

**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 72: May/June 2025**

**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:

Mark Cramer: President

Vassie Naidoo: Advisor

Seiwakai Mexico

Marco Madrid: President

Vassie Naidoo: Liaison

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

**Goshukan Seiwakai Mexico
Eusebido Montes: President**



**Newsletter Editor:
Mark Cramer**

Goshukan Seiwakai Canada

Craig Vokey: President

Vassie Naidoo: Liaison

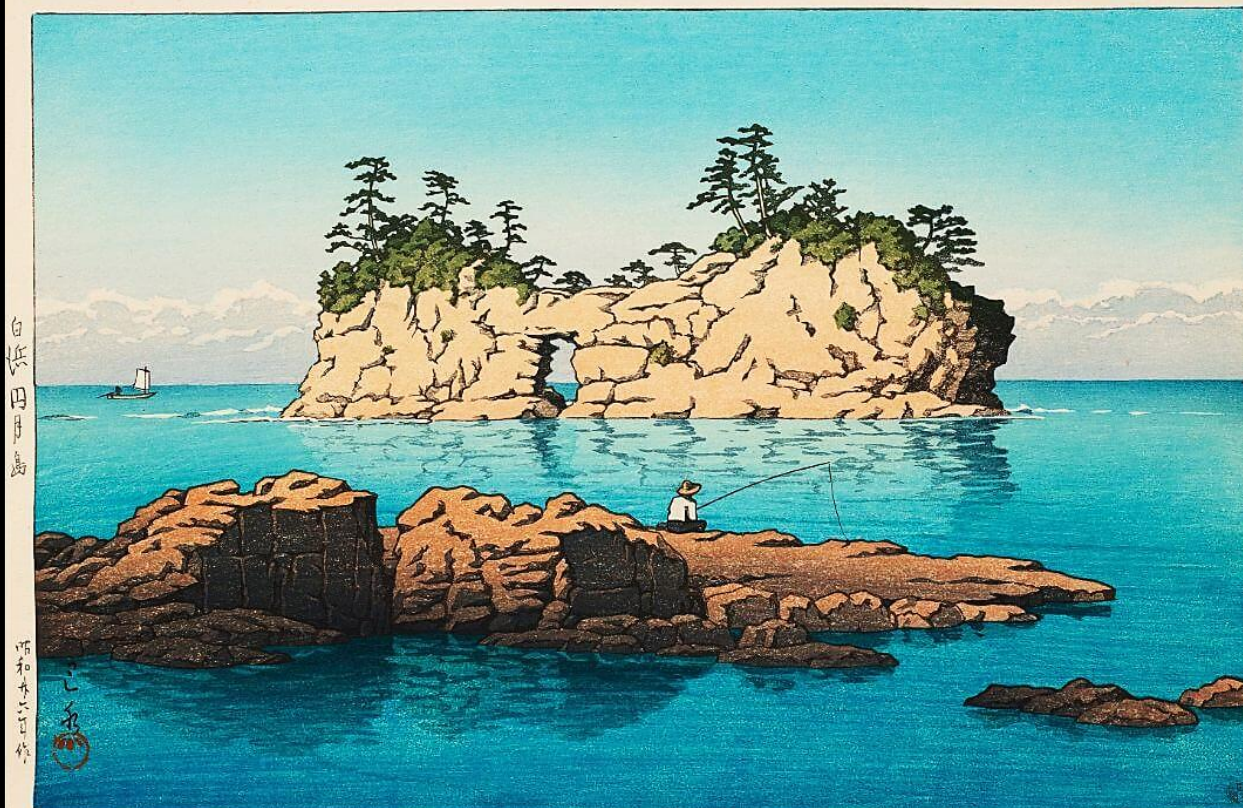
Shuseikan Seiwakai Canada

Michael Beardwood:

