

**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 45: November/December 2020**

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

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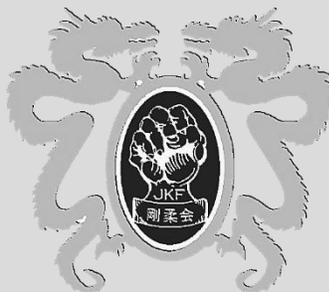


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Shuji Tasaki, Shihan: Seiwa Kai International Founder
Seiichi Fujiwara, Shihan: Seiwa Kai International President
Vassie Naidoo, Shihan: Seiwa Kai International Vice President
Craig Vokey Pan-American Seiwa Kai President**

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Vassie Naidoo: Advisor

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Vassie Naidoo: Liaison
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As the Official Representative for
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Eusebido Montes: President
Vassie Naidoo: Liaison



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Vassie Naidoo: Liaison

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Vassie Naidoo: Liaison

Seiwa Kai Canada
Peter Brown: Representative
Isao Yabunaka: Senior Member



Kawase Hasui Chusonji Temple

Pan-American Seiwa Kai Newsletter Table of Contents

Pan-America Seiwa Kai Past Events and News

- Pan American Virtual Seiwakai Seminar – Page 3
- Always Karateka Never “Just Women” by Terri Herrera-Pounds – Page 6
- That Nerdy Kid from Newfoundland Climbs the Karate Ranks by Randy Pascal – Page 8
- Now I’m a Blackbelt in Karate by William Robertson – Page 11
- Breast Cancer Awareness by Charles Fink – Page 13

Upcoming Events

- USA National Championships and Team Trials 2021 – Page 14

Seiwa Kai Around the Globe Past Events and News

- Seiwakai Europe Virtual Seminar (Yon-dan and Above) – Page 16
- Slovakia Seiwakai by Rastislav Mraz – Page 18
- Seiwakai Europe Virtual Seminar by Marie Tanabalan – Page 19
- Sad News the Passing of Yasuda Tetsunosuke – Page 21

