

**PAN-AMERICAN GOJU RYU KARATEDO
SEIWAKAI NEWSLETTER**

**全米剛柔流空手道
誠和会社内報**

**Dedicated to Traditional Goju Ryu Karatedo
Issue 78: May/June 2026**

**All issues of the Pan-American Seiwakai Newsletter are Dedicated to
Accurately Reporting Seiwakai Events, Goju Ryu News, and Karatedo
Events, History & Philosophy.**



Chojun Miyagi, Shihan: Goju Ryu Founder

Shuji Tasaki, Shihan: Seiwakai International Founder

Seiichi Fujiwara, Shihan: Seiwakai International President

Vassie Naidoo, Shihan: Seiwakai International Vice President

Craig Vokey, Shihan: Pan-American Seiwakai President

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Mark Cramer: President

Vassie Naidoo: Advisor

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Official Representative for
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Goshukan Seiwakai Mexico

Eusebido Montes: President

Vassie Naidoo: Liaison



Newsletter Editor:

Mark Cramer

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Craig Vokey: President

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Shuseikan Seiwakai Canada

Michael Beardwood:

President

Vassie Naidoo: Liaison

Seiwakai Canada

Peter Brown: Representative

Vassie Naidoo: Liaison



Kawase Hasui: *Himeji Castle*

Table of Contents

Pan-America Seiwakai

Past Events, Upcoming Events, News, and Articles

- **Upcoming Event** Pan American Seminar: November 6-8 LA, CA – Page 3
- **Upcoming Event** Goshukan Canada Seminar: September 25-27 Oromocto, NB – Page 6
- **Article** Karate for Life by Jim Pounds – Page 7
- **Past Event** Seiwakai Goshukan Canada Seminar May 1-3 Etobicoke, ON – Page 9
- **Past Event** Seiwakai USA California Seminar – Page 11

Seiwakai Around the Globe

Past Events, Upcoming Events, and News

- **Past Event** Seiwakai Hungary Seminar February 20-22, 2026 – Page 12
- **Past Event** Seiwakai Germany Seminar – Page 13
- **Past Event** Seiwakai Portugal JKF Goju Kai Seminar – Page 15
- **Past Event** Seiwakai Australia JKF Goju Kai Seminar – Page 17
- **Past Event** Seiwakai Sri Lanka International Championships – Page 21
- **Upcoming Event** Seiwakai India Seminar and Championships – Page 22
- **Upcoming Event** Japan Seiwakai International & JKF Goju Kai Seminars 2026 – Page 24

**Pan American Seiwakai Seminar 2026
November 6, 7, & 8 in Los Angeles, CA**



**Taught by
Hanshi
Seiichi
Fujiwara
Hachi Dan
and Vassie
Naidoo
Shihan Hachi
Dan**



Date	<i>Tentative Schedule</i> Time	Location
Friday, November 6	6:00 to 9:00 PM Training	Rustic Canyon Center
Saturday, November 7	9:00 AM to ? Beach Training	Guard Station 26 Santa Monica Beach
Saturday, November 7	1:00 to 4:00 Training	Rustic Canyon Center
Saturday, November 7	Banquet	TBD
Sunday, November 8	9:00 AM JKF Goju Kai Shinsa Shodan to Godan	Honbu Dojo
Sunday, November 8	12:00 to 3:00 Training	Rustic Canyon Center
Sunday, November 8	3:00 PM Seiwakai Shinsa	Rustic Canyon Center



More Information to Follow

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和
会



PAN AMERICAN SEIWAKAI SEMINAR WAIVER FORM

NAME _____

PHONE _____

ADDRESS _____

EMAIL _____

CITY/STATE/PROVINCE _____ ZIP/POSTAL _____

COUNTRY _____ DATE OF BIRTH ____ / ____ / ____

AGE _____ DOJO _____ TEACHER _____

PHYSICAL OR HEALTH IMPAIRMENTS _____

RELEASE OF LIABILITY TO PARTICIPATE

In consideration of your accepting my fees, I intend to be legally bound on behalf of myself, my heirs, executors, assigns, and administrators, I do hereby waive, release and discharge any and all rights and claims for damages which I may have, or which may hereafter accrue to me against the Japan Karate Federation Gojukai, USA Goju-Ryu Seiwakai Karatedo, KICK, Karate of L.A., Rustic Canyon Rec. Center, Vassie Naidoo, other instructors, participants, sponsors and contributors, their representatives, affiliates, successors, and assigns for any and all injuries arising from my participation in the 2026 USA Goju-Ryu Karate-do Seiwakai Training Seminar & Shinsa. I attest that I am physically fit and sufficiently trained for this event. I understand karate is a demanding physical activity and I enter into this Release knowing and accepting there is a potential for injury.

