

**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 41: March/April**

All issues of the Pan-American Seiwa Kai Newsletter can be found online at:
<http://www.greatlakesseiwakai.com/usa-seiwa-kai-newsletters.html>

Send submissions to the Pan-American Seiwa Kai Newsletter to:
greatlakesseiwakai@gmail.com



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Seiwa Kai Mexico
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Vassie Naidoo: Liaison



Kawase Hasui – *Spring in Daigo, Kyoto*

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Upcoming Events

A Letter from Seiichi Fujiwara Hanshi and Vassie Naidoo Hanshi

To All Seiwakai Members:

As you know, the 2020 Tokyo Olympics has been rescheduled until next summer, due to the Covid-19 pandemic. With so many people from around the world traveling to Japan, the officials judge it better to be prudent. No one knows how long this virus will continue. With the health of our own Seiwakai family and for the people of Omagari Daisen in mind, I have made the difficult decision to cancel the 2020 Seiwakai Seminar. This is in agreement with the Gojukai, which is also cancelling the 2020 seminar and shinsa. I am sorry for this inconvenience. Please be sure to cancel your hotel and other reservations as soon as possible.

The Gojukai leadership is working to establish the training dates for 2021 and I will let you know as soon as possible so you can reserve early. Additionally, the following schedule changes are in order.

Please note that:

- The proposed October 2020 seminar in London is cancelled.
- The Belgium seminar has been TENTATIVELY rescheduled for October 23 – 25, 2020 pending the status of the current situation.

Please support this training.

- The Pan-America seminar is scheduled for November in Mexico. We are awaiting final dates and information. This is also pending the status of the current situation.

These developments were, of course, unforeseen. It is my wish that all Seiwakai members continue your training, take care of your families, and stay in communication with each other until this crisis ends.

主席師範 藤子聖一

Seiichi Fujiwara, Hanshi President Seiwakai

Vassie Naidoo

Vassie Naidoo 8th Dan Vice President Seiwakai
International USA Goju-Ryu Karate-Do Seiwa-Kai

www.karateofla.com



Karate for Inner City Kids and Amazon

Dear Karate Family and Friends,

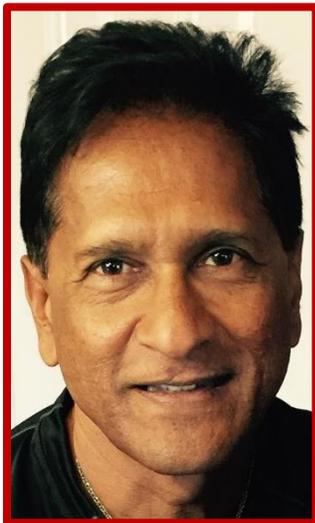
We have recently registered Karate for Inner City Kids which is our not-for-profit 501(C)3 with Amazon Smile. Amazon Smile is an easy way for you to make a donation to our organization every time you make a purchase at Amazon, And, it costs you absolutely nothing!

Please take a moment of your time to register at <https://smile.amazon.com/ch/95-4591949> and then please bookmark smile.amazon.com.

That's it. It is that simple so that whenever you make a purchase, rather than going to amazon.com, please go to smile.amazon.com and Amazon will make a donation to Karate for Inner City Kids.