Upcoming Events

- South Africa Virtual Seiwakai Seminar – Page 22

**Pan American Virtual Seiwakai Seminar 2020
Taught by Fujiwara Shihan from Omagari, Japan**





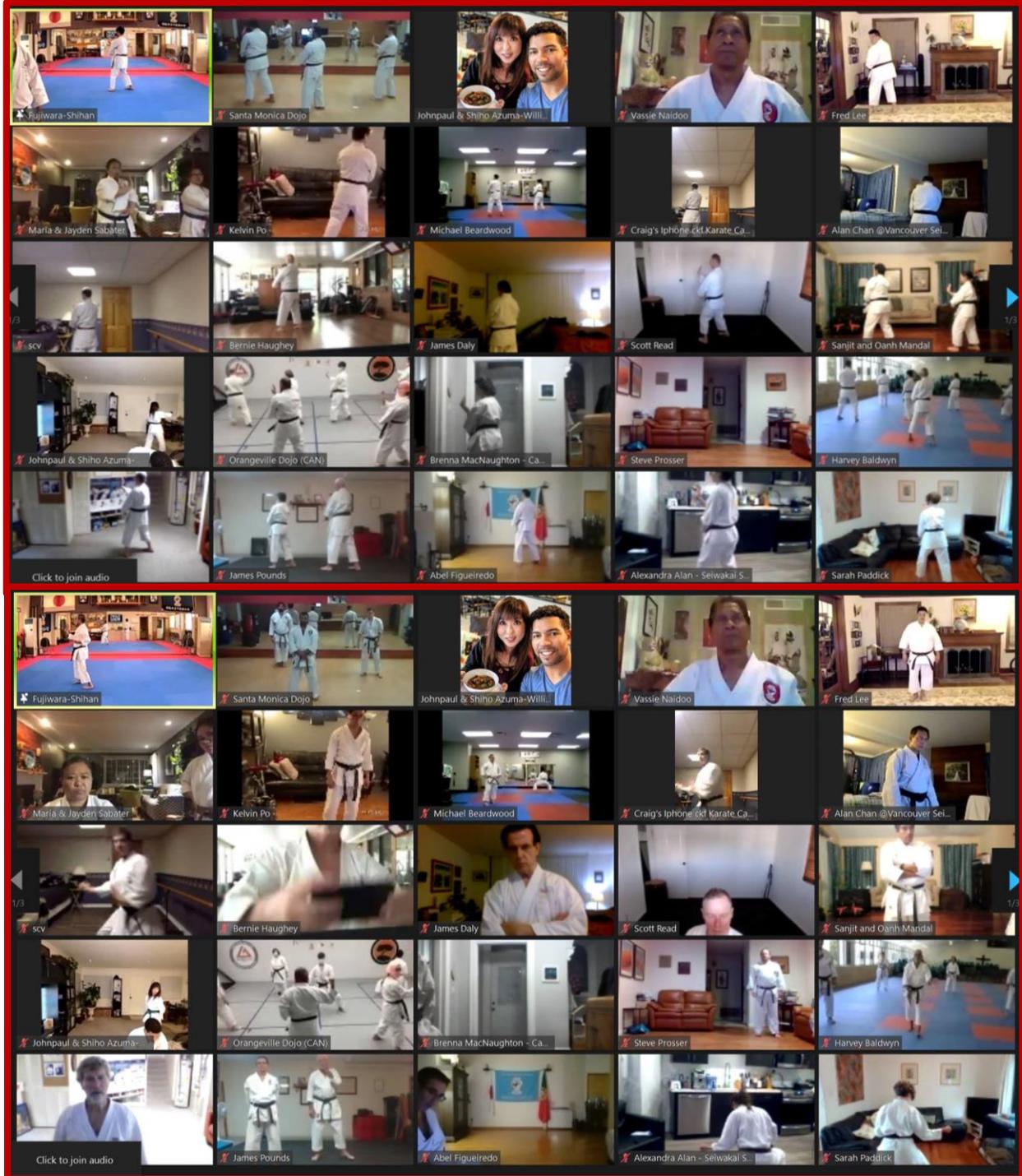
The seminar was on Friday, November 20 and Saturday, November 21 in the Pan American region (which was Saturday and Sunday in the rest of the world) and over 100 members of the Seiwakai family from Canada, Mexico, the USA, Asia, Australia, Europe, and South Africa joined in the virtual Pan American Seiwakai Seminar.

On both days as Fujiwara Hanshi took us through kihon, kata and kumite. There was an interrelationship between these three parts of the seminar. The kihon that Fujiwara Hanshi took us through is found in many of our kata, and also formed the basis of the kumite that was taught. Those dojos that joined in were lucky to have partners with whom they could practice. The rest of us had to practice with imaginary partners.

During the two days we were fortunate to be able to train a total of 5½ hours with Fujiwara Hanshi. During kata practice, he taught the minute details of each kata and made both general and individual corrections in each of the kata from Gakisai Dai Ichi through Kururunfa. We all came away from the virtual seminar with an enhanced knowledge of traditional Goju Ryu.

It was good to see so many of our Seiwakai family at the seminar. The pandemic has kept us apart, and it was a pleasure to see and hear so many old friends.

We all need to thank Vassie Naidoo Hanshi, Seiwakai International Vice President, for organizing this seminar as well as all the other Virtual Seiwakai seminars around the globe. This has kept our Seiwakai family connected during this pandemic.



Always Karateka, Never “Just Women”
Seiwakai International Women’s Advisory Board
 By Terri Herrera-Pounds, Seiwakai Texas

			
TERRI HERRERA-POUNDS USA	MARIE TANABALAN EUROPE	KA MAN CHAN ASIA	
			
JANINE BOOTHROYD OCEANA	TIMMY SINGH SOUTH AFRICA	ELIZABETH UBALDE CANADA	CRISTINA MADRID MEXICO

Session 1: SYDNEY, AUSTRALIA time zone 8pm HONG KONG time zone 5pm KOLKATA, INDIA time zone 2:30pm DURBAN time zone 11am LONDON time zone 9am	Session 2: LOS ANGELES, 9am TEXAS, 11am TORONTO, 12noon MEXICO, 11am LONDON, 5pm DURBAN, 7pm
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The Seiwakai International Women’s Advisory Board (SIWAB) held their first online seminar, November 15, 2020. The seminar was open to female Karateka of all ages and ranks. Two sessions were held to accommodate the various world time zones and ensure everyone had the opportunity to participate.