Participant's

Signature _____ Date ____ / ____ / ____

Co-signed if under 18 _____

(Parent/Legal Guardian)

Seiwakai Goshukan Canada Seminar
May 1-3 Etobicoke, ON
From Craig Vokey



Goshukan Canada welcomed Vassie Naidoo (Hanshi) to Toronto for its annual spring camp. This year's event was held in the Etobicoke area of Toronto and was hosted by the Etobicoke Dojo under Paulo Cardoso Shihan. The three-day event featured a mix of kata and kumite-oriented training with Vassie sensei leading advanced kata training for 5 dan and above as well as training in goju kumite. Shihan's Don Benoit and Craig Vokey also assisted as needed and also led some sessions. Angelo Panoussis Shihan led youth kata and kumite sessions on the Saturday and Sunday mornings. It was also important to note that everyone trained, and trained hard. The seniors led by example and it is always good to be reminded that Karate requires physical fitness commensurate with your age and level.

This was also a time for celebration as several senior members received their JKF GojuKai Renshi certificates. Congratulations to Elizabeth Ubaldi, Sly Lessard, Paulo Cardoso and Angelo Panoussis. Tony Semana received his certificate the following day and Donna Benoit will receive her certificate at our next camp.

I'm also honoured to have received my JKF GojuKai Kyoshi certificate from Japan. Thank you Fujiwara Sensei, and my friends and colleagues for their unending support. Also thank you to the many JKF Goju Kai sensei who continue to help us on our journey in Karate.

Special shoutout to Josephine Cardoso and Charles Fink Shihan and their organizational assistance as well as our sister group Shuseikan Canada for their great support of the event. The continuation of a great partnership.



Karate for Life

By Jim Pounds

“I have always known that at last I would take this road, but yesterday I did not know that it would be today.” – Narihira –

I feel a need to approach my art differently. As I get older, I want to acquaint others with this art of Karatedo that I’ve now practiced for more than 50 years. I want to share the joy and the benefits with older adults because I know first-hand this art can both heal and energize.

I’ve developed a new program I call “Karate for Life.” Its basis is my traditional Goju-Ryu karate, practiced with more flow and a bit slower speed as a nod to Tai Chi Chuan and with more yogic based stretching principles. The goal is to retain the physical and mental benefits of Japanese Karatedo while making it more accessible to older adults. I’m pretty excited about the concept!

Goju-Ryu translates to ‘The Way of Hard and Soft’. The style was influenced by the Southern White Crane Kung Fu style and retains much of its circular, flowing movement and techniques. Because the people of this southern region of China from where White Crane originated were generally shorter people, the style was more invested in close-in fighting in order to gain advantage over taller opponents. Therefore, there is much circular parrying and entering movements to close distance on an opponent so elbows, knees, and take-downs can be utilized.

The kicks are generally to the mid-section or lower joints and there is a preponderance of circular blocking and trapping of the opponent’s punches and grabs. Because many of the southern Chinese of that region were also boat people the stances are grounded and there is a definite ocean wave influence in the movements – tide in, tide out.

Because Goju Ryu doesn’t emphasize high kicks, long stances, and long punches it lends itself very well to older practitioners. Flashy high kicks are not required. But the techniques are very nuanced and lend themselves to a beautiful flow. Think Mr. Miyagi’s “Wax on, wax off” instruction in The Karate Kid movie. In my opinion, Goju-Ryu is not only one of the most beautiful styles of karate but is also very effective self-defense. The Okinawans, who received the style from their Chinese trading partners were very pragmatic people. If something didn’t work, they weren’t interested in incorporating it into their practice.

A typical Karate for Life session will begin with a moment of Meiso, or meditation followed by warm up stretches that emphasize the whole body, then strength-building exercises.

Next, we move into basic kata (Forms comprised of sequences of attack and defensive moves against an imaginary opponent). These moves incorporate breath and movement. You will learn the katas so you can practice them on your own outside of class. Katas are considered the memory banks of a martial system – the way instructors passed on the important information by internalizing it into the student in an era when instruction was by example rather than written down. The various kata become more intricate and challenging at the same time the student's ability to understand and perform them grows.

We will almost always do partner drills to understand what you are actually doing within the moves of the kata by breaking them out and practicing against a real person. This is when a lot of the self-defense moves are learned, but within a controlled and supportive environment.

We will end with a stretching cool-down segment and a short reading, lesson, or Zen koan to think on as you go about your daily life.