President

Vassie Naidoo: Liaison

**Seiwakai Canada
Peter Brown: Representative**



Kawase Hasui: *Shirahama Engetsu Island*

Table of Contents Pan-America Seiwakai

Past Events, Upcoming Events, News, and Articles

- Canada Goshukan Seiwakai Seminar: May 2, 3, & 4 – Page 3
- Art in the Martial Arts by Arthur Turner – Page 7
- Great Lakes Seiwakai at Toledo School for the Arts by Ryan Donaldson – Page 10
- Linda Rose – Karate Sensei and Immigration Lawyer – Page 12
- Kengaku 見学 Study Through Observation Submitted by Wayland Louie Page 13
- Pan American Seiwakai Seminar – Page 14

Seiwakai Around the Globe

Past Events, Upcoming Events, and News

- Japan 2025 – Page 16
- 35th JKF Gojukai Australia Seminar and National Championships – Page 22
- The 2025 Hungarian Seiwakai Seminar Led by Shihan Dr. Pál Gila – Page 24



Canada Goshukan Seiwakai Seminar 2025

Etobicoke, Ontario May 2 – 4





Spring Canada Seminars 2025

By Emily Mata

From May 2nd-4th 2025, we met in Etobicoke, Toronto, Ontario for the Seiwakai Spring Seminars. I usually like to break the summary up by day, but in my experience this weekend blended together in one continuous line of logic: where we left off one day, we picked up the next; each lesson building on what we had done the previous day.

Throughout, there was a focus on kihon with Goju-Ryu kumite techniques, characterized by flowing movements, open-handed strikes, circular blocks, and plenty of pivoting. When introducing a new combination, the Shihans would start simply and slowly, then progressively add layer upon layer of complexity until the only way to repeat the combination of pivoting, blocking, striking, pivoting back, throwing, kicking, etc, was to stop thinking entirely and let your body lead the way. After we'd worked on getting the movements down, we broke into partners to work on the application of these techniques. It was difficult but refreshing work.

Another main point of concentration was the katas Sanchin and Tensho, especially the latter. Yes, they are usually a focus at seminars, but I've noticed that generally we start there and work up through all of the katas through Saifa together before breaking into groups. Over the course of the weekend, however, I only did four different katas: Sanchin, Tensho, Shisochin, and Kururunfa. Power, tension, and stability were emphasized in our practice. Finer points of detail were shown and worked through until we got it (mostly) right.



The banquet on Saturday night was wonderful and is always a chance to reconnect as well as talk with karateka you may not have trained with before. After a long day of practice, it's a great opportunity to unpack some of the things we went over in the seminar, as well as to share other things we've picked up along the way. Learning about others' karate journey is always something I enjoy. No matter who we are or where we come from, we all connect at the same point: the Seiwakai family. The food was good, the drinks were great, and the company was even better.

I think it's also worth mentioning how smoothly this weekend went due to the organization and attentiveness of the Canadian Shihans. Thanks to you all for your thoughtfulness and hospitality. All of the Shihans from across the world who lead groups and helped with teaching, thank you for sharing your wisdom and patience. I know it's been a great weekend when I leave feeling like a white belt again, and with such depth of knowledge, it's hard not to when attending a Seiwakai seminar.

SIWAB Training Session in Canada



Article by: Elizabeth Ubalde

Photo courtesy of: Brenna Rae MacNaughton

We were quite excited to have our first women's training session in conjunction with our biannual Ontario Goshukan Canada Spring Session. On Friday, May 2nd from 1 to 3:30pm, 11 women gathered to partake in a training session for women led by women. We were able to touch upon various topics from kumite movement drills led by Sensei Josephine Cardoso, Sanchin training and testing for women led by Sensei Carolyn Bleach, to self-defense led by Sensei Elizabeth Ubalde. The participants had a great time throughout the afternoon training and provided wonderful questions and helpful feedback during the last 15 minutes of Q & A. Thank you to all of the participants that made it down on a Friday afternoon and the instructors for your time. We look forward to the next one in the fall.

