

**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 67: July/August 2024**

**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

Seiwakai USA:

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Vassie Naidoo: Advisor

Seiwakai Mexico

Marco Madrid: President

Vassie Naidoo: Liaison

**Official Representative for
Latin America Appointed by
Shuji Tasaki Shihan**

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Eusebido Montes: President

Vassie Naidoo: Liaison



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Seiwakai Canada

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Kawase Hasui: Tsukumojima, Shimabara

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Canada Goshukan Fall Camp

October 18-20, 2024

Sudbury, Ontario



Schedule

Friday, Oct 18	5:00 – 5:45	Welcome – Registration
	6:00 – 8:00	Training, all ages; all belts
	8:00 – 9:30	Brown & Black Belt Training
Saturday, Oct 19	9:30 – 12:00	Training, all ages; all belts
	11:00-12:00	Breakout children's Class (11 and under)
	12:00 – 1:00	Lunch (included)
	1:00 – 1:30	Lecture
	1:30 – 3:00	Training, All belts
	3:00	Dan Exams (by invitation only)
	7:30 – 9:30	Reception
Sunday, Oct 20	9:00 – 10:30	Brown & Black Belt Training
	10:30 – 12:00	Training, all ages; all belts
	11:00-12:00	Breakout children's Class (11 and under)
	12:00	Closing

Cost

Weekend (Youth & Adult)	Weekend (11 and under)	1 st additional family member	Each additional family member	1 day only (Youth & Adult)	1 day only (11 and under)
\$100	\$70	Pays 75%	Pays 50%	\$70	\$50

SEIWAKAI KARATE SILICON VALLEY



HOSTS THE

GOJU-RYU KARATEDO PAN-AMERICAN SEIWAKAI SEMINAR 2024

LED BY

SEIICHI FUJIWARA SHIHAN
VASSIE NAIDOO SHIHAN

- NOVEMBER 8TH - 10TH, 2024
- KIHON, KUMITE, KATA & BUNKAI
- SEIWAKAI & JKF GOJUKAI TESTING



ALL LEVELS WELCOME
NON-MEMBERS WELCOME



WHATSAPP:
+1.650.394.6669



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CALIFORNIA 94025 USA

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**GOJU-RYU
KARATEDO**

**PAN-AMERICAN
SEIWAKAI**



WWW.GOJURYU.NET / SEMINAR



Upcoming Event

Pan American Seiwakai Seminar With Fujiwara Seiichi Shihan and Vassie Naidoo Shihan In San Francisco, California



Mina-sama,

We are honored to invite you to join us November 8th to November 10th with over 100 karateka, in the heart of Silicon Valley as we the host President of Gōjūryū Karatedō Seiwakai and Overseas Director of the JKF Gōjūkai: **Seiichi Fujiwara** Shihan as Chief instructor and Vice President of Seiwakai International: **Vassie Naidoo** Shihan as assistant instructor, for the 2024 Gōjūryū Karatedō Pan-American Seiwakai Seminar, which shall include both Seiwakai and JKF Gōjūkai testing at our 8400ft² gymnasium in Menlo Park, California at the Arrillaga Family Center (ARC). This prestigious event, in the Year of the Dragon, promises to be an enriching experience for all participants. For more information, registration and event updates please visit www.gojuryu.net/seminar.

Event details are as follows:

- Date: November 8th - November 10th
- Location: Arrillaga Family Center (ARC), 700 Alma St, Menlo Park, CA 94025
- 3-day participation fee: \$175.00 USD

The **A.R.C. in Menlo Park** is conveniently located 21 miles north of San Jose International Airport (SJC) and 21 miles south of San Francisco International Airport (SFO).

Friday, November 8th:

- Check-in: 5:30 PM - 6:00 PM
- Opening Ceremony: 6:00 PM
- Training: 6:15 PM - 9:00 PM



Saturday, November 9th:

- Check-in: 8:30 AM - 9:00 AM
- Opening Ceremony: 9:00 AM - 9:15 AM
- Training: 9:15 AM - 12:00 Noon
- Lunch Break: 12:00 Noon - 2:00 PM
- Training: 2:00 PM - 4:00 PM
- Seiwakai Shinsa (Testing): 4:00 PM - 6:00 PM (in a different room than the training gym)
- Enkai (Banquet): 7:00 PM - 9:00 PM (Location TBD)

Sunday, November 10th:

- Check-in: 8:30 AM - 9:00 AM
- Opening Ceremony: 9:00 AM - 9:15 AM
- Training: 9:15 AM - 12:00 Noon
- Lunch Break: 12:00 Noon - 2:00 PM
- Training: 2:00 PM - 3:30 PM
- JKF Gōjūkai Shinsa (Testing): 4:00 PM - 6:00 PM (in a different room than the training gym)

Lodging Suggestions:

- Crowne Plaza, Palo Alto, CA
- Best Western, Menlo Park, CA
- Hotel Lucent, Menlo Park, CA: A 5-minute walk to the training facility and a 4-minute walk to the MP train station. Adjacent to a large regional supermarket and various restaurants and bars.

Enkai (Banquet):

- Date: Saturday, November 9th
- Time: 7:00 PM - 9:00 PM
- Location: To be determined
- Banquet Fee: \$75.00 USD

Additional Information:

- ALL testing applicants must submit your application to the host BEFORE October 13th 2024.
- Attendees should have a basic understanding of Gōjū Ryū Karate and wear an all-white karate gi.
- Early Registration: Register early to ensure your place before the late registration fee initiates.
- Contact for Inquiries: For any questions, please contact Johnpaul Williams at gōjūryū@gmail.com or text +1-650-544-8944 direct or via WhatsApp.
- All levels are welcome to participate.
- Non-members Welcome. Seiwakai nor JKF Gōjūkai membership is required to participate.
 - New membership registration will be available on site for those interested.

We look forward to your participation in this esteemed event. Please confirm your attendance by August 20th 2024 by contacting us at gōjūryū@gmail.com. For more information and updates, visit www.Gōjūryū.net/seminar or follow us on www.Facebook.com/BayAreaKarate and www.Facebook.com/SeiwakaiInternational.

Join us for a weekend of expert training, cultural enrichment, and the pursuit of excellence in Gōjū Ryū Karatedō. We are excited to share this experience with you and look forward to your participation.

Best regards,



Johnpaul Williams

Seiwakai Karate Silicon Valley (SKSV) member of JKF Gōjūkai

Email: gōjūryū@gmail.com

Personal phone / WhatsApp: +1-6505448944

Link to event registration - <https://forms.gle/WL1UsrBwD61scWVx6>

REGISTRATION FORM - <https://forms.gle/WL1UsrBwD61scWVx6>

Name: _____		
Address: _____		
City: _____	State or Province: _____	
County: _____	Postal Address: _____	
Phone or WhatsApp: _____		Emergency Contact Name _____
		Emergency Contact Phone: _____
Dojo Grade: _____	Seiwakai Grade: _____	JKF Gōjūkai Grade: _____
Sensei: _____		Dojo: _____

Link to event registration - <https://forms.gle/WL1UsrBwD61scWVx6>

Activity	Fee	Number Attending	\$ Amount
3-Days Training	\$175 before Sept 1st 2024		\$
3-Days Training	\$175 after Sept 1st 2024		\$
2-Days Training	\$150 before Sept 1st 2024		\$
2-Days Training	\$170 after Sept 1st 2024		\$
Saturday Enkai (Banquet)	\$75		\$
Total amount due			\$

RELEASE OF LIABILITY

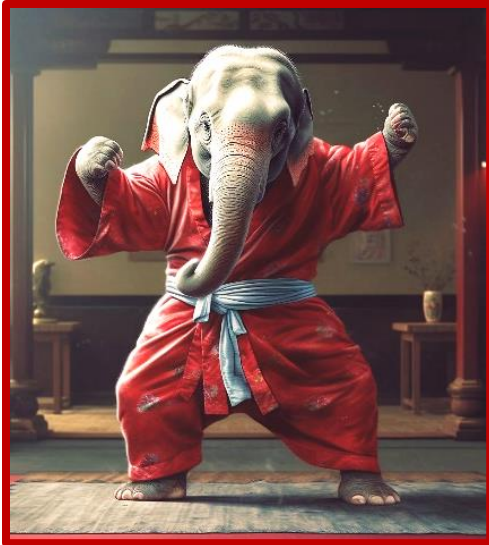
In consideration of your accepting my fees, I intend to be legally bound on behalf of myself, my heirs, executors, assigns and administrators, I do hereby waive, release and discharge any and all rights and claims for damages which I may have, or which may hereafter accrue to me against the Japan Karate Federation Gōjūkai, USA Goju-Ryu Seiwakai Karate, Seiwakai Karate Silicon Valley, Arrillaga Recreation Center, Seiichi Fujiwara, Johnpaul Williams, 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 2024 Goju-Ryu Karate-do Pan-American Seiwakai Seminar and or Testing. 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.

