

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

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**Dedicated to Traditional Goju Ryu Karatedo
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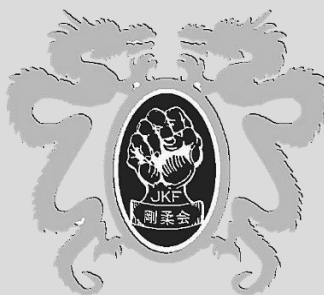


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Kawase Hasui: Mt. Unzen in Hizen Province

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Pan American Seiwakai Seminar 2022
Seiwakai Shinsa
JKF Goju Kai Shinsa

November 18, 19, and 20, 2022 Los Angeles, California

More Information will be Announced.



Seiwakai Around the Globe



Goju Ryu Karatedo Seiwakai International

Seiichi Fujiwara



President

Satoru Takahashi



Vice President

Vassie Naidoo



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Abel Figueiredo



**Director
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Glenn Stephenson



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Oceania**

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**Director
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“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 International Seminar 2022

July 6 through 12



For the first time since 2019, Seiwakai International held its seminar and shinsa in Omagari, Japan. This year's seminar was smaller than in the past, 32 participants instead of more than 100. There were many reasons for the smaller numbers. Japan opened up to only a small degree for groups of tourists in June, and the seminar was scheduled for the beginning of July which didn't give people much time to make arrangements and complete the mountain of required paperwork.

For the first time, visas were required, and so was a sponsor who also had to complete a mountain of paperwork. Each participant's covid vaccination records had to be submitted. All of this and a passport had to be sent to the regional Japanese Consulate, approved, and sent back to you before you were ready to go.

Finally, airfare nearly doubled in price since the beginning of the year, putting travel out of the reach of many people. Nonetheless, Seiwakai members from Australia, Canada, Hungary, Japan, Portugal, Slovakia, South Africa, the UK, and the USA were able to meet all of the requirements and make the trip to Omagari, Japan.

Thank you to the leadership of Seiwakai International for the planning which made this year's seminar both possible and productive. Thank you, President, Seiichi Fujiwara, Vice Presidents, Vassie Naidoo and Satoru Takahashi, and Directors Glenn Stephenson and Abel Figueiredo. A special thanks goes out to our translators Mari Harrison and Mika. Together they cut through the mountains of paperwork and bridged the linguistic and cultural barriers to make this year's seminar possible.

Six hours of vigorous sessions per day left everyone exhausted and drenched in sweat from the July heat and humidity, but everyone felt that it was well worth it. Every kata was dissected into small details and repeated over and over until muscle memory began to be established.

There was definitely an upside to the smaller size of the Seiwakai Seminar. Everyone was much more likely to receive individual attention and corrections making the 2022 seminar a very positive learning experience.



Seiwakai Shinsa



(Above Seiwakai's New 7th and 8th Dans) Mark Cramer (USA 7th dan), Jamie Duggan (Australia 7th dan), Rastislav Mráz (Slovakia 8th Dan) Satoru Takahachi (Japan Vice President), Seiichi Fujiwara (Japan President), Paul Coleman (UK 8th Dan), Stacey Karetsian (Australia, 7th Dan)

(Below Left Seiwakai's New 5th and 4th Dans) Alan Wilks 5th Dan, Janine Boothroyd 5th Dan, Adelaida Geronimo 4th Dan

(Below Right Seiwakai's New 3rd and 2nd Dans) Laia Mayne Manuel 3rd Dan, Mia Gobel 3rd Dan, William Robinson 2nd Dan



(Below Seiwakai's New 1st Dan) Oliver Mráz



(Below Seiwakai USA)



(Below Seiwakai Australia)





The Venue for the Seiwakai Shinsa was the New Omagari Budokan.



The Seiwakai Party



The Seiwakai Party took place on the evening of the last day of training and after the Seiwakai Shinsa. Everyone was able to relax and celebrate before heading to Ginza and Yokohama for the JKF Goju Kai Seminar, Shinsa, and Tournament.