Keep your calendars open :)

Art in the Martial Arts

By Arthur Turner



Arthur Turner is an art educator at Katherine Johnson Technology Magnet Academy in Desoto Independent School District. He created “The Love of Portraits Art Contest and Gala” to promote visual arts in Desoto ISD and surrounding communities. The Goal was to give students practical experience and artistic self-worth through competition.

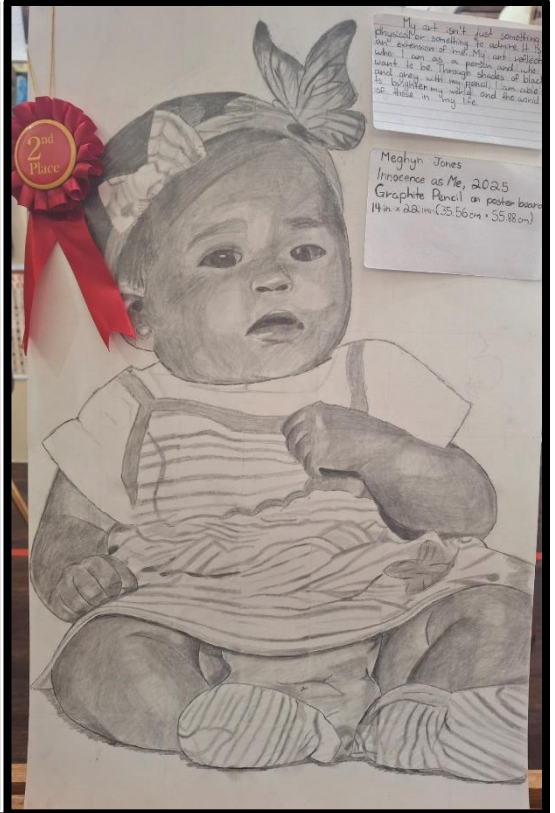
There were two art divisions. Division (1) was Middles School art students vs High School art students. Division (2) was kindergarten to 5th grade. This was an open art contest to all campuses in Desoto ISD in Dallas County Texas. There was a 5 judge’s panel, two Seiwakai Karate of Dallas (SKD) students, one (SKD) parent, one (SKD) supporter and an art gallery supervisor. The contest concluded at art Gala held at the “Ellis County African American Hall of Fame Museum & Library” owned by Dr. Jamal Rasheed.

The Cruise Control Ryders MC (Motorcycle Club) along with Seiwakai Karate of Dallas helped sponsor the contest and Gala. An anonymous donor provided the cash awards for Division (1) 1st place \$200, 2nd place \$100, and 3rd place \$50 and Division (2) gift card award of 1st place \$50, 2nd place \$20, and 3rd place \$10. The event was a success attracting contestants from several schools in the district. Three students sold their pictures. A local journalist wrote a piece about the event, student’s work, and Seiwakai.



Arthur Sensei teaches art very similarly to how he teaches martial arts. He teaches students to push past their limits. His middle schoolers took 1st place and 3rd place against high school artists.

Arthur is definitely proud of his artists.





Goju-Ryu in Toledo School for the Arts Kaleidoscope

By Ryan Donaldson



On the nights of Friday, May 16th and Saturday, May 17th, students at Toledo School for the Arts performed synchronized Sanseiryu kata and bunkai for Kaleidoscope, the school's end-of-year performance. Kaleidoscope serves as a culmination of the arts classes that the school offers, ranging from theater to creative writing and of course, martial arts. By performing in Kaleidoscope,



these students were able to represent the Seiwakai family through the demonstration of one of its kata and the practical applications of Goju-Ryu through its bunkai.

The seven members of the performance group consisted of a combination of internationally-graded Shodans and Great Lakes Seiwakai graded Shodan-hos, all students of Mark Cramer Shihan, who was also a supervisor of the piece. The performers included senior and choreographer of the piece Ryan Donaldson, juniors Evan Baker, Rori Hunt, and Jack Zmuda, and sophomores Franklin Duncan, Bella Grady, and Derek Kory. The performance itself consisted of running through Sanseiryu kata twice to a recording of traditional Japanese flute music. The first run through of the kata had the entire group performing

it in near perfect synchronization. The second run through of the kata had performers Ryan Donaldson and Derek Kory separating from the main group and demonstrating the bunkai moves when they were performed in the kata. The other group members would simultaneously be performing the kata synchronized again.

