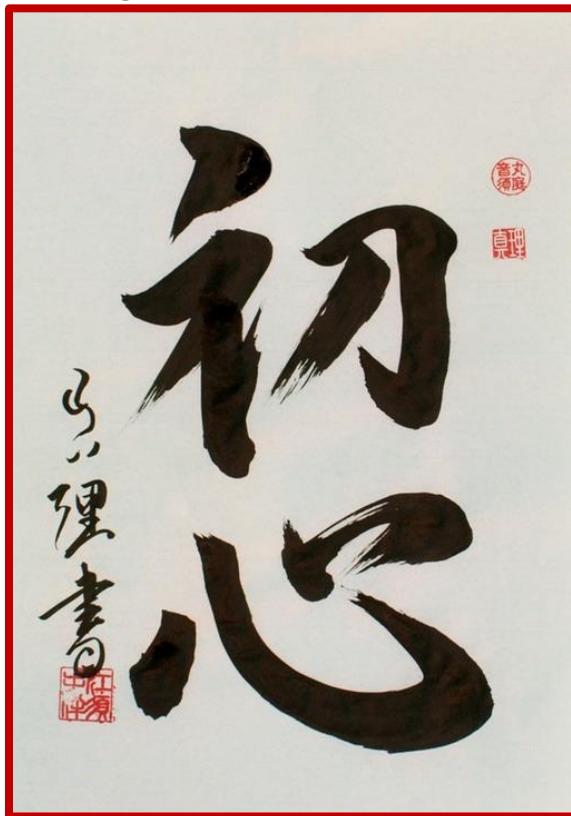


come in so I could once again learn and grow in excitement. It also implied I needed to get my ego out of the way.

Do you remember your first year of karate training? How every class was an incredible learning experience. How you felt empowered and powerful and couldn't wait to practice on your own or to show your friends some of the techniques you were picking up?

That's passion! Where did it go?

### Beginner's Mind – Shoshin 初心



It's still there, but it may require a return to beginner's mind this year. Be open to the input of others. Try looking at the nuances of karate-do – the subtleties that are where the true skills lie. It may take reframing how you regard your training. Instead of training harder, perhaps you need to train smarter. Perhaps you've slipped into a pattern of easy workouts that don't push the envelope any longer. Amp it up! Train with other karateka who take you to the limit. Analyze your patterns and then shake the tree. Make a commitment to attend training seminars. Open your mind and your training will take on new life.

As the old saying goes: "If you keep on doing what you're doing, you'll keep on getting what you're getting."

This year commit to making it fresh again. Get into some cross training. Run. Do yoga. Excite yourself and you'll be a motivation to others. Color outside the lines a little and see if perhaps you don't come up with a masterpiece of new motivation.

# **Yamaguchi Gogen:**

## **The Right Person to Organize Goju Ryu in Japan**

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When we view Yamaguchi Sensei's contributions to Karatedo and particularly to the development of jiyu-kumite, we see that he was one of the most influential individuals in the development and dissemination of traditional Karatedo. In order to understand this, we must look at the development of karate in Japan.

When Chojun Miyagi first traveled to the main islands of Japan in the 1930s and introduced Okinawan Goju Ryu to the Japanese public, he discovered that "by Japanese standards karate was uncultivated and without suitable organization or 'oneness.' In short, it was not Japanese."<sup>[i]</sup> To counter this perception, Yamaguchi Sensei was one of the individuals who began to transform Okinawan Goju Ryu karate into a suitable Japanese martial art.