(Above)

The Mayor of Daisen-Omagari along with other city dignitaries posed for photos with us. **(Front Row L to R)** Paul Coleman and city dignitaries **(Back Row L to R)** Mayor Hiroyuki Oimatsu, Vassie Naidoo, Mark Cramer, Glenn Stevenson, Seiichi Fujiwara, Rasto Mráz, and Abel Figueiredo.

(Right)

Additionally, we were treated to locally brewed sake with gold flakes in it.





(Above Left Photo) Paul Coleman and Rasto Mráz were presented their Hachidan certificates. (Above Right Photo) Oliver Mraz, Rosto Mráz, and Jan Stefanovic sang Slovakian songs at the party.

(Left) Congratulations to Mari Harrison who was given an award for all of the translation and the hard work that she did to help make this year's Seiwakai Seminar possible.



The 2022 JKF Goju Kai Seminar, Shinsa, and Tournament



JKF Goju Kai Shinsa Results Congratulations to All!

Glenn Stephenson 7th Dan
Stacey Karetsian 7th Dan
Mark Cramer 6th Dan
Johnpaul Williams 6th Dan
Janine Boothroyd 5th Dan
Alan Wilks 5th Dan
Oliver Mráz 1st Dan





(Above)
Congratulations to Mari Harrison
who made it to the finals and
placed 5th in Kata.



Food and Comradery



The food is always beautifully presented and quite tasty. After a hard day of training, it was a pleasure to sit down at a table and enjoy a meal with your Seiwakai family.





(Above Left) “Chef Vassie” grills meat and pours sake at an upscale restaurant in Ikibukuro.

(Below) I must admit, I’ve never been served breakfast by a robot before. Vassie Shihan and I went out to breakfast on our last day in Japan and had this “George Jetson” moment.



Japanese Culture



The per capita rail ridership in Japan is among the highest in the world. The trains are ultra-modern and very crowded. Stations are huge with several different levels which are like a labyrinth for those of us who are unaccustomed to this type of rail travel.



(Above and Left)

The trip to Omagari, Japan in Akita Prefecture has some absolutely beautiful scenery of mountains, forests, and rice fields. Small villages, which are reminiscent of a bygone era, dot the countryside.



(Above – Ohara Ryokan Room)

Spending ten days at the Ohara Ryokan, which is owned by Fujiwara Shihan and his family, was an immersion into traditional Japanese culture. I must admit, having no chairs and no bed took a bit of getting used to.



(Above)

After training hard for 6 hours each day, it was pleasant to shower and then immerse yourself in the onsen, a very hot mineral bath (39°C to 42°C or 102°F to 107.5°F). It certainly helped relax the sore muscles and calm the mind.



(Left)

Existing side by side with the traditional Japanese culture is an ultra-modern Japan.



One of the most pleasant things about Japanese culture is the appreciation of aesthetics. Even manhole covers are decorated with art. The one on the left commemorates Omagari's fireworks festivals while the one on the right commemorates the introduction of baseball into Japan. (Please note that the baseball player is wearing a kimono and has wooden geta on his feet.



On our day off from training, some of us traveled to Kakunodate to visit an old samurai village. The doors of the house reflected the hierarchy of Japanese society during the Tokugawa Period. The owner of the house entered and exited through the side door. Higher socially ranking male guests used the front door while women and servants used the back door.



Takigyo or waterfall training is an old custom in the Japanese culture and the Japanese martial arts. The purpose is to clear the mind in meditative training while the frigid water pounds your head and body.

Paul Coleman, Rasto Mráz, and Oliver Mráz engage in Takigyo

Seiwakai Humor Karate Tournaments

The father of a Seiwakai student went to a karate tournament with his teenager and noticed that the tournament organizers were a little shorthanded.

The father approached tournament director's table. "Good morning." he said to the director, "You look like you're shorthanded. I'm willing to help out however I can, but I really don't know anything about karate."

"That's okay." said the director. "We'll make you a referee."



A Seiwakai karate sensei was on his way to a tournament when his car battery died. His car was stalled in the street next to a bar. Dressed in his gi, he pulled jumper cables out of his trunk, draped them over his shoulders, and walked into the bar to ask for help.

The bartender saw him as he walked in and said, "I'll serve you a drink but don't start anything."