In order to prepare for this performance, the students needed to overcome several challenges, the first being scheduling for practices. While Toledo School for the Arts places emphasis on the arts, it is still a high school and due to unfortunate class scheduling, a situation was created in which

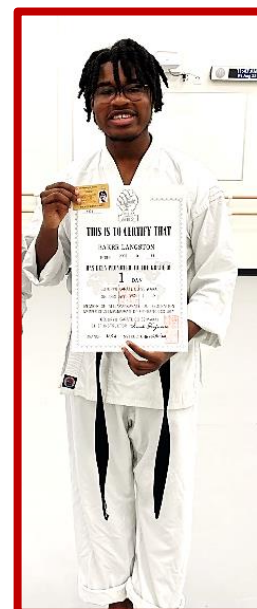
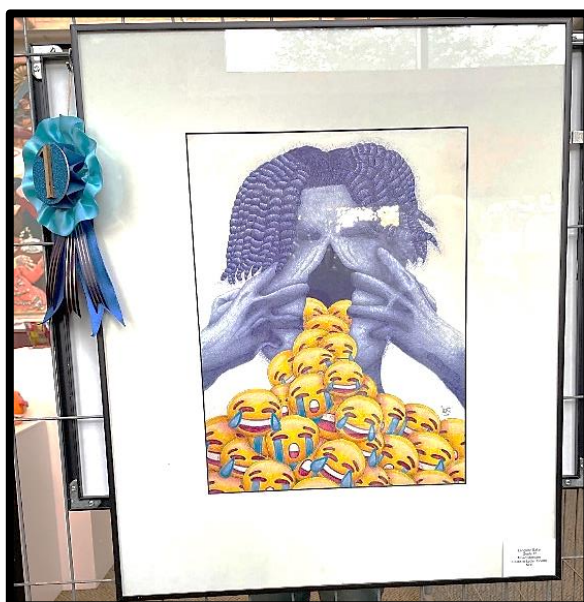
many of the performing Shodans would be present for the same class period. This obstacle was overcome through practicing during the student's homeroom and lunch period, beginning in January and lasting until the show dates at least twice a week. Additionally practices also sometimes occurred at other locations, including a practice at Bedford schools over the weekend during the students' Spring Break.

Among the performers, the general consensus was the same following the performances. When asked, Franklin Duncan said: "It was cool seeing everything put together. It was a lot of effort but worth it." When asked the same question, Jack Zmuda added on that: "It was really fun. The group was good, and I greatly enjoyed it. I wasn't as nervous as I expected, likely because we practiced a lot." When asked for his perspective on the supervisor point of view, Mark Cramer Shihan responded with: "For our Kaleidoscope piece, we started working on Sanseiryu kata and its bunkai around the beginning of second semester. The students were not in the same class and some of them had to give up their lunch periods to work on it. Also, I had to teach class when they were working on the kata and bunkai. Consequently, I would periodically watch and give tips for improvement, and the students would work on making incremental improvements on the piece until we were ready for performance. Thanks to Ryan Donaldson for coordinating the practices with students who were spread out between three different classes."

This performance was more than just a demonstration of the skills of Shodans in synchronized kata and bunkai, but rather of the Goju-Ryu family as a whole. It enabled those who might not otherwise be exposed to Goju-Ryu see what it can offer an individual firsthand through both its self-defense applications and the discipline that these students have put forth, conveying the continual importance of Karatedo at any place in the world.

Kaleidoscope Visual Arts Show

Langston Baker, a Seiwakai International Shodan, was judged First in the Show. The judges included an art professor at the University of Toledo, an Art Director at the Toledo Museum of Art, and local artists.