It is important to understand that at this time, Okinawan karate including Goju Ryu had no jiyu-kumite in its curriculum, and to a great extent this is still the case. The lack of jiyu-kumite was a major impediment to karate's acceptance as a Japanese martial art. From the perspective of Japanese budo-ka, "Okinawan training lacked the natural vigor and spontaneity found in competition and left the

trainee under-prepared for real combat."<sup>[ii]</sup> From the perception of the Japanese budo-ka, Okinawan karate was not a complete budo when compared to Japanese martial arts. For karate to be accepted as a true Japanese budo, a safe competitive format through which participants could test their skills and develop their spirits needed to be developed.<sup>[iii]</sup>

Consequently, if karate could succeed in developing a safe and competitive format as both Judo and Kendo had done, then Karatedo could develop into a truly Japanese martial art. However, if it failed to develop a safe and competitive format as expected by the budo-ka in Japan, then it would be relegated to an inferior status when compared to Judo and Kendo. In short, the very future of Karatedo as a Japanese martial art was on the line.

In response to this challenging situation, several karate pioneers began to experiment with protective equipment (bogu) which they hoped would promote safety and encourage realism in kumite. However, the equipment was bulky and its use was eventually abandoned because it

obstructed the movement and the vision of the contestants. As an unexpected consequence, the equipment actually lead to injury in the contestants, and this effort was abandoned as a consequence.[iv]

**Right: Kenwa Mabuni and student with bogu equipment**

In the 1930s, Miyagi Sensei was one of those karate pioneers who began experimenting with the use of protective sparring equipment with the hope of bringing Goju Ryu into line with the Japanese martial arts of Judo and Kendo. Miyagi Sensei explained one of his motives: "If we can use this equipment safely, then we can practice free sparing on the same level as other martial arts and develop the same spiritual goals."[v] It is also quite likely that Miyagi Sensei began experimenting with bogu equipment because he also believed that the only way to truly understand kata was by training and practicing jiyu-kumite.[vi]

However, after a year, he abandoned the practice because of excessive injuries particularly to the neck.[vii] Consequently, the acceptance of karate as a truly Japanese martial art was still in jeopardy because no one could quite figure out how to develop a safe and competitive type of kumite for inclusion in the karate curriculum.

**Below: Photo of Yamaguchi Kumite**



or Kendo.[viii] Very soon interuniversity rivalries developed as other university karate dojos were established.[ix]

It is quite clear that Yamaguchi Sensei was the person who first envisioned, developed, and introduced jiyu-kumite into the Karatedo curriculum. Furthermore, he did this with the knowledge



### **Yamaguchi Sensei's Transformation of Karatedo**

In the early 1930s, Yamaguchi Sensei was the first person to begin experimenting with jiyu-kumite without boju equipment. This began at the Ritsumeikan University karate club which was established by Yamaguchi Sensei. This was fertile ground for such experimentation firstly because it was a university environment and secondly because there was intense rivalry between Yamaguchi's karate club and the university's Judo and Kendo clubs. Yamaguchi Sensei was determined not to let Karatedo be viewed as inferior to either Judo

and permission of Miyagi Sensei. However, the permission came with a caveat. Miyagi Sensei warned that if care was not taken, the result could end up looking like boxing. Miyagi forged ahead with his idea and did not deviate from the fundamentals of Karatedo.[x]

Nei-Chu So, one of Yamaguchi Sensei's early students in the Ritsumeikan University karate club, confirmed that Yamaguchi Sensei was the originator of jiyu-kumite: "Yamaguchi Sensei originated the idea of jiyu-kumite and we put it into practice... Members of other clubs saw it and began imitating us." [xi] In the early 30s and 40s, there were others who developed jiyu-kumite along similar lines to Gogen Yamaguchi. Many were within the Goju Ryu organization, and most started out in Ritsumeikan University in the 30's. Well-known of these was Ujita Sensei from Akayama, and there was a good deal of rivalry that developed between those who learned under Gogen Sensei and those who developed under the various other teachers.[xii] However, as Nei-Chu So told us, these other instructors and clubs and were imitating what Yamaguchi had developed.

By 1939, Goju Ryu was recognized as a complete Japanese budo with a curriculum that included kata and jiyu-kumite.[xiii] Consequently, Yamaguchi Sensei deserves the credit for developing and introducing jiyu-kumite into the curriculum of Karatedo in Japan and making it a martial art that was on par with both Judo and Kendo. Yamaguchi Sensei had succeeded where others had not. As a result of his efforts, Karatedo had secured its place as a true and complete Japanese martial art.

