

**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 42: May/June 2020**

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:
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Kawase Hasui – *Kisaki Lake in Shinshu*
Pan-American Seiwa Kai Newsletter
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A Message from Fujiwara Hanshi

Dear all Seiwakai Members in the World,



The COVID-19 spreads out in the world. That's nobody's fault. I would like you to give strong attention toward the situation.

Think like you have the virus, and act to not give the virus to other people. Your kindness and thoughtful consideration must be important to overcome this circumstance.

Let's endure this hardship with everyone and wait for the day when we see each other again. This is my dearest wish.

Don't be struck by others, don't strike others, don't let anything happen to you. In other words, nothing happens is the best. This is the spirit of Karate-do.

Thank you.

Sincerely,

主席師範 藤子 聖一

Seiichi Fujiwara

On the Road to Recovery



As you probably know by now, Vassie Shihan severely injured his right shoulder and arm moving a large file cabinet in the Honbu Dojo. He had placed the cabinet on a dolly, and as he was moving it, one of the wheels got caught in the tatami. The file cabinet began fall off and was headed toward the mirrors. Vassie grabbed the falling cabinet and successfully saved the mirrors. However, he severely damaged his shoulder and arm in three different places.

After enduring the pain for a while, he realized that it wasn't going to heal on its own. He scheduled an appointment with an orthopedic surgeon. He was told that three different surgical procedures would be required to repair the damage, and surgery was scheduled for the end of March.

Then the COVID 19 pandemic hit, and all non-emergency surgeries were cancelled in California. Fortunately, one morning he received a call from his orthopedic surgeon

saying that his surgery was scheduled for the next day. His doctor was convinced that the extent of Vassie Shihan's injuries made the surgery necessary.

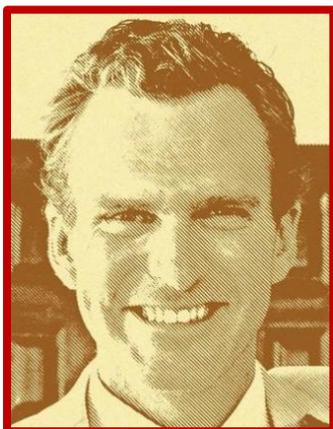
It took 4 ½ hours to complete the repairs to his shoulder and arm. After he was released from the surgical center, Vassie Shihan's children began caring for him. Mallica took charge and became his "drill sergeant" ordering him to take his medications and to take them on time. (Thank you Mallica.)

I recently spoke with Vassie Shihan and he shared some good news. His progress is going so well that he was told that his recovery time has been reduced from the typical 6 to 8 months to about 3 months.

Vassie Shihan also mentioned that it appears that during this pandemic, all of our seminars will be taught remotely. Each continental organization will have its own remote seminar taught by Fujiwara Hanshi and Vassie Hanshi. Because of the time zone differences, a world seminar just won't work. Seminar sessions will be conducted separately for Yon-dan and below and for Go-dan and above. More information will be forthcoming.

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.

Pan American Zoom Training Schedule with Vassie Naidoo Hanshi



From William Robertson

In an effort to continue the training at the Hombu dojo, Vassie Hanshi has been offering Zoom classes as follows:

- **Children's classes** are from 4:30 to 5:30 on Monday and Wednesday.
- **Adult classes** are from 6:00 to 7:00 on Monday, Wednesday, and Friday.
- All times are Pacific.

On Saturday, June 6th we will be offering a **special 2-hour class** which will begin at **9 AM, Pacific** time. Please join us for 2 hours of great **training with Vassie Naidoo Hanshi.**

All members of the Seiwakai family are welcome to attend.

This special training is not limited to the Pan American region.

Click on the zoom link: <https://zoom.us/j/3109684862>

Here's a few tips to make the "dojo view" the biggest image on your home screen:

On an iPad:

- Go to "Active speaker" on the top left side
- Tap the dojo screen not the "Vassie Naidoo" screen.

On mobile phones

Double tap on dojo screen to make it your main screen.

laptop/computer

- Click on the dojo screen
- Find the three dots on the right top corner
- Scroll down "pin video"

Here is the link to the PayPal donations page for the Santa Monica Dojo.