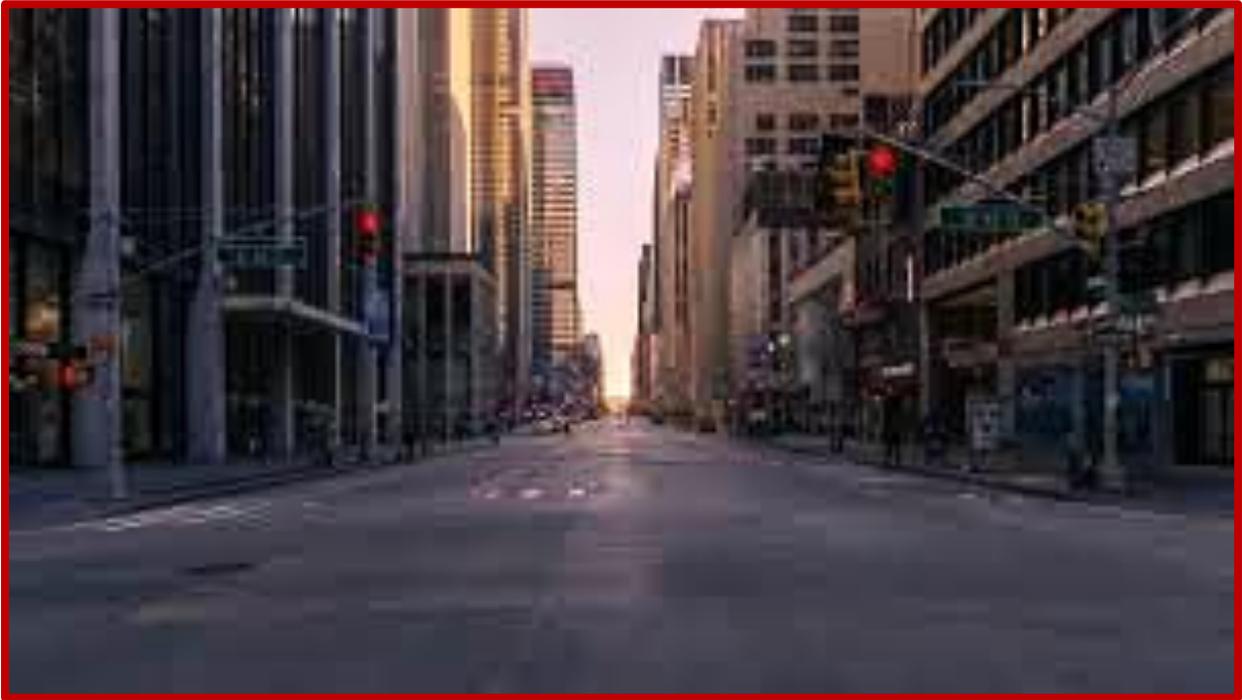
Once again, please take a moment now to go to <https://smile.amazon.com/ch/95-4591949> and register.

Thank you for your support!



Vassie Naidoo
Seiwakai International Vice President
USA Goju Ryu Karatedo Seiwakai
JKF Goju Kai President
Karate for Intercity Kids President