**Right: Yamaguchi Sensei**

It is important to note that Yamaguchi Sensei developed a type of jiyu-kumite that was markedly different from the various types of sport-kumite that we see today. Close-quarter fighting with low kicks, throws, and circular striking techniques became a signature of Yamaguchi Sensei's Goju Ryu jiyu-kumite. It appeared so realistic that when it was first publicly debuted at a Tokyo budo demonstration in 1940, many of the spectators believed that it was an actual fight. The demonstration match was done by Nei-Chu So and Yamaguchi Sensei.[xiv]

Shortly after this demonstration, Japan entered the Second World War and Yamaguchi Sensei spent much of the war years in Manchuria.[xv] At the conclusion of the war, the Soviet Union invaded Manchuria and Mr. Yamaguchi became a Soviet prisoner of war. He was sent to a Soviet Gulag for two years where he suffered the inhumane conditions and cruel treatment for which the Soviet prison system was notorious.[xvi]

After he was released from Soviet captivity, Yamaguchi Sensei returned to Japan, but he became depressed over many of the social changes that had occurred since the end of the war. As a result, Yamaguchi sensei decided to commit Seppuku (the type of self-disembowelment that had been used by the warrior class of Feudal Japan). Just as he prepared himself for the final moment, he had a revelation. He had a mission in life – to contribute to the world by disseminating the Japanese martial arts.[xvii] For the next four decades, "the development of Goju in Japan was the work of one man, Gogen Yamaguchi." [xviii]



Around two years after Yamaguchi Sensei resumed his teaching, Shuji Tasaki Sensei began training in Goju Ryu directly under Yamaguchi Sensei. This was on the August 15, 1951.[xix] Another well-known JKF Gojukai teacher, Mayama Sensei, began training during those early years.[xx] However, as time went on, it became clear that no one had mastered Goju Ryu jiyu-kumite as taught by Gogen Sensei better than Shuji Tasaki Sensei, the founder of the Seiwa Kai: “Shuji Tasaki was well known as Gogen Yamaguchi’s most competent fighter. Tasaki proved this at the first All Japan Gojukai Championships in 1963, which was basically a day-long competition of ‘knock-out, knock down, break bone and finish-them’ matches.”[xxi] Tasaki Sensei sheds some insight on what this first Gojukai tournament was like: “There was no point system then, only dojo-style kumite, and all of the presently forbidden techniques were permissible.”[xxii] It is also worthy of noting that Tasaki Sensei went on to be the runner-up at the second All Japan Gojukai Championship reaching the finals with a broken arm.[xxiii]

**Right: Tasaki sensei delivering a maegeri**

Tasaki Sensei explained some of the unique advantages of Yamaguchi Sensei’s jiyu-kumite: “By application, Goju dojo kumite gives you the edge, as it is not dependent on your youth. In karate if you step back you lose everything. Side stepping is good. [The] younger have speed, [the] older are slower. Therefore, you must step in to receive. If you train only in modern karate, once you are passed 30 years your karate is over. As long as one has mastered the Goju Ryu kumite, the other can be adjusted. If trained in Goju Ryu dojo kumite you can continue after reaching middle age. Point fighting would not result in this. If you lose your speed you lose your karate.”[xxiv]



By developing jiyu-kumite, Goju Ryu was transformed into a truly Japanese martial art that was on par with Judo and Kendo. Even Miyagi Sensei was not able to accomplish that. Without a doubt, Yamaguchi Gogen Sensei was the right man to promote Goju Ryu in Japan.

We are fortunate to be part of this jiyu-kumite heritage which was developed by Yamaguchi Sensei, mastered by Tasaki Sensei, and passed along to us. Consequently, we should be diligent in our efforts to preserve it.