Linda Rose Karate Sensei and Immigration Lawyer

Born to working-class parents in Massachusetts, Linda Rose came to Nashville in the 1990s – by way of Hawaii, where she first began working in immigration law. When she relocated to Tennessee for her then-husband's career, she didn't think there'd be much for her to do. But her practice took off.

These days, Linda is as busy as she's ever been, and the political climate has her anxious for her clients. To stay centered, she finds solace in her longtime karate practice. She has a third-degree black belt and plays jazz vibraphone in a band that includes one of the lawyers in her firm.

Below, in Linda Rose's own words, is a recap of an interview conducted by Demetria Kalodimos, a Nashville celebrity journalist and news reporter who anchored the local affiliate of NBC.

With the upcoming 35th anniversary of the law firm I founded in 1990, Demetria Kalodimos wanted to interview me. The interview began with a discussion of the current immigration climate . . . or call that immigration chaos. I opined about the deep fear many non-citizens now face. I also talked about the broken immigration system and why we have an undocumented workforce.

We also discussed Goju Karate. I explained how I began my Goju journey in Hawaii, moved to Tennessee, where I taught for several years, and then found Russ Costello and Seiwakai. I talked about how I wanted to study karate as an "art form" and that's what I found in Hawaii and in Seiwakai.

We talked about my jazz band and how my music career evolved. Then I explained how I went to Ghana, Africa to learn the African xylophone, music that I have incorporated into my jazz band. I talked about how my music has combined with my law practice. I explained how I fit everything in and how practice music Karate, and Italian language every day.

Finally, we talked about my journey to the top of Mount Kilimanjaro – my greatest personal achievement that proved to me I can do anything if I put my mind to it. My message to listeners is to go with every opportunity and not be afraid to try.



Kenkaku 見学 Study Through Observation

By Paul Enfield

Submitted by Wayland Louie

Kengaku is a term I first learned in Okinawa and Japan when I lived and trained there. It means “study through observation”, and it is an essential part of one’s training, particularly if you belong to a serious dojo or training group.

Kengaku should be applied whenever you are given the role of spectating in class. This involves observing your teacher as they demonstrate and explain, as well as watching both senior and junior grades as they perform kata, kumite, or other exercises—since we can learn from everyone in the dojo. Kengaku is not limited to physical activities; one can also learn dojo reigi (etiquette and rituals) through observation.

More importantly, Kengaku should be practiced when one is unable to participate in class due to injury (within reason, of course). Having an injury does not prevent you from continuing your studies. With your teacher’s permission, you can attend class, notebook in hand, and sit respectfully to the side to continue learning. Although observing a class can never fully replace the benefits of active participation, students are often surprised by the details they pick up—things they may have previously overlooked.

Kengaku demonstrates one’s intention to always be learning – to yourself, your teacher, and your fellow dojo members. It reflects your commitment to training, and it is a great habit to cultivate in order to maximize progress.



A Short Anecdote

Periodically, we do the following group kata exercise: We start with the first kata of the curriculum and work our way up in order. Each kata is performed only once. If a student completes the kata successfully, they continue to the next one. If a student performs only part of the kata (or makes a mistake), they sit down and observe. The exercise continues until

the entire kata curriculum is completed, or until all students are seated. Lower grades enjoy this drill because it allows them to try their next kata, while higher grades experience added pressure to perform.

I bring this up because, on one occasion, a student whose kata requirement was up to the fourth kata (Seiyunchin) in the curriculum ended up completing three katas beyond his grade (Seipai). When I asked him how he managed this, he said he had learned by watching the higher grades.

Needless to say, he had grasped the concept of Kengaku.

Seiwakai Pan American Seminar 2025



November 7, 8, & 9

Toledo, Ohio

Details to follow

Chief Instructor – Vassie Naidoo, Seiwakai International Vice President

For all who are wondering what the weather is like in Toledo in November, I checked the temperature for that part of November, and over the past 4 years, the average temperature has been around 50°F and there has not been much precipitation.