Session one was led by Sensei Timmy Singh (South Africa), Janine Boothroyd (Australia) and Ka Man Chan (Asia); session two by Sensei Cris Madrid (Mexico), Elizabeth Ubalde (Canada), Marie Tanabalan (UK), and Terri Herrera-Pounds (USA). The Sensei worked various kihon, kumite and self-defense drills, as well as Gekisai, Sanchin and Tensho katas.

The seminar was incredibly well received, with over 200 women in attendance, representing 15 countries. It was inspiring and humbling to have all these fabulous women Karateka sharing training, and group discussion afterwards.

In an art that is predominantly made up of men, it is easy for women to feel marginalized, or even intimidated, especially if there are few women in the dojo. Having a women’s seminar provides an environment for women Karateka to feel supported. It also affords the opportunity for lower ranking women to train under female Sensei – having role models and a feeling of “Yeah! I can do that too!”.



The attendees expressed a desire to have additional seminars in the future, and the SIWAB is looking to sponsor them on a quarterly basis, inviting other women sensei (San Dan and above) to teach as well. It was also suggested that the SIWAB organize a mentorship program for lower ranking women. So, we will be reaching out to Yudansha women to see who would like to participate and pair up!

Fujiwara Shihan has encouraged the senior women to take a lead in bringing women together, and strengthening our standing in the world of Karate, particularly Seiwakai. That was validated when Shihan posted a comment on Facebook about our seminar: *“Thank you, everyone. I expect more and more female members to play an active role in the future. Karate Banzai.”* Thank you, Shihan! And thank you to all the Sensei that helped get the word out and supported this endeavor.



We appreciate you! Arigato Gozaimashita!

All Seiwakai women are encouraged to join the *Seiwakai Women International* Facebook page to keep up with the latest happenings. For questions, feel free to email the SIWAB at siwab2019@gmail.com

That Nerdy Kid from Newfoundland Climes the Ranks in Karate By Randy Pascal in the *Sudbury Star*



So how exactly does one go from being a rather nerdy kid, not particularly sports-minded at all, to becoming one of this country's driving forces in the sport of karate, a man whose opinion carries weight internationally in a whole variety of settings?

Let's ask **Craig Vokey**.

The 54-year-old Sudbury resident, who was born in Newfoundland but moved from Edmonton to northern Ontario on the second last day of 1993, has been president of **Karate Canada** since 2016.

Even more impressive, perhaps, is the fact that he was named to the *Pan American Federation Executive Council* in 2016, the first Canadian to hold a seat at the table in two to three decades, and two years later, was selected as the General Secretary of the *Commonwealth Federation*.

He also founded and has led the **Laurentian Karate Club** since virtually the day that he and his wife (**Susan**) first arrived in Sudbury and was proficient enough in chess to rank as among the top two or three players in the north, at one time, though he doesn't play much at all these days. And yes, he does hold a 7th degree black belt, albeit more as a testament to his dedication to the sport than any real natural talent. "I have seen more uncoordinated people than myself in my lifetime, but not a whole lot of them," Vokey recently joked.

In fact, his accomplishments have far more to do with both a background in organizational behaviour, largely from a volunteer perspective, and the development of skills that would lead to a number of leadership positions, in organizations, over the years, than anything he had stored specifically in his athletic toolbox.

"My mother was always interested in community service and she instilled a lot of that in me," he said. "Besides being a volunteer, even in my young teens, I actually sat on my first board when I was 16 years old."

The *Community Cooperative Housing Unit* became the steppingstone for groups from St John's to Alberta and now Ontario that have benefitted from the benevolence of Craig Vokey.