<https://www.paypal.com/donate/?token=zYjIj3pfDi0PnvKdQLYaSK0gTZmrNh9dfFqzeVYK-oTb45nYP-4NJV1gYWWlxk1ZrCX1oW&country.x=US&locale.x=US>

There is also a new button on the website near the contact section on the top right of each page.
<http://www.karateofla.com>

Please use the button or the link above to make donations for the special extended virtual session on June 6th and of course for donations of other kinds.

Please remember to show up a little early the first few times to iron out any IT related issues.

Shuseikan Seiwa Kai Canada

A New Member in the Seiwa Kai Family

Fujiwara Hanshi recently recognized Shuseikan Canada as a member of the International Seiwa Kai family. Shuseikan Canada is led by Sensei Michael Beardwood who holds a Roku Dan in the Seiwa Kai and a Go Dan in the JKF Goju Kai. He is the Chief Instructor of Kumanomori Martial Arts in Hamilton, Ontario and is currently helping to establish a new dojo in Welland, Ontario.

Shuseikan Canada is a member of Karate Canada and the JKF Goju Kai, and like all Seiwa Kai organizations, they endeavor to guide their students to develop their Karatedo and improve their character.



Other Instructors of Shuseikan Canada are:

- Sensei Paul Barrington 4th Dan Seiwa Kai, member of Kumanomori Dojo
- Sensei John Passmore 4th Dan Seiwa Kai, member of Kumanomori Dojo
- Sensei James Wyatt 3rd Dan Seiwa Kai, owner and Chief Instructor of Kazoku Martial Arts & Fitness Centre in Cambridge, Ontario



Michael Beardwood



Paul Barrington



John Passmore



James Wyatt



From the Women's Advisory Committee

A Mental Journal – Female Competition

By Sam Parsons

In January 2020, I decided to attend a competition for the first time since Fall 2015. My previous competitions comprised of hit-or-miss experiences, mostly disappointing since there was a lack of people in my division due to sex, age and rank. The day came around; I drove two hours to the school where the event was hosted. Again, I seemed to be faced with little-to-no competition due to my age, sex and rank. I decided then that I would rather use this experience and observe – to try and identify potential reasons why I was the only one in my division who wanted to compete in kumite.

After stretching out from the early morning drive, the competitors and their teachers lined up “by school.” As I ventured to this event alone, I initially felt uneasy making my own line, but then I remembered, “I am here, and I am strong.” I quickly shook off my doubts and stood proudly. I even got to bow for Shihan Pounds as a representative.

Youth divisions started off the competition. As I watched, I noticed a girl around the age of 6-7. She had just performed her kata and realized her mother did not make it to see her. She was bawling because she wanted her mom there to see her kumite. It was heartbreaking to see her father's many failed attempts in consoling her turn into frustration because his child would not stop crying. I wanted to reach out to her and tell her I would cheer her on and that I was alone too, but I didn't. I wish I had. Perhaps this is one of the reasons we see less women. There is a lack of support. This little girl's turn came to spar, and she continuously looked out to the crowd instead of focusing on the task at hand. Her mom arrived about 5 minutes late looking as if she had just jumped out of the shower...would she had been on time if she skipped the shower? Which was more important?

A while later, another Sensei came up to me and asked about Shihan Pounds. He mentioned “Oh, I should come train with ya'll sometime...” While I do try to be positive, all I heard was a false promise. Dreams and wishes are great, but they must be worked for.

About 3 hours into the competition, there was an 8-9-year-old kumite match between a female and male. This really excited me as it by far took the cake for the best match of the morning. Not only was it awesome to see a boy and girl compete, but there were many fantastic techniques as well. Moving in, attacking at different levels, and fighting spirit.

One of the next things I noticed – there were absolutely NO female judges. Since we were hardly approaching the 10-year-old division, I knew my brain was free to wander for a bit. I asked myself why this is the case, why would a female even want to be a judge? I brought this full circle and compared it to the little girl's mom who missed her compete. Does one little competition seem unimportant? If there are plenty of judges, why bother? If that is the case though, why are there still men judges?

