

**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
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All issues of the Pan-American Seiwakai Newsletter can be found online at:
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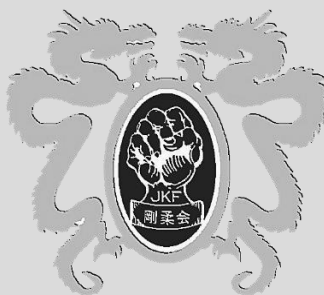


**Chojun Miyagi, Shihan: Goju Ryu Founder
Shuji Tasaki, Shihan: Seiwakai International Founder
Seiichi Fujiwara, Shihan: Seiwakai International President
Vassie Naidoo, Shihan: Seiwakai International Vice President
Craig Vokey, Shihan: Pan-American Seiwakai President**

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Seiwakai Canada
Peter Brown: Representative
Vassie Naidoo: Liaison



Kawase Hasui: Evening Snow at Ishinomaki

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Pan American Seiwakai Seminar and Shinsa 2022

November 18, 19, & 20

Los Angeles, California



For the first time in 3 years, Fujiwara Shihan was able to attend and teach at the Pan American Seiwakai Seminar which was held at the Los Angeles Hombu Dojo. More than 75 people from the USA, Canada, Hungary, South Africa, and Japan were able to attend and benefit from Fujiwara's instruction. It was also a great time to renew old friendships and to forge new ones.

A huge "thank you" goes out to Vassie Shihan for sponsoring and organizing this event which brought together people from three continents to train in Goju Ryu Karatedo and to experience Seiwakai comradery. I know that Vassie Shihan spent countless hours preparing for the seminar and shinsa, which was evident as everything ran incredibly smoothly.

Additionally, our friends from Eibukan Goju Ryu Karatedo were in attendance and helped to make the 2022 Seiwakai Seminar a tremendous success. Another big "thank you" goes out to Takafumi Hamabata, Katsuhide Kinjo, Donny Takemoto, and Kay Sakaue.



Fujiwara Shihan began the seminar by explaining proper bowing technique which is something that many Westerners do not fully understand. He also described the proper way of moving from masubi-dachi to heiko-dachi. There's much more to bowing and moving into a dachi than simply bending at the waist and repositioning your hands and feet.

The seminar moved on to kumite drills where Fujiwara Shihan emphasized sidestepping while maintaining proper distancing (maai) for counter attacking. Then during kata instruction, Fujiwara Shihan explained how exceedingly difficult Sanchin kata really is and gave detailed explanations on every aspect of the kata especially on how to achieve correct muscle tension and relaxation. Sanchin is the foundation of Goju Ryu Karatedo, and its principles must be observed in other kata.

All twelve Goju Ryu kata were covered during the three-day seminar. Each kata was explained in-depth, and each kata's nuances were demonstrated. We all came away with a richer understanding of Goju Ryu Karatedo.



Above:

Seiwakai Pan American Seminar attendees came from 5 different countries, and our friends from Eibukan also attended.

Below:

Many of our national and international leaders are seated. (L to R) Mark: Cramer (President of Seiwakai USA), Pal Gila (President of Seiwakai Hungary), Takafumi Hamabata (President of Eibukan USA), Vassie Naidoo (Vice President of Seiwakai International), Seiichi Fujiwara (President of Seiwakai International), Katsuhide Kinjo (Eibukan USA), Ben Mare (President of Seiwakai South Africa), Craig Vokey (President of Seiwakai Pan America)



Saturday Morning Beach Training



Saturday morning beach training was led by Angelo Panoussis Sensei and began with a mile run along the beach and back. This was followed with vigorous kihon. Then it was continuous Sanchin down the beach and into the Pacific Ocean.

If you have never done Sanchin training in the Pacific, you might be surprised how difficult it really is. You are simultaneously hit by large waves from the front and pulled by the undertow from behind. All the while, the sand under your feet keeps shifting making it impossible to get into a solid Sanchin dachi. Whereas it is always difficult, it is always enjoyable and refreshing.



Seiwakai Banquet and Awards Ceremony



After a meal of delicious Indian style food, Fujiwara Shihan, Vassie Shihan, and several others addressed our Seiwakai family and friends.

The Seiwakai banquet was followed by an awards ceremony, and several people received certificates from last year's grading in LA or from this summer's grading in Japan.



Both Mark Cramer and Johnpaul Williams received JKF Goju Kai Rokudan certificates.



Robert DaLessio received his Seiwakai Rokudan certificate.



Wayland Louie received his Seiwakai Yondan certificate.



Gail Oblinger received her Seiwakai Sandan certificate.

JKF Goju Kai Shinsa Panel

In order to sit on a national shinsa panel, you must be at least a JKF Goju Kai Rokudan and hold at least an Kyoshi title with the JKF Goju Kai. (There are not many people throughout the world who meet these criteria.) This panel has the authority to grade candidates up to Godan.