Empty Streets



Empty Dojos

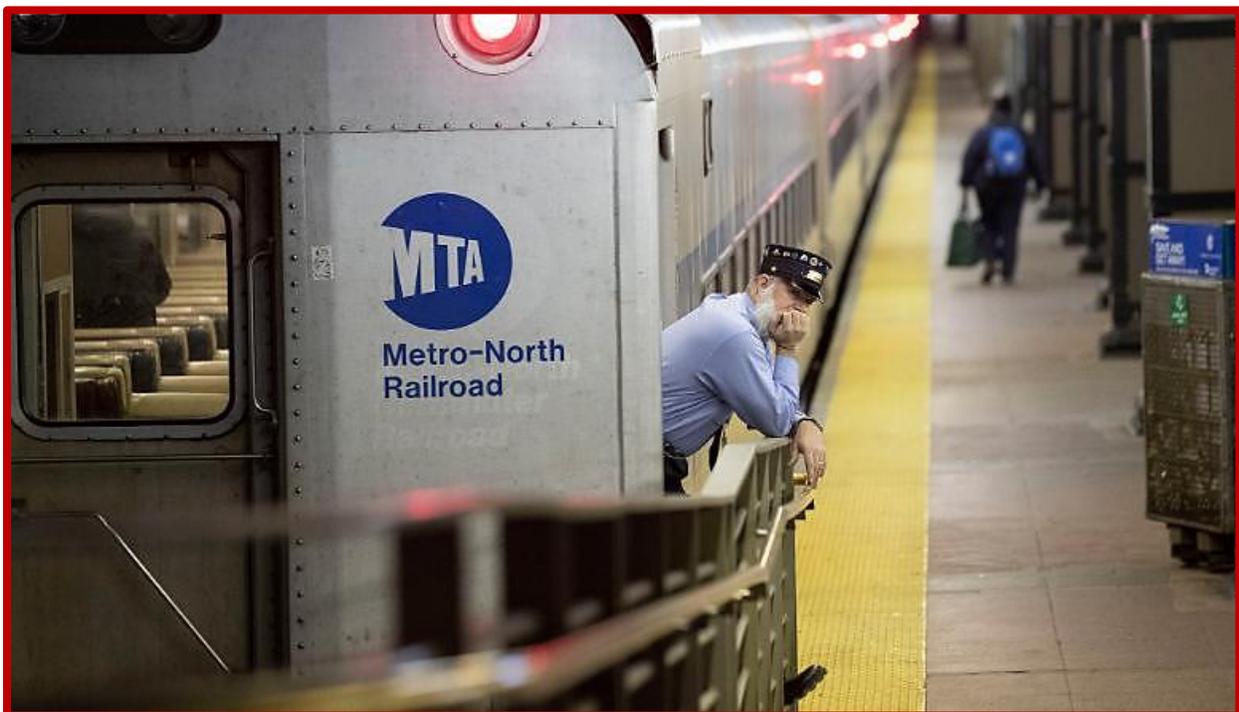


Life has changed for all of us because of the COVID 19 pandemic. Many of the Seiwa Kai seminars in the Pan American region and around the globe have been cancelled. Others have been postponed until a later date when getting together in a public setting is safe. Great Lakes Seiwa Kai canceled their March seminar, and Goshukan Canada cancelled their April seminar as well. Additionally, many of us have closed our dojos until conditions improve.

Here in Ohio, the governor has issued a stay-at-home order, and only essential infrastructure industries and businesses are allowed to operate. This means that all schools, universities, theaters, restaurants, bars and most businesses are all closed. All events and meetings have been cancelled, and the general population is allowed to go out only to the grocery store or to seek medical attention. Streets are empty and store shelves are barren of certain necessities.

Other US states and other nations around the globe have been much more severely affected than we have been in Ohio. In Japan, the legislature has given the prime minister the authority to declare a national emergency if things get worse. Presently, all schools in Japan are closed, and travel is restricted. As a consequence of conditions around the globe, Fujiwara Hanshi has had to cancel all Seiwa Kai seminars until at least October. I don't believe that anyone was surprised that due to concerns over the pandemic the 2020 Summer Olympic Games in Tokyo have been rescheduled for July 23rd through August 8th 2021.

One can only hope and pray that this pandemic ends quickly, and that all of our Seiwa Kai family and friends stay safe and healthy.



Grand Central Terminal New York City



USA Goju-Ryu Seiwakai Karate

Dear USA Seiwakai Members,

These are very strange and stressful times, and I know every one of us is feeling that stress. The stress of sickness, of the market's decline, lack of certain supplies and groceries, worrying about our incomes, political bickering. You are not alone.

Remember that Seiwakai International is a strong family, with all the camaraderie, support for one another, respect, and love that many of us wish were more evident in our own families. Let's remember our strong bonds and communicate with our students and peers about our fears, ideas, and plans on how we will survive this chaotic time. Ask for and share your support and your ideas. We need to show our character and caliber to our communities, while taking care of ourselves and our families. We WILL survive! It is important to train for what is *beyond* this virus. Don't let your mind stop here and now. Look beyond.

It is of utmost importance to not give up on your training or your teaching, now more than ever. Even if your dojo is shuttered, there are ways we can reach and teach our students through videos on your Facebook or web page, linking them to a Zoom video, or any creative way you can come up with to share. Your students will love and appreciate you for going the extra mile and will certainly return when your dojo reopens.