The last observation I had was at the competition end. Although there were only 2 females in my division for kata, and only me for kumite, we were skipped for photos and announcements. The equivalent male division though was highly celebrated. The Senseis and the event coordinators all wanted to take pictures with the males. Though I did not really mind, I can see how that would impact a child to think only the men get to be celebrated.

Think back to when you first saw something inspiring, especially karate related. For me, I saw a few green belts running a kata. I thought it was the most beautiful thing, but to them, it was a routine kata practice. Similarly, think about a competition from a child's perspective- attending this crazy event where everyone wants to perform and compete, and at the end only men receive congratulations. Should that not be an experience where they feel embraced into a karate family even if it is not their own dojo? I believe if we work to approach our art from this perspective of a child, we will be able to cultivate an environment of equality and ultimately build all members up together.





Eiichi Miyazato on Sanchin 三戦 Kata

As we all know, Sanchin kata is fundamental to our style. In Goju Ryu Karatedo Seiwa Kai, we are lucky. We regularly receive excellent and detailed instruction not only in Sanchin Kata but in every other aspect of our style. Our roots are deep and go directly back to Miyagi, Miyazato, Yamaguchi, Tasaki, and others. Much of the rest of the Goju Ryu community is not nearly so lucky.

After rereading Eiichi Miyazato's book, *Okinawa Den Goju Ryu Karate-Do*, I decided to include his thoughts about Sanchin Kata in this issue of the newsletter. Eiichi Miyazato was a senior student of Chojun Miyagi, and after Miyagi's death in 1953, he was selected to continue the teaching at the Miyagi dojo. He was awarded the title of Hanshi by the All Japan Karatedo Federation (JKF) and was also an Advisor to both the JKF and the JKF Goju Kai. Since all of Miyagi's written work was destroyed during the Pacific War, Miyazato's written words provide an important perspective on what is fundamental to our style.

Tasaki Hanshi, Vassie Hanshi, and other members of the Seiwa Kai trained with him at his dojo, the Jundokan. Moreover, Vassie Hanshi and Leo Hanshi had the opportunity to interview him.

Sanchin is the fundamentals of Goju Ryu Karate.

The aim is to train three essential elements of Budo, Ki [energy], breathing and the body.

"Ki" is the mysterious power that cannot be seen with the eyes and emanates from the entire body to suppress and overwhelm an opponent.

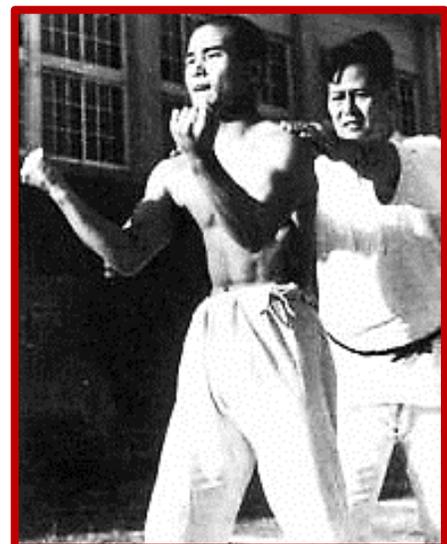
The "Breath" consists of breathing methods, breathing for life and breathing to strike an enemy.

The "Body" represents the muscles and bones of which we are composed of.

"Zen": there is sitting meditation, standing meditation, laying meditation and moving meditation. Sanchin is moving and standing meditation.

In Sanchin the most important things are correct posture and correct breathing. The human being is a living creature. We cannot temporarily stop breathing. Correct breathing depends on correct posture. In proper Sanchin stance, strength must be focused in the Tanden, and the backbone must be straightened correctly. The Tanden is often said to be just below the navel, but in actual fact, it is not an area that can be located by external references. It is the place that tightens when one laughs or when one breathes deeply.

The martial arts are expressed in short words: (1) Eyes, (2) Legs, (3) Heart, (4) Strength. However, the most important part of all of these expressions is posture.



Correct posture consists of closing the mouth, drawing the chin down, straightening the neck bones, straightening the neck muscles, which in turn will pull the back muscles

straight. Zazen [meditation] instructs to “bring the ears and shoulders together in one plane, nose and navel in another plane (straight)”. “Choshin (body control)” and “Chosho (breath control)” requires rigorous training.