The average high and low for November 8th is 56°F and 44°F. The temperature rarely falls below 31°F or exceeds 69°F. Please plan accordingly.



Although we are located on the shores of beautiful Lake Erie, suffice it to say we will not be having beach training this November as we have had in Santa Monica.

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)

**Japan 2025
Upcoming Event
Seiwakai International Seminar in Japan**



Hi All,

Those that are going and thinking of going, please contact your teachers.

Seiwakai Seminar Omagari, Akita,
July 16th, 17th, 18th, 10am to 12noon All Levels
Lunch
3pm to 5pm All Levels

19th Free Day

20th, 21st, 10.00am to 12noon All Levels
LUNCH
3.00pm TO 5.00pm All Levels

18th and 21st 3pm to 5pm 6th Dan and above will Split from the group

22nd, 10am to 12noon
Thereafter Dan Testing
6pm Seiwakai Party

23rd Travel to Sendai (Miyagi Prefecture)
JKF Goju Kai
Seminar and Dan Testing 24th, 25th
Tournament 26th, 27th
Party To Be Determined

Thank You
Vassie Naidoo
ヴァッシー



We are pleased to inform you about our 51st JKF Gojukai All Japan Tournament held in Sendai, Miyagi Prefecture on July 26th to 27th.

Kata seminar and Dan promotion tests are also scheduled for July 24th and 25th.

We hope many of you will attend this event.

For the details, please refer to the attached files. Please check them carefully and submit application forms to the specified sector of Gojukai Headquarters.

We all Japanese Gojukai members look forward to seeing you and enjoy the tournament.

Sincerely,

Seiichi Fujiwara

Head of Overseas Committee

JKF Gojukai

Email: ohara.sf@fancy.ocn.ne.jp

Overseas Office Email: mikikotahata.osc@gmail.com

Hotel Green Palace SENDAI

https://www.expedia.co.jp/en/Sendai-Hotels-Hotel-Green-Palace.h9723663.Hotel-Information?chkin=2025-06-10&chkout=2025-06-11&x_pwa=1&rfr=HSR&pwa_ts=1748389791540&referrerUrl=aHR0cHM6Ly93d3cuZXhwZWVpYS5jby5qcC9lb3RlbnR1bC1TZWFyY2g%3D&useRewards=false&rm1=a2®ionId=3110&destination=Sendai%2C%20Miyagi%20Prefecture%2C%20Japan&destType=MARKET&neighborhoodId=553248635976387154&selected=9723663&latLong=37.9114%2C140.1111&sort=RECOMMENDED&top_dp=5400&top_cur=JPY&gclid=Cj0KCQjwxdXBBhDEARIsAAUkP6jcsNnCpgdGtrE27feDsGwmeH3FYRVig2eFSzsmW5NvMcKKofh-IwUaAqAAEALw_wcB&semcid=JP.UB.GOOGLE.PT-c-EN.HOTEL&semdtl=a115309488807.b1131799227673.g1kwd-20233942901.e1c.m1Cj0KCQjwxdXBBhDEARIsAAUkP6jcsNnCpgdGtrE27feDsGwmeH3FYRVig2eFSzsmW5NvMcKKofh-IwUaAqAAEALw_wcB.r1f2e46af1608f579069cf4ecb47e287e99c085e6f947aa46c1ca49f4c9a42279d.c1.j11028819.k1.d1650344944382.h1e.i1.l1.n1.o1.p1.q1.s1.t1.x1.fl.ul.v1.w1&userIntent=&selectedRoomType=201607226&selectedRatePlan=208068519&searchId=9ad1d875-ce27-4036-a794-a6c45322a493

The 51st JKF Gojukai All Japan Tournament in Miyagi
Announcement for the tournament and related events

1. Tournament (Date / Venue / Program)

Date : July 26 (Sat) ~ July 27 (Sun)

Venue : Genki Field Sendai (Miyagino Gym)

4-1-1, Shindahigashi, Miyagino-ku, Sendai City, Miyagi 983-0039,
Japan

(Phone (+81)22-231-1221)