I intend for Karate for Life to make you a healthier and relaxed human being. Remember: “Karate shouldn't just make you able to defend yourself; it should make you a person worth defending.” (Tom Swift) Defending yourself is more than defending against a physical attack, but also defense against the ravages of life!



**Seiwakai USA California Seminar
April 17-19 Menlo Park and Pleasanton**



Congratulations to Dan Talor who earlier graded to Nana-dan and received his Seiwakai International certificate at the seminar.

Seiwakai Around the Globe



Goju Ryu Karatedo Seiwakai International

Seiichi Fujiwara



President

Satoru Takahashi



Vice President

Vassie Naidoo



Vice President

Ben Mare



**Director
Africa**

Abel Figueiredo



**Director
Europe**

Pal Gila



**Director
Europe**

Glenn Stephenson



**Director
Oceania**

Craig Vokey



**Director
Pan America**

Eddie Liu



**Director
Asia**

“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)

Hungarian Seiwakai Seminar February 20-22, 2026



The Gila Pál Shihan seminar, organized by Solyom HSE, took place in Siklós from February 20–22. During the three days, participants primarily focused on practicing kihon and kata, with special emphasis on the Sanchin and Tensho kata, and everyone was able to learn form exercises suitable for their own rank under Shihan's guidance.

Participants learned a lot from Shihan, and thanks to the smaller group size, Shihan was able to pay close attention to everyone. The training sessions were thorough and focused, while maintaining a positive and friendly atmosphere throughout the seminar.

Between the training sessions, participants took part in a variety of activities. They enjoyed a shared dinner, visited Siklós Castle, and had a great time together during the group programs.

Unfortunately, due to extreme weather and a sudden heavy snowstorm, participants from several locations could not attend. Nevertheless, karateka Jerry Kelly traveled from England to join the seminar.

Overall, it was a fulfilling and experience-rich weekend where learning, personal development, and a positive atmosphere were all present.

Seiwakai Germany Seminar



Had a great time in Germany. Thank you to Gerrit Kretzschmar and his team for the great organization. It was great to be at the event led by Pali Gila Shihan.

Look forward to seeing many of you in Japan in 28!

Craig Vokey





Seiwakai Portugal

JKF Gojukai Europe Seminar 16th and 17th of May in Viseu, Portugal



After 12 years of JKF Seminars absence in Europe, all members had a good opportunity to participate in togetherness moments of training and testing, as on confraternization in breaks, meals, party, and enjoying Portugal and Viseu City that receive them with good spirit.

I want to thank you my dear colleagues on JKF Gojukai - Europe presidency: Shihan Rastislav Mráz (my older brother) and Shihan Pal Gila (my youngest brother) for the effort in planning, executing and coming to help and enjoy the togetherness spirit in Gojuryu Karatedo practice.

Thank you to JKF Gojukai Overseas Committee led by Shihan Seiichi Fujiwara for all the help in planning and executing this important educative activity to Members of JKF Gojukai in Europe.

Thank you to the Kata Instructing Committee of JKF Gojukai for all the efforts, and specifically to Shihan Shigenori Sato and Shihan Tatsuo Takegawa for the teachings in a program that touched basics and all the Goju Kata for everybody. Also with the help of Shihan Rasto, Pal Gila and myself, we made moments of 5 group training for the 21 testing members from shodan to godan. They all passed because specific teaching opportunities have been organised to them. And all the other members followed practicing these moments of group training as well.

Thank you to all the leaders and coaches from the countries connected with JKF Gojukai. Without their efforts, JKF Gojukai - Europe can not promote the daily education in each dojo, and only with these efforts, JKF Gojukai in each country and in Europe as a Continental Region can touch development.

I want to thank you all my colleagues from JKF Gojukai - Portugal presidency, Shihan Teófilo Fonseca, and Shihan Jorge Pimenta, for their support on the organization as well, and the efforts of all the Shihankai in Portugal. They make efforts on own growing and on JKF Gojukai development in Portugal. Also thank you to Shihan Vitor Gomes, from Okinawa Kyokai new Branch foundation in Portugal to make bigger our JKF Gojukai family. With the Seiwakai official 3 branches we had a good potential of growing, and better opportunities for everyone to work together in this country.

Thank you to the National Karate Federation - Portugal Vice-President José Chagas, to the City Hall Council President João Azevedo, to the Polytechnic University President José Costa to be present on official ceremony, and all the gifts provided to Teachers. Also the Viseu Freguesia President for the "Livro de Ensino a Bem Cavalgar Toda a Sela" from D. Duarte as a medieval martial arts book we presented all the teachers and officials of JKF Gojukai - Europe.