(Panel members L to R)

Donny Takemoto (USA), Pal Gila (Hungary), Ben Mare (South Africa), Seiichi Fujiwara (Japan), Takafumi Hamabata (USA), Vassie Naidoo (USA)

The JKF Goju Kai Shinsa panel had an impressive cadre of Shihans from around the globe. The gradings took place Sunday morning with 21 candidates testing for Shodan through Godan. (All JKF Goju Kai gradings above Godan must be conducted in Japan.)

The Seiwakai Shinsa was Sunday afternoon and the 24 candidates graded for Shodan through Nanadan. Everyone's kata looked sharp, and everyone's kumite was spirited.

Congratulations to all who passed their JKF Goju Kai grading and/or Seiwakai grading.

Beyond Karate – New Dojo

By Mallica Skyler Cooper

I am stoked to announce that as of October 6th, we at Beyond Karate have a new own dojo/studio at an incredible location, adjacent to Third Street Promenade in Santa Monica. I got the keys and simply just embraced the place by rolling on the floor like a giddy kid, feeling blessed.

With support from family and friends, everything went super-fast and smooth from start to finish. Some call it luck or good Karm; I give thanks to God. I announced the good news to my students before announcing it to their families. I could tell they felt honored and were extremely excited! We plan on opening in October and will keep y'all posted.



*(Editor's Note) **Beyond Karate** is a dojo that specializes in teaching students with special needs. They have demonstrated kata at our Pan American Seiwakai Seminars several times, and each time it has brought tears to my eyes. I have a grandson who is on the Autism spectrum and several of the students from Beyond Karate have reminded me of him.*

I am always humbled to see the patience and the dedication of the instructors as they have their students perform kata in front of all of us at the seminar. In addition to the karate instruction, the students regularly attend social outings with their instructors and their families to promote a sense of belonging and to encourage lasting friendships.

Beyond Karate is certainly a unique karate school serving unique students.



(Above) Beyond Karate students putting on a demonstration at the 2016 Pan American Seiwakai Seminar

(Below) Beyond Karate students with Fujiwara Shihan and Millica Skyler Cooper Sensei



Seiwakai Around the Globe



Goju Ryu Karatedo Seiwakai International

Seiichi Fujiwara



President

Satoru Takahashi



Vice President

Vassie Naidoo



Vice President

Ben Mare



**Director
Africa**

Gurmit Singh



**Director
Europe**

Abel Figueiredo



**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)

Congratulations to Craig Vokey of Seiwakai Goshukan Canada On his election to the WKF Executive Committee



Vokey Shihan is in the back row at the far right.