(URL (Japanese)) = <https://www.spf-sendai.jp/genki/>

July 26: Elementary and Junior high school category

9:30 - 10:00 Opening ceremony

10:00 - 18:00 Competition

July 27: High school and Adult category

9:30 - 10:00 Opening ceremony

10:00 - 15:00 Competition

17:00 - Closing ceremony

Entry Application and Payment

Application Form : Attached Form 1 (Tournament application)

Submitted to : 1960kenbu-kai@hct.zaq.ne.jp (Attn: Masatake Ishida)

Deadline : **June 1st**

Remarks : Only Email submission to Ishida sensei can be accepted.

Payment : On site at Kata Seminar reception (Jul 24).

Seiwakai Seminar in AKITA

- Omagari Seminar : July 16 (Wed) ~ July 22 (Tue)
- Seiwakai Dan Promotion Test : July 22 (Tue)
- Seiwakai Party : July 19 (Sat) 19:00 - 21:00

Fee for Tournament attendance and Insurance

Team Kumite ¥15,000/Team

Individual Kumite/Kata ¥5,000/person

Insurance ¥300/person

Related Meetings information

Meetings	Date		Time		Place of Meeting
			Start	End	
National Representative MTG	24-Jul	Thu	17:00	18:30	Genki Field Sendai (Miyagino Gym)
6-8 Dan Judging Committee	25-Jul	Fri	10:00	17:00	
Executive Board MTG	25-Jul	Fri	17:30	19:00	Genki Field Sendai (Miyagino Gym)
Judgement MTG	26-Jul	Sat	9:00	9:30	
Supervisor MTG	26-Jul	Sat	9:30	9:45	
Judgement MTG	27-Jul	Sun	9:00	9:20	

Please don't forget to join, especially Supervisors and Judges.

2. Kata Seminar and Dan Test for overseas member (1-5 Dans)

Kata Seminar

Date/Time: 1) July 24 (Thu) 10:00 -17:00

2) July 25 (Fri) 10:00 -12:00

(Registration starts at 8:00 on Jul 24)

Application: Form 3 (Fill & submit to Shioji sensei by Email)

Email Address: jkf.gojukai.abroad@gmail.com

Deadline: June 30

Payment: On site at Kata Seminar reception (Jul 24)

Dan Test for overseas member (1-5 Dan)

Date/Time: July 25 (Fri) 13:00 - 17:00

Application: Form 7 (Fill & submit to Shioji sensei by Email)

Email Address: jkf.gojukai.abroad@gmail.com

Deadline: June 1st

Fee: 1-3 Dan: ¥5,000 / 4-5 Dan: ¥10,000

Payment: Onsite at Kata Seminar reception (Jul 24)

3. Gojukai HQ Higher Dan Test (6-8 Dan)

Date/Time: July 25 (Fri) 10:00 -17:00

Application: Form 2-2 (Fill and submit to Tsumoto sensei by Email)

Email Address: jkf.gojukai.abroad@gmail.com

Deadline: June 1st

Fee: ¥20,000

Payment: Onsite at Kata Seminar reception (Jul 24)

4. Hotel reservation

Accommodation (to make reservations) is recommended to be done by yourself.