By assuming this posture, the muscles running down both sides of the neck to the chest tense, resulting in the correct extension of the backbone. When the backbone is correctly extended, strength is concentrated in the Tanden.

Repetition of this movement will develop the abdominal and oblique muscles. This has a significant effect on the body.

When the muscles of the chest area tighten, it affects those muscled below it, lifting the stomach and intestines, which in turn stimulates them.

As the abdominal muscles develop, the abdominal region as a whole will naturally develop. Thoracic breathing becomes habitual and shallow breathing, which causes shoulder movement will cease. Breathing with the shoulders is not a normal way to breathe. When thoracic breathing is continually practiced, what is natural will come, together with the spirit.

If posture is not correct. It will impede the circulation of the blood. Unity of the spirit will be lost. This turbulence causes the loss of strength to the hips and legs.

There are Yin and Yang principles in the way of breathing. The Yin is breathing with the mouth partially open and exhaling in short sharp breathes. The Yang is opening thw mouth wide and exhaling in long breathes that originate from the base of the abdomen. The Yin breathing may be felt as cool air when the hand is held in front of the mouth when exhaling. The Yang breathe feels hot.

The way in which you breathe may be divided into 5 categories.

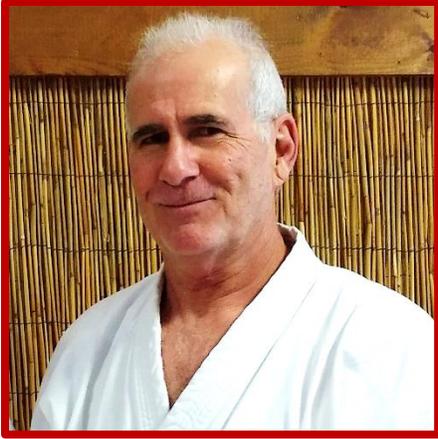
1. Deep inhalation Long exhalation
2. Deep inhalation Short exhalation
3. Shallow inhalation Short exhalation
4. Shallow inhalation Long exhalation
5. Combination of 1, 2, 3, and 4

Sanchin begins calmly and finishes calmly. There is calmness in the movements, and all of the movements take place in a state of calm. Calmness and movement are dichotomies. In other words, calmness and movement are Yin and Yang.

Goju Ryu Karate is said to begin and end with Sanchin. The depth of Sanchin is immeasurable in the training of the “Ki”, ‘breathing”, and the “body”, and is sufficient to develop an immovable spirit.

Techniques for attack and defense with the correct power are all possible with the proper methods of breathing and proper posture.

The training of Sanchin is conducted within the limits of one’s body. There are no limits on the number of times that one punches or the number of times one advances or retreats.



WHAT DOESN'T KILL US ...

**By Jim Pounds,
President, USA Goju-Ryu Seiwakai**

I have been struggling with teaching solely by Zoom Meeting and wondering if you are feeling the same. Video teaching and training is better than not training, and I see certain uses for it in our karate futures, but it can never take the place of in-person, face-to-face training. I think we all know that.

I struggle with the limited screen-views I have of my students. Often, I can't see their feet or stances, and having a gallery view of multiple students makes it difficult to focus on any of them. They can see all of me because they have me pinned full-screen, and before starting, I always make sure that my camera is aimed to show my feet, so I hope they are at least modeling me as the instructor.

I can teach private lessons fine with Zoom because I can pin that student full-screen and am able to concentrate on only one student. Of course, my student may be videoing in their living room and is likely space confined. Sometimes I cannot see their stances or follow an entire kata embusen because they run offscreen. In some instances, by communicating with the student what my screen view is, the screen view can then be adjusted and improved but not always because of their limited workout area.

I have also realized my classes need to be shortened, especially my youth classes, because their attention span wanes more quickly than during in-person training. They are often distracted by environmental factors, like pets or younger siblings wandering into the space. For this reason, I have shortened my typical one-hour youth classes to 45 minutes.

So, what's next for us instructors?

We owe it to our communities to protect our families, our students and their families, and ourselves. I hope I am wrong, and will be happy if I am, but I believe we are going to see a second, perhaps more severe and certainly more widespread Corona spike due to the fact that many people are not following recommended protocol regarding distancing, masks, and sanitizing. The infections and deaths are still increasing and yet we are letting down our guards. Bad Corona as well as kumite practice.