Still, his breakthrough on a more global setting would come only much later and well after the events that opened his door to karate. "When I started first year university at *Memorial* (in St John's), a buddy of mine wanted to go to this karate class," he recalled. "It was a brand new club and he wanted someone to go with him."

"After two months, he quit, but I stayed."

There were no visions of grandeur, of athletic excellence; just a chance to get out a little and work up a sweat. And for a young man who would steer clear of traditional organized sport, there was something about this new initiative that spoke to Vokey. "Karate was amazingly cool to me," he said.

"The year prior, the first *Karate Kid* movie had come out, so karate was going through a bit of a boost in popularity. It's very structured, a very respectful sport. There was something about it, very different, that really piqued my interest."

It turns out that Vokey was blessed with better than average reflexes, with hand speed that allowed him to be adept, at his level, when it came to sparring - especially with those of a similar background. "I was always a really good weekend warrior," he said.

The father of three would not only establish a karate group at the local university, but help it grow to the point where both he and his students were attending competitions across the province. Recognizing a lack of qualified officials, Vokey would earn his accreditation, becoming a national official by 2006.

His affable demeanour served him well. Gregarious and humble, yet blessed with a keen sense of administrative detail, Vokey was making the contacts that are invaluable when one yearns to become involved more deeply. "I kind of had a reputation as an honest broker, for lack of a better term," he said.

With key colleagues also prepared to tackle the adventure that is a provincial board, Vokey took that leap of faith, serving with Karate Ontario from 2007 to 2013, all while overlapping on to the national scene for the final three years of his mandate. "It started becoming difficult to separate provincial from national, and the time commitment involved was heavy, and we still had a young family," he said.

"In 2013, I finished with Ontario, but stayed on with Karate Canada and was now vice-president." "There is a real shift going from provincial to national," he explained. "As much as Ontario is a big province, everyone is still from Ontario. Everyone kind of knows each other, we know the cities and all that. Once you get on a national board, dealing with Ontario is very different than dealing with P.E.I., which is different than dealing with Quebec, or the Northwest Territories."

But Vokey was very much at home in this new domain. His years of experience in volunteer-led organizations had prepped him well for the task at hand as he ascended to the very top of the hierarchical pyramid at Karate Canada.

"I am learning every day, that's for sure, but I think one of the skill sets that's really helped me is the ability to get people to play nice in the sandbox, to kind of bring people together. My approach is always to share information, with everything based around ethical decision making."

"That's always served me well, even if there is always a challenge in waiting." His was a process that earned Vokey a great deal of respect outside of the Canadian borders.

In 2015, he was selected to be the *Sport Organizing Chair* for the sport of karate at the **Pan American Games** in Toronto.

"Working with broadcasts and all of the logistics and everything else was an amazing experience," he said. "Through that, I was introduced to the world president and the Pan American president for karate, as well as a number of movers and shakers in the sport in the world."

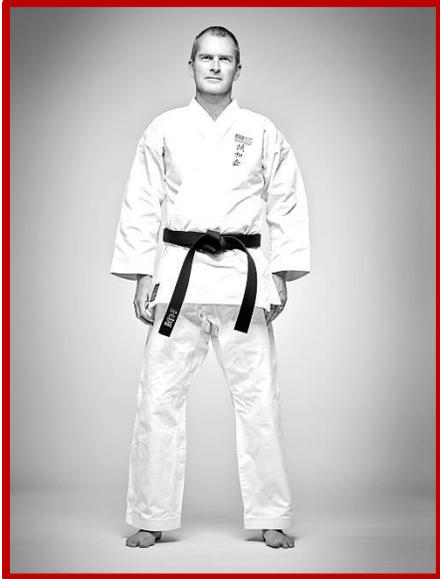
The travel is nice (in non-pandemic times), as is the opportunity to witness first-hand some of the sport's greatest competitors. Still, Vokey sees bigger picture benefits to his roles. "I've been able to further a few issues for Canada, to help out some of our athletes," he said. "My involvement has been very good for our country."