Signature (Parent or guardian if under 18 years of age)

Date: _____

Printed Name:

The Elephant in the Dojo



There's an elephant in the room, or in this case there's an elephant in the dojo. There's a particular subject that no one really seems to want to talk about it, but it's a subject that we must address.

I am in my mid-70s, and I'm not getting any younger. Someday, I'll have to turn my dojo over to the up-and-coming generation of Seiwakai yudansha. However, when I bring this subject up to my senior students, I can tell that it makes my upper level blackbelts feel uncomfortable.

I must admit that it also makes me feel uncomfortable to talk about this with my students. It's not pleasant to realize that someday, I may be too old to teach properly. It's also not pleasant to think about one's eventual demise.

However, when that day comes and I am no longer able to actively teach in the dojo, or when I pass on, my upper level yudansha must take over the responsibilities of teaching and running our organization. If they do not, or if they are ill prepared for teaching and running a dojo, then the area organization that we have worked decades to develop will vanish into oblivion.

There are several things that I need to do to prepare the next generation of yudansha to take the reins of running our area organization? Most importantly I must make certain all my students and particularly my senior yudansha are well trained in Goju Ryu Karatedo Seiwakai. I also need to give my senior students more responsibilities in teaching and performing the other organizational responsibilities. Turning some of these responsibilities over to others is difficult for me since I'm accustomed to doing these things by myself. However, my senior students need to get the experience so that they can one day take over.

Finally, I must make certain my senior students are familiar with and connected to the Seiwakai USA and International leadership, so that when the time comes, a smooth transition can be made.

This discussion isn't just about me, my dojo, and the Great Lakes Seiwakai Goju Ryu Karatedo organization. It is about other instructors who are aging. It's about all of the Seiwakai. Fujiwara Shihan is my age and Vassie Shihan is several years older. (Sorry Vassie Shihan, but I know that Mallica is not your sister.)

With all kidding aside, we must ensure that our local, national, and international organizations have a cadre of capable instructors who will lead Seiwakai into the future. We cannot afford to ignore the obvious.

We must address the elephant in the dojo.

Craig Vokey Shihan World Karatedo Federation Nanadan



Congratulations to Craig Vokey Shihan (center) who received his WKF Nanadan Certificate. In the photo, he is accompanied by PKF president Jose Garcia Maañòn (left) and WKF president Antonio Espinos (Right).

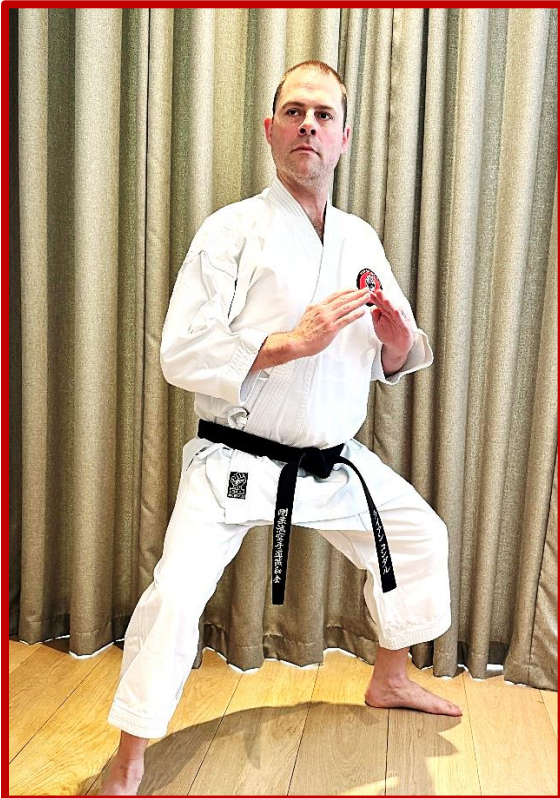
Seiwakai Members at the Karate Canada National Championships