Finally, a big thank you to all the directors (Hugo Simões e Carla Sofia de Sousa), to all coaches and staff members of Karate Association of Viseu (AKV) that made effort in participating and be ready to help on a fantastic team for logistics, seminar registration, meals, party, transports, hotels, traveling information, T-shirts, gifts, image reporting, finance control, and final report team.

Total of 156 participants

- 117 Portuguese
- 39 members from outside countries (England 17, Slovakia 5, Switzerland 6, Check Republic 2, Italy 2, Germany 2, Hungary 1, Netherlands 1, Japan 2, Hong Kong 1).
- From Seiwakai branches - 150 members
- From Okinawa Kyokai branches - 4 members
- Japanese Teachers – 2
- Testing members from shodan to godan: 21

Australia Seiwakai

JKF Seminar with Shigenori Sato 8th Dan Hanshi and Tatsuo Takegawa 8th Dan Hanshi.









JAPAN KARATE FEDERATION
**GOJUKAI
AUSTRALIA**

全日本空手道連盟剛柔会



**JKF GOJU KAI GRADING
APRIL 2026**



Seiwakai Sri Lanka

5th

KAJ INTERNATIONAL KARATE CHAMPIONSHIP

Held at the Wathupitiwala
Indoor Stadium

24th

May 2026



ORGANIZED BY

Sensei Damith Bandara

KAJ GOJURYU SRI LANKA


Official Branch of Japan Karate Federation Gojukai

Sponsored by Gojuryu Karate Do Seiwakai

Contact Number +9471-1968880

Whatsapp Number +9471-4855617

Seiwakai India



NATIONAL GOJU RYU

剛柔流空手道

空手道

剛柔流

KARATE SEMINAR AND CHAMPIONSHIPS

2-4
— JUNE 2026 —
AT
KURUKSHETRA

TRAINED BY
GLENN STEPHANSON KHOSHI
FROM AUSTRALIA



ORGANISED BY
SHIHAN PRADUMAN GAUR



रजिस्ट्रेशन शुरू हो चुका है



- IMPROVE TECHNIQUE
- BUILD STRENGTH
- LEARN FROM EXPERTS
- CHAMPIONS ARE MADE
- ONE FAMILY ONE GOAL

DISCIPLINE • RESPECT • STRENGTH • TRADITION
— GOJU RYU KARATE - A WAY OF LIFE —

READY TO TAKE YOUR TECHNIQUE
TO THE INTERNATIONAL LEVEL

KARATE SEMINAR

WITH
AUSTRALIAN MASTERS



**MALWINA
MARTINN SHIHAN**

★ AUSTRALIA ★



★ GRAND MASTER ★
**GLENN
STEPHANSON**

AUSTRALIA



**RODERICK
MARTIN
SHIHAN**

★ AUSTRALIA ★



**LEARN FROM
THE BEST**

World-class instruction
from Australian Masters



**REFINE
YOUR SKILLS**

Improve technique,
power & precision



**LIFETIME
ACHIEVEMENT**

This is more than a
session — it's a legacy.



**UNLOCK YOUR
POTENTIAL**

Train hard, grow
strong & succeed

DON'T MISS THIS INCREDIBLE OPPORTUNITY
TO REFINE YOUR CRAFT, LEARN FROM THE BEST, AND PROVE YOUR POTENTIAL.

2-3 JUNE 2026

LOCATION



**Meditation Hall Brahmsarovar
Kurukshetra Haryana**

Japan 2026



2026 Seiwakai Seminar in Omagari

August 19th, 20th, 21st
August 22nd Rest Day
August 23rd, 24th, 25th
August 25th Dan Testing in the afternoon &
Seiwakai Party in the evening.
August 26th travel to Yokohama

Only 10 rooms at OHara Ryo Kan at 9,000Yen
Per Person Breakfast and Dinner included

Additional Information

Training 6 Days 42,000 JPY (7,000 JPY Per Day)

Seiwakai Party 9,000 JPY

Seiwakai USA members: Contact Vassie Shihan if you're attending either or both Seminars.

Seiwakai members from Canada: Contact Vokey Shihan if you're attending either or both Seminars

Register: <https://docs.google.com/forms/d/e/1FAIpQLSd-p6geEoCNZuAerwM72B9xlQTOgTjTtaLMKoYvax3BwBnBIQ/viewform>



JKF Goju Kai Seminar August 27-28 Yokohama (28th Dan Testing)

JKF Goju Kai Tournament Aug 29-30