And on a personal level, it's been perhaps even better.

"I've gone so much further than I ever thought I would," he said. "Karate has been so good to me." Not at all bad for that nerdy kid from Newfoundland.

I'm now a Black Belt in Karate

By William Robertson



This style of Karate is traditional Okinawan Goju Ryu. Yes, it's a lot like Cobra Kai except we talk less and fights don't break out in the streets as much.

It's been 4 years since I started training; twice a week in the dojo and almost every other day on my own. My wife, the amazing Amanda Robertson, challenged me by giving me my first white 'Gi' uniform and the white belt that came with it. I'd been threatening to start Martial Arts for years, but was concerned I might stub a toe or break a nail; she pushed me in the pool. I chose to swim.

Nothing that came before this challenge prepared me for the intensity of what lay ahead. Goju Ryu Karate is full contact, heavily populated by incredibly strong men and women in their 20's and it requires ballet-like flexibility.

Photo credit: @tcwills Tatiana Wills Photography

My youth sports didn't have contact. I'm not a big dude ... and my flexibility is questionable. As a low level soccer player, a college varsity squash player and an entitled east coast tennis preppie, I was laughably unprepared.

Just like the first 10 days of learning to surf, I came home bruised and bloody from Karate. But just like the experience of learning to surf, I was hooked on Karate immediately.

Our Sensei, Vassie Naidoo, is the head instructor for the Americas. He is one of the kindest people I know. He is also the strongest and most unforgiving trainer you can imagine. It's an amazing workout. You burn 1200 calories an hour. You feel 10 years younger. 'Dad-body'minimized. Self defense ... check.

The fitness and strength are easy to imagine. But it's the other stuff, that you don't anticipate, that matters more.

I was so incredibly scared the first time I was sparring with another man my size. How do I manage this fear? The answer, as it is with anything... is.... practice. The only way to get even remotely comfortable with someone trying to hit you in the face and kick you in the ribs is to engage in that experience over and over and over... and buy pads.

In the early days, I was panicked. Getting beat up was painful, exhausting and terrifying. Now, well ... Now I can shape the fear and hold it without getting burned. I still get thrown, but less. I still get kicked, but I'm relaxed when it happens. I still get hit, but now I'm very good at hitting back.

I'm reminded every time I train that I am not entitled to anything, no one is, and this is especially true in the Dojo. There is no appreciation for average work, and exceptional work is only rewarded by getting to learn the next thing.

As for the inner journey, that's the best part.

My 'fuse' is much, much longer. When you practice finding peace in a fist fight, the little injustices of life and work don't sting as much as they used to. Delay and hesitation no longer generate as much frustration. Ignorance and greed no longer enrage. Deeper control softens and strengthens the way I lead.

Confronting fear makes it easier to avoid conflict altogether. This is true in the dojo, in the street, or in the boardroom. Confronting fear of the future makes it all seem more like a great adventure. It's still early in the journey, but I'm grateful for this significant milestone and truly excited for the unknown.

....and I love my new belt.

Thank you Vassie Naidoo Shihan, James Daly Sensei, Edison Valente Sensei, Mallica Cooper Sensei, Jamie Duggan Shihan, Seiichi Fujiwara Hanshi and all the very powerful men and women that stand by my side at the Dojo in the pursuit of balance and greatness.

Forever love to you Amanda. Thank you.

Breast Cancer Awareness

By Charles Fink

For the last few years, the Charles Fink Karate Dojo has engaged in fundraising and awareness building activities in support of “Breast Cancer Awareness Month”. During the whole month of October, all Dojo members exchange their coloured belts for pink belts – this is our spin on the traditional pink ribbon typically worn for this campaign.



I am proud to announce that this year, Dojo members raised \$550 that we directed to the Northern Cancer Centre (Sudbury) Luncheon for Hope. Considering that we are in a societal lockdown and that most of our normal fundraising activities (self-defense seminars, movie nights, etc.) we cancelled, I am really, really touched by the generosity and engagement exhibited by all our members. Even our youngest students dug deep and brought in their loonies (Canadian one-dollar coin) and

toonies (Canadian two-dollar coin) to help.