***Editor's Note:*** *The kumite developed by Yamaguchi Sensei and perfected by Tasaki Sensei is being lost. Dojos and instructors are substituting modern sport style kumite in its place. Perhaps this is due to the excitement surrounding the acceptance of Karatedo into the Olympics, or perhaps because many of our members have not been taught this original style of Goju Ryu jiyu-kumite.*

*To make certain that everyone has the opportunity to learn this original type of Goju jiyu-kumite, Shihans Leo Lipinski and Vassie Naidoo will be teaching a Seiwa Kai Kumite Seminar. This type of kumite is rooted in our kata, particularly Sanchin and Tensho. We all need to preserve this older kata-centered jiyu-kumite and make it available to future generations of Seiwa Kai students. Keep your eyes open for further announcements.*

## END NOTES

- 
- [i] McCarthy, Patrick: *Bubishi*: page 54
  - [ii] Nobel, Graham: Dragon Times: Vol. 3; #3 (Issue 53) page 33
  - [iii] McCarthy, Patrick: *Bubishi*: page 55
  - [iv] Cook, Harry: *Cook, Harry: Shotokan Karate*, pages 74-76
  - [v] Nobel, Graham: Dragon Times: Vol. 3; #3 (Issue 53) pages 26
  - [vi] Lipinski, Leo: Email exchange 01/10/2017
  - [vii] Higaonna, Morio: *The History of Karate*: pages 69-70
  - [viii] Nobel, Graham: Dragon Times: Vol. 3; #3 (Issue 53) pages 25
  - [ix] Lipinski, Leo: Email conversation 01/10/2017
  - [x] Nobel, Graham: Dragon Times: Vol. 3; #3 (Issue 53) pages 25
  - [xi] Nobel, Graham: Dragon Times: Vol. 3; #3 (Issue 53) pages 25
  - [xii] Lipinski, Leo: Email conversation 01/10/2017
  - [xiii] Nobel, Graham: Dragon Times: Vol. 3; #3 (Issue 53) pages 33
  - [xiv] Nobel, Graham: Dragon Times: Vol. 3; #3 (Issue 53) pages 26
  - [xv] Yamaguchi, Gogen: *Karate: Goju-Ryu by the Cat*: page 88
  - [xvi] Yamaguchi, Gogen: *Karate: Goju-Ryu by the Cat*: pages 116 –130
  - [xvii] Yamaguchi, Gogen: *Karate: Goju-Ryu by the Cat*: pages 131 – 134
  - [xviii] Noble, Graham Dragon Times: Vol. 8; page 28
  - [xix] Lipinski, Leo: *Interview with Shuji Tasaki Hanshi*: Pan American Seiwa Kai Newsletter Issue 7: Page 2
  - [xx] Lipinski, Leo: Email conversation 01/10/2017
  - [xxi] Warrener, Don: *Gogen Yamaguchi*; pages 51-52
  - [xxii] Lipinski, Leo: *Interview with Shuji Tasaki Hanshi*: Pan American Seiwa Kai Newsletter Issue 7: Page 3
  - [xxiii] Lipinski, Leo: Email conversation 01/10/2017
  - [xxiv] Lipinski, Leo: *Interview with Shuji Tasaki Hanshi*: Pan American Seiwa Kai Newsletter Issue 7: Page 3

## Seiwa Kai Goshukan Canada

The last training session of the year for members of the Laurentian University Karate Club was with special guest Jamie Duggan Shihan from Brisbane Australia.



## Upcoming Events

### Great Lakes Seiwa Kai Seminar and Great Lakes Seiwa Kai Friendship Tournament with Vassie Naidoo Hachi-dan



This coming **March 31, April 1 and 2**, Great Lakes Seiwa Kai will be hosting a series of **Seiwa Kai Goju Ryu Karatedo Seminars** and the **Seiwa Kai Friendship Tournament**. This series of seminars will be taught by Hachi-dan Vassie Naidoo Shihan who is the President and Head Instructor of Pan American Seiwa Kai and President of the JKF Goju Kai USA. He is also a Director of Seiwa Kai International appointed by Fujiwara Hanshi President and Head of Goju Ryu Karate Do Seiwa Kai. Vassie Naidoo Shihan also travels throughout the USA and international community teaching seminars. Take advantage of this opportunity to train with one of the world's great instructors of Goju Ryu Seiwa Kai.