Absolutely step up your own self-practice as it will serve you in both health and in improvement to your Karatedo. Goju-Ryu *jumbi-undo* and *kata* keeps us supple and our bodies alive from head to toes. Return to basic *waza* and become an example to others. Get after that heavy bag and SWEAT! It will keep you healthy and reduce your stress levels. You will deepen your own understanding of this very deep art.

I know many of us are disappointed about the cancellations of so many training events. It is for the best. Don't lose sight that next year is Seiwakai's 50th anniversary. Keep your eye on that prize and plan to attend the USA Gasshuku in November of 2021 or the International Gasshuku in Japan in July 2022 and re-unite with your karate family. We will have other opportunities before then. We will have much to celebrate!

Be well, vigilant, and take care of yourselves, your family, and your neighbors.
All the best,

Jim Pounds
President – USA Seiwakai

***“The ultimate goal of karate lies not in victory or defeat
but in the perfection of the one's character.*”**

The Omagari Budokan is Reborn



The Omagari Budokan, which has been a popular venue for 40 years, has been undergoing a complete renovation since June of last year. It was recently completed on March 20.

The Budokan is designed in the Namako-kabe tradition which is one of the popular Japanese wall painting styles. As you pass through the entrance, the silhouettes of kendo and judo greet you, and the aroma of natural wood fills the air. When you enter the martial arts hall, you will find an upper level where the instructor sits which gives the building a dignified atmosphere.

The tatami mats in the martial arts hall can be detached, so that both kendo and judo can be practiced. These mats can also be deployed as a sub-arena of the Omagari Gymnasium. Since there is no wall separating the spectator area from the martial arts hall, you can watch with an engaging sense of reality.





Saving Our Lives

By James Pounds

Has karate saved your life?

Maybe you were in a dire straight and had to fight your way out. Perhaps you were attacked and were simply trying to survive. No doubt, karate gives us the fitness, awareness, quick reactions, and actual devastating techniques, which we practice again and again and again until they become a part of us. We engage in kumite in order to understand how to do damage control, how to move and distance ourselves for effective attack and defense, and to hone our toughness. That is all good, necessary, and as it should be.

But what about the rest of us who train and have never needed to use our skills for defense? Congratulations. You've been doing something right but keep training and fighting. Enhance your skills and your fight savvy because you do not know when the day will come when your life may depend on those skills. Violence can be random and chillingly brutal.

I don't mean to say we must walk around in a heightened state of paranoia, but we should trust our intuition in all situations. Most of the victims of violence or crime that I have known later realized and admitted they were not practicing awareness. They were drinking. They had their face in their phone. They were unaware of their surroundings. Criminals and sociopaths, like lions, look for the slowest animal in the herd, which in the case of human beings, are those who aren't practicing and projecting awareness.



Feelings have nothing to do with it. When you don't feel like training, force yourself to do it – especially your kumite. It is almost a certainty that the day you will be accosted will be when you are having the worst day possible. Why? Because when you're having a terrible time, you probably are not focused in the now. You are distracted and to a lion, you now look like a victim. Learn to force

yourself to perform when you least feel like it, so you will learn how to switch yourself ON regardless of how you feel.

In the book *Dune*, by Frank Herbert, the protagonist had a fighting coach. The fighting coach (sensei) arrived at the protagonist's door and announced that it was time to fight train.

"I don't feel like it right now," said his student.

"Feelings? What do feelings have to do with it?" answered his coach. *"Do you think you'll get to choose how you feel when you must defend your life? Doubtful."*

They trained.



The interesting paradox about our practice of karate is that the more adept we become it seems we need those skills less. Perhaps we are calm and centered. Perhaps we don't feel we have anything to prove. Probably we exude more confidence and awareness. Karate practitioners project ki (chi) and the world around them feels it. It is usually very good energy, but it can also be very forceful energy that acts as a deterrent. Our training enhances that energy.