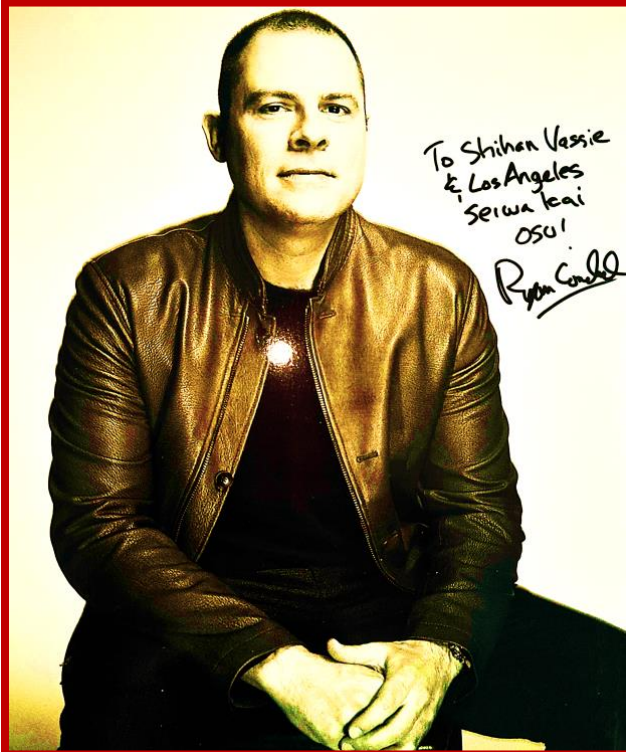
(L to R)

Kevin Po, Maria Meandro, Tiffany Ross, Xavier Cardoso, Craig Vokey, Paulo Cardoso (kneeling), Donna Benoit (kneeling), Olivia Cardoso, Charles Fink, Madelyn Armitage, Angelo Panoussis

House of the Dragon



Ryan Condal is the co-creator, head writer, and showrunner of *House of the Dragon*. He has been training with Vassie Shihan and Los Angeles Seiwakai since 2016. Although the show currently has him and his family living in London, he keeps up his training virtually with Vassie Shihan.



From the Seiwakai USA Publicity and Membership Committee

Seiwakai USA Publicity & Membership Committee

NEEDS YOU!

**Do you have
business marketing
skills or know
someone who does?**

**Email:
seiwakai.usa.membership
@gmail.com**



Applicants must be a member in good standing of Seiwakai USA.

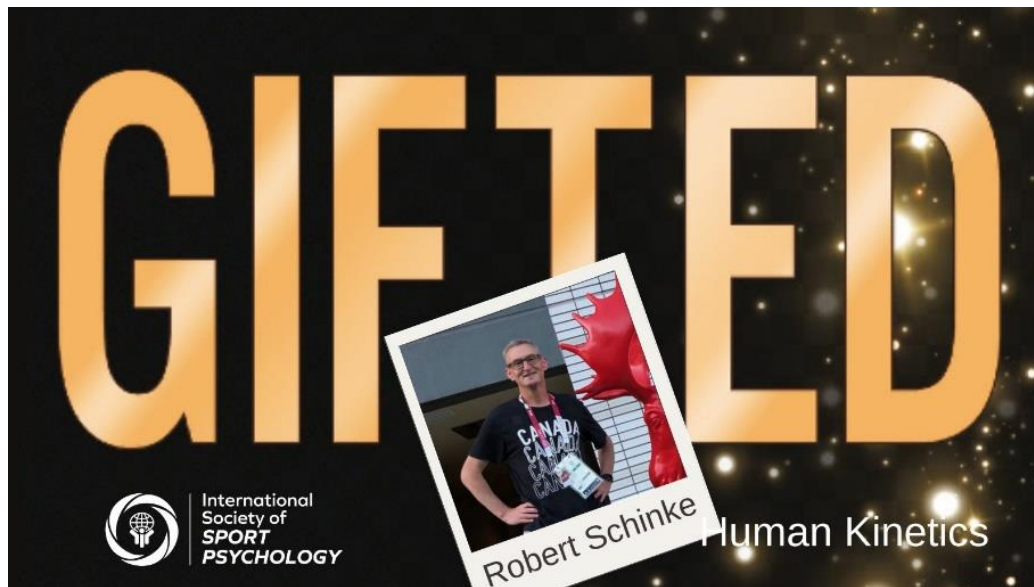
You will be assisting us to:

- (i) represent the Seiwakai USA in the most positive light to other karateka and their organizations, with the intent of attracting and retaining members.
- (ii) advise the board on matters of the corporation's promotion, member attraction and retention, general branding and advertising, and visibility; and
- (iii) recommend expenditures to the board that will advance membership and public awareness of Seiwakai USA and the Seiwakai International organization.