The seminars will cover a variety of traditional Goju Ryu katas and some prior knowledge of those kata is necessary to fully participate in the seminar session. However, the Seiwa Kai Friendship Tournament is open to our friends from other styles of Karatedo. The schedule and costs are as follows:

#### **Friday, March 31 (Toledo School for the Arts; 333 14th St., Toledo, OH 43604)**

- Session 1 – 6:30 to 8:30 (Instructors, yudansha, brown belts, and invited students.)

#### **Saturday, April 1 Douglas Rd. School -- 6875 Douglas Rd; Lambertville, MI 48144**

- Session 2 – 10:00 to 11:30
- Lunch Break
- Session 3 – 1:00 to 2:30
- Session 4 – 2:45 to 4:15
- Shinsa 4:30
- Banquette – 7:00 to ? (Location TBD)

#### **Sunday, April 2 Seiwa Kai Friendship Tournament Douglas Rd. School 6875 Douglas Rd**

- 10:00 to 5:00 Kata and Kumite (1<sup>st</sup> through 4<sup>th</sup> place metals will be awarded.)

**No food or drinks (except water and clear sports drinks) will be allowed**

#### **Fees – Seminar**

- \$35 (Make Checks Payable To: **Mark Cramer**)

#### **Fees – Tournament:**

- **Entry Fees:** *No entry fees for students* kindergarten through university undergraduate
- **Spectator Fees:** (Make Checks Payable To: **Mark Cramer**)

**Adults – \$7**

**Students (non-participant) – \$5**

**Children (under school age) – \$3**

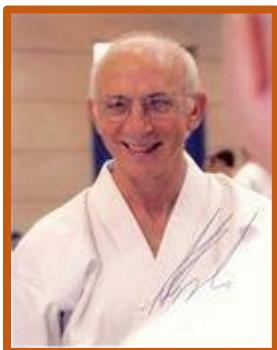
**Hotel Info:** TBA

## **Seiwa Kai Around the Globe**



### **Seiwa Kai Goju Ryu Karatedo International**

#### **Happy New Year Leo Lipinski**



Another year has passed, and I would like to wish all a happy New Year.

Seiwakai has just grown and grown internationally and my thanks to all of you and to Fujiwara Shihan for what everyone is doing for Seiwakai.

Next year already has many seminars planned and I foresee more growth and development of standards. It is high quality we must aim for not just test promotions. Our karate is about training, training and more training as well as upholding the values many of us learned from Tasaki Sensei.

Once again, I wish you a very happy and successful 2017.

#### **Joe Palmintari: By Leo Lipinski**

Joe Palmintari teaches in the Chicago area and may be Seiwakai International's oldest active student and teacher. He has been running/teaching/managing the club for more than 5 years and has attended a number of the seminars in Omagari, Japan.

He also has attended all or most of the seminars in Santa Monica with Fujiwara shihan. I hope that in another 10 years I can still teach as Joe does. He is a man with amazing drive and energy. In addition, he is a very capable and active business person. Vassie sensei is lucky to have him in the group as a teacher and student in the USA and Seiwakai wishes Joe another 50 years. Happy New Year Joe from all of Seiwakai.

## Message from Fujiwara Shihan



藤原聖一

I would like to wish all our Seiwakai members a very Happy New year to you all. I hope 2017 brings joy and creativity to you all.

Recently I heard that some people are teaching international seminars. I would like to make the following clear. Except in very special circumstances the following applies.