Even if I could soon return to teaching in my public dojo, which is in a local fitness center, I doubt if I would yet. Texas just approved 50% occupancy for gyms and fitness centers. So how do I

manage that? Triage my students? Teach more classes? Not to mention, I cannot seem to work out in our typical cardiovascular fashion while wearing a mask.

The next step I see for my group is a move to outdoor classes with good and appropriate distancing and no kumite or partner work. I will encourage a family member to come and act as an uke or as bag holder for their son or daughter. This way, we can see each other in person and re-establish that camaraderie and energy that is such a part of karate training while staying safe.

Hopefully, by this fall we will be able to safely train in closer proximity together. With that in mind, I plan to keep a lighter schedule over the summer and encourage all of us to self-practice, continue some Zoom meetings, and try the outdoor trainings. Do not underestimate the benefits of an occasional sabbatical to renew and refresh. I am fortunate not to rely on karate instruction as my primary income source and I know some of us are truly handicapped by ongoing overhead and lack of income streams. I only pray it gets better sooner than later, and that we will look back on this before long and reaffirm that what doesn't kill us makes us stronger.

And isn't that a huge part of our training?

Looking Forward



2019 Pan American Seiwa Kai Seminar

Dear USA Seiwakai Dojos and Sensei,

Due to the uncertainty around the world from the Covid-19 pandemic, Vassie Shihan and I have decided this year it would be best for all USA and Pan America dojos to hold our USA Seiwakai Seminar and Grading in Santa Monica, CA rather than Mexico. There were several reasons that helped us make this decision:

- ~ International air travel is, and may well be, more difficult than domestic because of the virus.
- ~ It has been difficult for our karate family in Mexico to get commitments from resorts because they don't know when they will be operating again, and at what capacity,
- ~ It will be easier to cancel flights, hotels, and venues here should the virus impact the November training.

We are planning to hold the November Seminar in Mexico **next year** (2021) when hopefully this will all be in our rearview mirrors.

The Honbu Dojo will begin making venue reservations and we will have information forthcoming soon.

I hope you will begin making plans for this November. With so many seminars having been cancelled on into the summer, we are looking forward to training together, especially with Fujiwara Shihan.

On behalf of Shihan Vassie, myself, and the USA Seiwakai Board of Directors,
Best regards and stay well!

Jim Pounds, President

Seiwa Kai Around the Globe



Goju Ryu Karatedo Seiwa Kai International



President: Seiichi Fujiwara Hanshi



Vice President: Satoru Takahashi



Vice President: Vassie Naidoo

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Abel Figueiredo
(Europe)



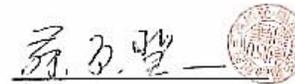
Craig Vokey
(Pan America)



Eddie Liu
(Asia)



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



Seiichi 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)

Blasts from the Past

1990s Photos from Ben Mare



The South African “Brats”
Above Left to Right
Leon Mare
Vassie Naidoo,
Ben Mare
Gavin Labuschagne



Left: Seiichi Fujiwara

Sad News

From Rastislav Mraz



My heart is filled with sadness.

On April 12th my and our friend, a great karateka and a great fighter Zlatko Bogatinovic from Serbia lost his fight with coronavirus at the age of 60.

He was a member of the European Union Seiwakai.

Zlatko, you will stay in our hearts.





全日本空手道連盟剛柔会海外委員

Seiichi Fujiwara, Head

JKF Gojukai Overseas Committee

April 20, 2020

To All Gojukai Overseas Members and Branches

Cancellation of 45th JKF Gojukai All Japan
Tournament

Dear all Concerned,

Thank you for your great cooperation on JKF Gojukai events at any time.

Because of a coronavirus pandemic fashion, the Gojukai Headquarters has regrettably announced the cancellation of the 45th JKF Gojukai All Japan Karate tournament and the following related events.

1. Overseas Kata seminar
2. Dan promotion test (1st to 5th)
3. Dan promotion test (6th to 8th)

I look forward to meeting again all of you after complete termination of everything related to coronavirus pandemic.

Sincerely yours

主席師範 藤子 聖一

Seiichi Fujiwara