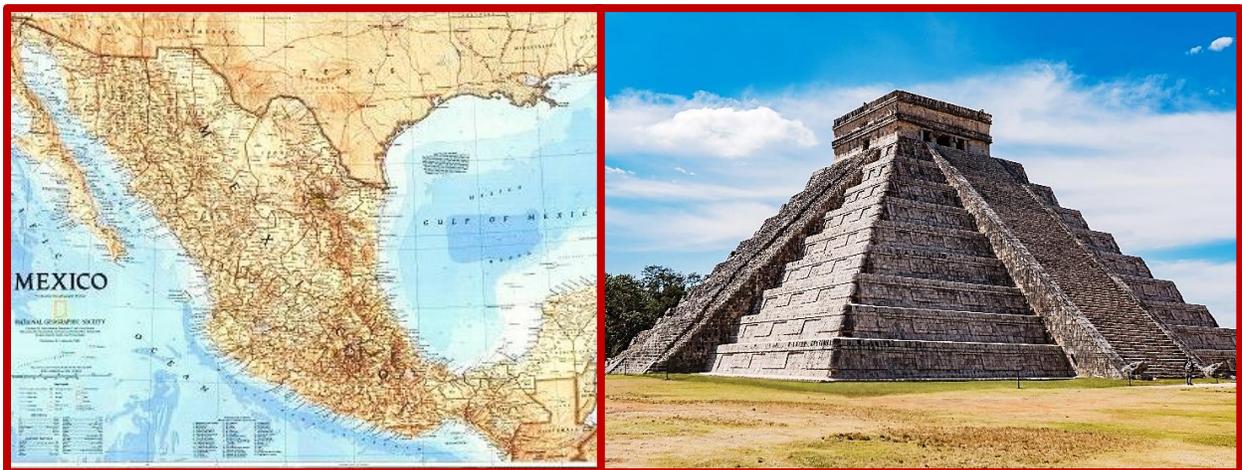
If you haven't been in fights or had to defend yourself, think of the times karate saved your life by giving you an outlet to kick, punch, and scream. Reduced your stress. Kept you sane. Yes, those are also lifesavers. Let's give our art some credit.

Looking Forward

The 2020 Pan-American Seiwakai Seminar is scheduled to be in Mexico this coming November.



Make Certain that your Passport is Up to Date!



Seiwa Kai Around the Globe



Goju Ryu Karatedo Seiwa Kai International



President: Seichi Fujiwara Hanshi



Vice President: Satoru Takahashi



Vice President: Vassie Naidoo

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(Europe)



Abel Figueiredo
(Europe)



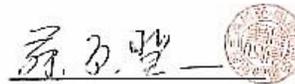
Craig Vokey
(Pan America)



Eddie Liu
(Asia)



Goju Ryu Karate-Do Seiwa Kai International
Member of
All Japan Karate-Do Federation
All Japan Karate-Do Federation Goju Kai



Seichi Fujiwara (President)

“Lead them by political maneuvers, restrain them with punishments: the people will become cunning and shameless. Lead them by virtue, restrain them with ritual: they will develop a sense of shame and a sense of participation.” Confucius 孔子 (Koshi)

Seiwa Kai Slovakia Seminar February 2020 Instructed by Rastislav Mráz Shihan



Radoslav Kurinec – Each seminar with Shihan Mráz is a wonderful experience. Every time I am focusing on another part of technique. From this seminar I learned how hara is really working. It's very easy and at same time unbelievable hard to use hara in correct way. Only practicing and trying to move/start/rotate hara will take me years.

Marek Bolla – This was a great seminar with a deep examination of Sanchin kata with lots of practical experiences focused on internal energy. Even after practicing karate-do for many years, there is still lots to learn and to practice. By improving our basic technique (kihon, kihon-ido) we improve our karate-do. Not only our techniques but also meanings and understanding. This was confirmed by different exercises performed during this seminar. Thank to Shihan Mráz for teaching us. I am looking forward to next seminar.