Cancer doesn't take a break during a global pandemic and I am pleased to see that giving doesn't either. In fact, so many people engaged in the campaign that our supplier ran out of pink belt belts.

We are all looking forward to doing this again next year – <https://finkdojo.com/hope/>



USANKF National Championships and Team Trials July 12 through 19, 2021 in Chicago, Illinois



Member, U.S. Olympic Committee



Seiwa Kai Around the Globe



Goju Ryu Karatedo Seiwa Kai International



President: Seichi Fujiwara Hanshi



Vice President: Satoru Takahashi



Vice President: Vassie Naidoo

SEIWAKAI INTERNATIONAL CONTINENTAL DIRECTORS



Ben Mare
(Africa)



Glen Stephenson
(Oceania)



Gurmit Singh
(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)

Seiwakai Europe Virtual Seminar November 29, 2020

By Fujiwara Shihan from Omagari, Japan

From Paul Penasse

Editor's Note: This seminar was available to all Seiwakai Members Go-dan and above and to Seiwakai Europe members Yon-dan and above.

Gotta say, 2.5 hours of training in the living room, online in front of the tube, but it happened so fast... the level was TOP and I'm not just saying that. Sanchin, Tensho and then further from Seipai to Suparimpei in detail. For the higher degrees and that's also possible. This way the point stays sharp, the pebble keeps shining. Walking a figure is not difficult, analysing a kata and carrying it to the deepest fibre. Yummy

Many thanks to the European responsible for this initiative, thank you Fujiwara Shihan for giving us this and thank you Kei Kato for the assistance in Japan Honbu Dojo. Domo arigato





Slovakia Seiwakai From Rastislav Mraz

Hallo Seiwakai family and friends,

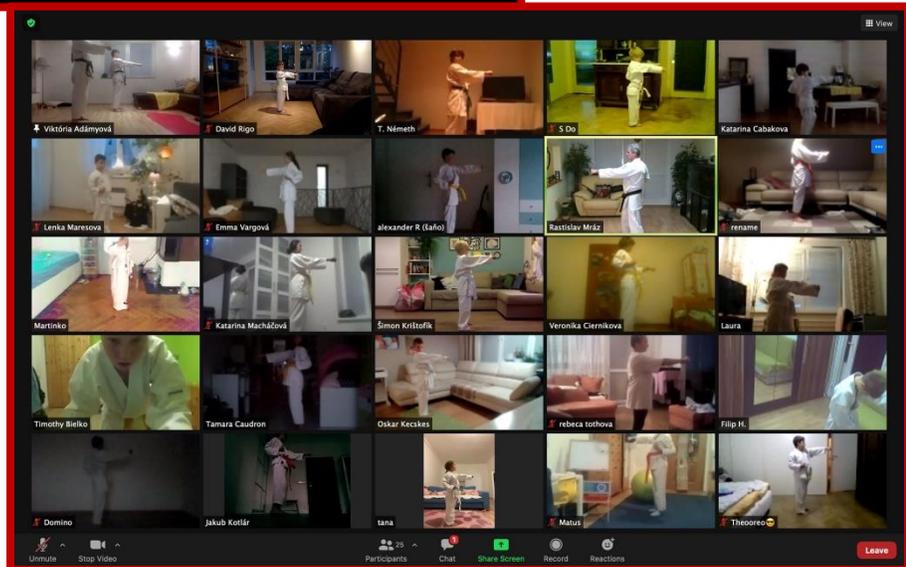
As you may have noticed, due to the current situation, our trainings moved from dojo to the online world. The smell and taste of dojo have temporarily been replaced by the sessions from home, however it does not change the fact that we want, and we will improve ourselves and remain on our way of karate. We have completed the first successful week and set up the process and rules for the upcoming period.