This Book Should Be on Every Educator's Bookshelf!

From Charles Fink

This is a great read. It has all the content and deep academic richness of a textbook without the boring prose. Filled with examples from high performance sport, world-class professional work, and rich personal life experience, this book is a must read for any person looking to discover, develop, and leverage their own, personal, unique gifts. It is also a practical tool for the seasoned mentor looking to elevate their protégé(s) to the next level while continuing to hone their own gifts. If you are looking to level up, it belongs on your reading list.



The author, Dr. Schinke, is a distinguished professor of Sport Psychology in the School of Kinesiology and Health Sciences at Laurentian University (Sudbury, Ontario, Canada). A Pan-American athlete in his own right (equestrian), he is a world-class sport psychologist who has worked with numerous amateur and professional athletes including numerous boxers and the **Canadian National Karate Team**. In addition, he is my doctoral supervisor.

—Charles Fink, PhD (cand.), Rokkudan.

Schinke, R. J. (2024). *Gifted: 8 Steps to Succeeding in Sport, Work, and Life*. Human Kinetics.
<https://books.google.ca/books?id=CnzsEAAAQBAJ>

Other Reviews:

“This book is beautifully designed to help tap into the gifts within yourself. Dr. Schinke is deeply respected in the field of sport and performance psychology, and with this piece of work, he brings insight regarding the success that is accessible to each and every person. I wholeheartedly endorse Gifted and am excited to learn of the impact on those willing to commit themselves to the wisdom within.”

—**Angus Mugford, PhD**, Senior Vice President of Player Development and Performance for the New Jersey Devils

“With rich examples, practical action items, and deep thinking, this book will guide athletes and other people step by step to find their inborn potential and live a more meaningful life.”

—**Liwei Zhang, PhD**, Past President of the Asian South-Pacific Association of Sport Psychology, Past President of the China Association of Sport Psychology, and Leading Expert in the Psychology Group for China’s Olympic Team

“Rob Schinke is an eminent scientist and practitioner in sport and psychology. The field is very fortunate that he has produced this book. It blends psychological science with practical perspectives that will help people in all walks of life take charge of their development and work toward the best possible version of themselves. This must-read book has substance and meaning for those who want to realize their potential.”

—**Charles A. Maher**, Senior Advisor on Sport and Performance Psychology for the Cleveland Guardians

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)

Upcoming Event

National Seiwakai Seminar of The Netherlands 2024



Bloedkoraal 1

4762 BJ Zevenbergen



21st and 22nd of September 2024
With Abel Figueiredo Shihan 7th Dan

Basic & Advanced Training

Kihon - Kata - Bunkai - Kumite

Physiology - Biomechanics - Motor Control - Mental Focus - Social Culture

Venue: Bloedkoraal 1 4762 BJ Zevenbergen	Hosted by: Karate Moerdijk Contact for details: Arno Yarzaray +31634243650 info@karatemoerdijk.nl	Costs: 1 day €30,- 2 days €60,-	Schedule Saturday: 09.30 am - 12.30 pm 14.40 pm - 17.00 pm Sunday: 09.30 am - 12.00 pm 13.30 pm - 16.30 pm
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Upcoming Event



SOUTH AFRICA

2024

SEIWAKAI

SEMINAR GAUTENG

INSTRUCTORS



Mr. Fujiwara Shihan
President
Seiwakai International



Vassie Naidoo Shihan
Vice President
SWK International



Pal Gila Shihan
Director: SWK
International



Saito Shihan
SWK International:
Tech Instructor



20 -22 Sept 2024

**BOOK YOUR
TICKET NOW**



More Information
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Visit our website
SEIWAKAI.AFRICA

Past Event

S.I.W.A.B. Seminar in Greece

We have so many awesome, strong and ferocious yet kind and generous women in Seiwakai. It was a great pleasure to train with and learn from you all this weekend.

Instructors and students attended from Australia, Cyprus, England, Germany, Greece, Portugal, Slovakia, and Switzerland.

Pictured here with our beautifully designed t-shirts (several women's cut options!) and with our guest men at the end of the final day!

More detailed thoughts later but this was a brilliant seminar rich in detail and with a real focus on engaging the core. I need to sign up for reformer Pilates I think ... *Roxanne Selby*