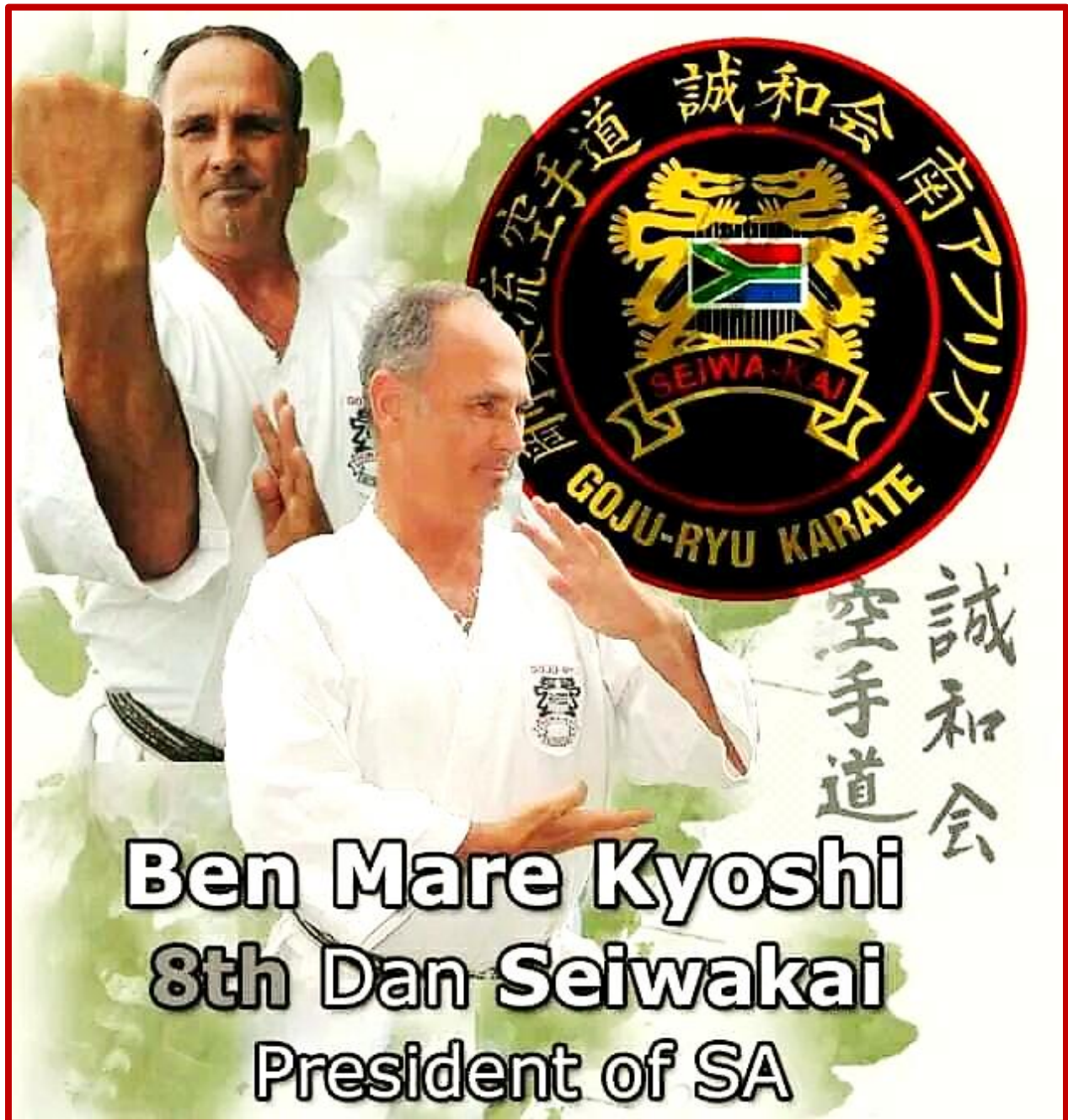
- **President:** Antonio Espinós (ESP)
- **1st Vice President:** José García Maañón (ARG)
- **General Secretary:** Toshihisa Nagura (JPN)
- **General Treasurer:** Michael Dinsdale (GBR)
- **2nd Vice President:** Nasser Alrazooqi (UAE)
- **3rd Vice President:** Béchir Cherif (TUN)
- **Vice President and Sports Commissioner:** Gunnar Nordahl (NOR)
- **Vice President and OKF rep.:** Michael Kassis (AUS)
- **Vice President & Commissioner for Para-Karate and Refugees:** Wolfgang Weigert (GER)
- **Assistant General Secretary:** Davor Cipek (CRO)
- **Assistant General Treasurer:** Souleymane Gaye (SEN)
- **Member and AKF rep.:** Rashid Al Ali (UAE)
- **Member:** Ibrahim Al Gannas (KSA)
- **Member:** Mohammad Al Rustam Tun Seri Setia (MAS)
- **Member:** Davide Benetello (ITA)
- **Member and EKF rep.:** Jiri Bocek (CZE)
- **Member:** Samantha Desciderio (MEX)
- **Member:** Makarita Lenoa (FIJ)
- **Member and UFAK rep.:** Mohamed Mahrous Eldahrawy (EGY)
- **Member:** José Antonio Méndez (PUR)
- **Member:** Mohamed Tahar Mesbahi (ALG)
- **Member:** Antonio Moreno (ESP)
- **Member:** Craig Vokey (CAN)
- **Member:** Sarah Wennestrom (SWE)

After two years with no or very few gradings, 2022 was a year to normalize things.
Seiwakai Goshukan Canada Seminar & Certificate Awards



During the October 15th weekend, Don Benoit's celebrated his 50th year of karate, and several karateka were presented with their Seiwakai certificates by Craig Vokey Shihan. Shihan Rick Micucci, received his Godan. Shihan Doug Meagher received his Kyoshi certificate. Others receiving their Renshi title certificates were Shihan Donna Benoit and Shihan Ron Richer. Also accepting the Renshi Certificate for Shihan Tony Semena is Shihan Elizabeth Ubalde. Congratulations to all.

Congratulations to Ben Mare on Receiving his Hachidan



Seiwakai South Africa Seiwakai Certificate Recipients



This was a function to celebrate the international certificates – Shodan, Nidan, and Sandan.

It was a special night for Collin Sensei to receive his Godan certificates.



Jay Padayachee Renshi received his Nanadan and Ben Mare Kyoshi received his Hachidan.

Congratulations!

JKF Goju Kai Australia Seminar and Certificate Awards



**JKF Goju Kai Seminar and Certificate
Presentation in Sydney, Australia.**

Congratulations to all!

Great Lakes Seiwakai

Instructors and Students Receive their Dan Certificates



Above are the Great Lakes Goju Ryu Karatedo Seiwakai Yudansha who received their Seiwakai International Certificates this year. (L to R) Sydney Pfeiffer (Sandan), Emily Mata (Yondan), David Hale (Yondan), Mark Cramer (Nanadan), Chris Perry (Godan), Bryan Jansen (Shodan), Richard Cousino (Shodan).



Keith Williams (Yondan).

Not Pictured are Nailah Davis (Shodan)