As always, also now we must take advantage of the current painful situation and seek for as many positives as possible and focus on them. Therefore, during the online trainings we currently work on the things we can do so, i.e. basics, working with energy (HARA) and we consciously reflect on the processes and feelings in our body. After all, this is a thing

we should work on continuously and during the normal training schedule it sometimes disappears, however it is the fundamental principle of everything, and you must discover this alone. As I have already told you:

“I can't teach you, I only can advise you how to explore and improve yourselves. Nothing more. Hold back your ego and make space for the new ideas. This is the way to ensure the progress and knowledge.”



Therefore, try to now work with yourselves in your own head. Kumite, sparring and other “jollies” we will enjoy once we come back to our dojos.

If there's someone who would like to join our training sessions, please contact Peter Rozloznik. Take care!!!

Seiwakai Europe Virtual Seminar

From a Post by Marie Tanabalan

What a treat! 3hrs 15mins of training with our Seiwakai family across Europe and Asia. Even on zoom, Fujiwara Hanshi left no details out. Training through basics right through from Geki Sai Dai Ichi to Suparinpei. The amount of key points given throughout was so invaluable that everyone from 10th kyu to 8th Dan would have picked bits out to improve their training.

Seiichi Fujiwara Shihan is such a brilliant technician and is able to convey the fundamentals even from thousands of miles away in Japan.





Rastislav Mraz: Dear Seiwakai family,
We are very delighted we could see all of you and enjoy the trainings together with Fujiwara Hanshi. Despite the lack of the live touch they were very effective and beneficial for our further progress. As always, Fujiwara Hanshi did not overlook any detail.
Thank you very much Fujiwara Hanshi!

Natalia Kasanova: Thank you Hanshi Fujiwara for a really enriching online seminar that was full of energy, details, knowledge and motivation to train and to continue. Many thanks to everyone who participated in the organization of this online seminar. Thank you!

Sad News

Yasuda Tetsunosuke Sensei Jundokan's Senior Advisor (Saiko Komon) Passed Away at Age 94



From *Okinawan Karate News*

If you would have met him at the corner of a street, Mr. Yasuda Tetsunosuke would have reminded you of a gentleman of old-time Okinawa.

In postwar Okinawa, he worked on US military facilities before opening his own real estate company that he led until his death. The life of CEO Yasuda was supported by karate and yoga.

Born in 1926, Yasuda sensei became a student of Miyazato Eichi sensei, a direct student of the founder of Goju-ryu, Miyagi Chojun sensei. As he explains, "The reason why I chose Goju-ryu is because this school had the breathing kata Sanchin and Tensho. This is because I studied the way of breathing through Yoga."

Yasuda sensei truly believed that "It is important to face oneself in an honest way. Unfortunately, in the case of many karate people, they are focusing on the outside aspects of karate. That is why when I look at martial arts today, I cannot stop thinking that it has gotten out the way of Budo. Ideally, if one practices karate thinking of it as a way to build himself, he will find his Ikigai, his purpose in life". He goes on saying that "Human beings should follow the principle of living as if today was the last day of their life. This concept should prevail for life and in karate and should never be forgotten."

When asked "what is the most important thing in karate", Yasuda sensei answered, "Tanden no kyoka and Kiso tanren – strengthening the tanden and basic training."

Seiwakai South Africa Virtual Seminar

Karate Do Goju Ryu Seiwakai



South Africa



*Ben Mare Kgoshi 7th Dan
Seiwakai South Africa*

Zoom link <http://zoom.us/j/929316209>

Fujiwara Hanshi 8th Dan



Date : 5th Dec -- 21h00 - 23h30 Japan Time
6th Dec -- 10H00 - 12H30 Japan Time

5th Dec -- 14H00 - 16H30 SA Time
6th Dec -- 10H00 - 12H30 SA Time

Cost : R300

First 1.5 hours is for brown and Black belts only
for last hour Sandan and above to attend only
Compulsory for Brown and Black belts to attend
Payment method to be advised ..

- Find a clear space 3x3M
- Have Good Internet connectio
- Do your own warmup
- Join 10min before
- Keep Microphone off
- Keep Camera ON
- Dress Code - DoGI
- Be respectful at all times
- Enjoy and reap the benefits