**Pan America Seikai** – Vassie Naidoo Regional Instructor.

**Africa Seikai** – Ben Mare Regional Instructor.

**Europe** (Great Britain) – Leo Lipinski Regional Instructor.

**Asia** – Leo Lipinski Regional Instructor.

**International** – only Fujiwara and Leo Lipinski.

All others are assistants only – not approved instructors.

In special cases contact me via Leo Lipinski.

Our goals are to lift standards and quality. Not everyone is approved for teaching. This goes back to the directions given by Tasaki sensei. I have been teaching internationally since 1990 as assistant to Tasaki sensei and from many years ago. I was the independent international instructor with Leo under direction of Tasaki Sensei.

On occasion, some people have been sent as deputies. They are not Seiwakai instructors.

A rule is protected.

Its role is known.

All Seiwakai members [and] instructors, [do] not forget this by any means.

I want this to be clear to everyone.

Seiichi Fujiwara

剛柔流空手道誠和会

主席師範 藤原聖一

*(Note: Asia is one of our 4 regions – this includes what some people refer to as Oceania. Some countries may be included by both Seiwakai and JKF GOJUKAI as part of Europe where in fact they are considered to come under Asia.)*

## Upcoming Events



### Seiwa Kai Seminar

- July 26, 27, 28 – Training
- July 29 – Rest Day and Seiwa Kai Party
- July 30, 31, and August 1 – Resume training
- August 2 – Travel to Wakayama

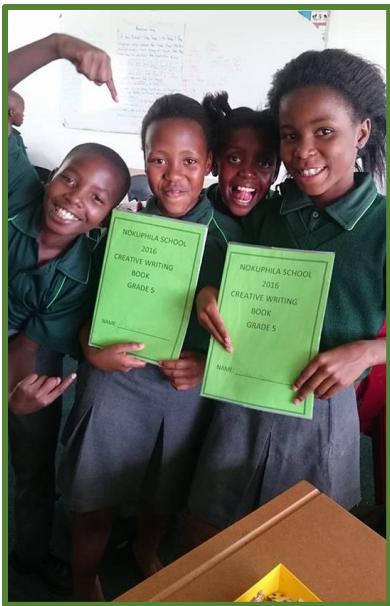


### JKF Goju Kai Seminar

- August 3 and 4 – JKF Goju Kai Overseas Seminar
  - August 4 – Shinsa for Shodan to Hachidan
  - August 5 JKF Goju Kai Party
- August 5 and 6 – JKF Goju Kai Tournament

## Seiwa Kai Goshukan South Africa

By Gary Mahnke



While up in Gauteng for Gauteng Goshukan grading tests, Gary Mahnke and Rob Crawford had the absolute pleasure of visiting the Reachout schools in Thembisa Township in Gauteng. These two schools, Nokuphila Pre-Primary and Primary schools are fully sponsored and paid for by Love Trust. Goshukan Reachout is a proud division of Love Trust and will be rolling out the first of our township dojos and Physical Education programs in Thembisa Township in 2017 under Rob Crawford Shihan. With over 300 children in our first phase project, we are excited to get started. Goshukan proudly offers free physical education and karate training to underprivileged communities in South Africa.



Goshukan ReachOut is proud to announce the opening of another free karate and self-defense dojo at the Strathyre Girls Home in Gauteng. This home is a Salvation Army safe house for abused girls and women from 3



years upwards, who are placed there for protection by the South African Courts. Goshukan ReachOut's karate program will teach these girls and women valuable lifesaving self defence skills and through karate, help them with physical fitness, core strength development as well as offer an option of sport karate competition.

## **Seiwa Kai South Africa**

### **Durban Seminar with Ben Mare**



The weekend Seiwa Kai seminar in Hillcrest, Durban was well run and well attended. Thank you, Ben Mare, Kyoshi for sharing your time and knowledge.



## Fond Memories

Great memories of Leo Sensei teaching in umbilo Durban with Stan Hart as assistant. Wow memories 1973.