Kumite Tournament							
Category	Sex	School Grade	Age/Weight		Numbe r of players	Time for Match	
Elementary School	Men	1			4	1.5 Minutes (90 Seconds)	
		2			4		
		3			4		
		4			4		
		5			4		
		6			4		
	Women	1			4		
		2			4		
		3			4		
		4			4		
		5			4		
		6			4		
Junior High School	Men	1			4		
		2			4		
		3			4		
	Women	1			4		
		2			4		
		3			4		
High School	Men	1-3	Under 18		4	2 Minutes (120 Seconds)	
	Women	1-3			4		
Adult	Men	Light weight	Under 65 Kg		2		
		Middle weight	65-75 Kg		2		
		Heavy weight	Over 75 kg		2		
		Open weight	Never double entry		2		
	Women		Under 55 Kg		2		
			Over 55 kg		2		
Team	Men	5 players per Team			2 Teams		
Remarks	Number of players is max. number of each branch.						
	Age of High school category is for who doesn't attend high sc						
	Open weight class player never attends another weight class match.						
	Max. number of Team of each branch is 2 (Name A and B to identify).						
	Player's number Bib will be distributed at Kata Seminar reception						
Rules	Tournament is based on the official Gojukai rules.						
	No decision match for 3rd place (2 persons for the 3rd place).						
Guarding equipment	Menho (Face guard) is required for under 18.						
	EXCEPTION No Menho but mouth piece is required for under 18 who participates in Team Kumite.						
	Mouth piece is your own decision.						
	Foul-cup is required for all players except elementary school 1&2 grades.						
	Body protector is required for all players and set inside Dougi (jacket).						
	Instep and shin guard is required for all players except adults.						

Kata Tournament						
Category	Sex	School Grade	Age	Number of players	Type of Kata	
					preliminary round	Final Round
Elementary School	Men	1		4	Gekisai 1 or Gekisai 2	Free choice
		2		4		
		3		4		
		4		4		
		5		4		
		6		4		
	Women	1		4		
		2		4		
		3		4		
		4		4		
		5		4		
		6		4		
Junior High School	Men	1		4	Saifa	
		2		4		
		3		4		
	Women	1		4		
		2		4		
		3		4		
High School	Men	1-3	Under 18	4	Seiyunchin	
	Women	1-3		4		
Adult	Men			2		
	Women			2		
Senior	Men		Over 50	5	Free choice	
	Women		Over 40	5		
Remarks	Number of players is max. number of each branch.					
	Age of high school category is for who doesn't attend high school.					
	Player's number Bib will be distributed at Kata Seminar reception (Aug 15).					
Rules	Point order system is adopted for winner decision.					
	Top 8 players of the preliminary round advance to the final round.					
	Each player must use his/her own Obi. Red obi is used at final match.					

Special attention:

- 1) Players must be registered members of JKF Gojukai and have already paid the Year 2025 membership fee.
- 2) All players must wear the JKF/Gojukai officially-certified Jacket at competition.
- 3) All players must use specified safety equipment.
- 4) All players use their own red/blue color belt (Obi).
- 5) 1 Supervisor and max. 5 coaches per branch are allowed.
- 6) Branch (Nation) name bib is prepared by the participant and is attached on the front (right side) of the jacket.
- 7) The player's number bib must be sealed on the backside of the jacket.
- 8) When a country sends 2 teams for Team kumite, character A and B must be added to the nation's name. (for example, England A and England B)
- 9) Only emergency care will be made for the injured person while matching. Insurance will be covered for the accident that happened during the tournament.



35th JKF Gojukai Australia Seminar and National Championships



The JKFGA presented the 35th JKF Gojukai Australia Seminar and National Championships 2025.

Thank you to all for your participation in the JKFG Seminar, which had 150 participants. A big thank you to Sato Sensei, Takegawa Sensei, and Ishida Sensei for taking the time for this event.

This is a thank you to all for your participation in the JKFG Seminar with 150 participants. We were also able to run an afternoon session on Saturday, and from the feedback, it was well supported. Thanks for the support at the tournament. We had 160 participants, Congratulations to the 31 people that tested and passed 29 of them being Seiwakai. Also, a reminder to those who participated but have not yet paid. Please do so as soon as possible so we can close the books and start organizing next year's event 2026. JKFGA is a Not-for-profit organization that depends on the members' participation in events.

Glenn Stephenson
Director Gojuryu Karate do Seiwakai Oceania
President JKFGA





The 2025 Hungarian Seiwakai Seminar

Led by Shihan Dr. Pál Gila



Practicing karate is a long journey that can have a lasting impact on our entire lives. How we do things truly matters. This is no different in Seiwakai Goju-kai.

The first step was kihon, which is essential for the advanced practice of kata and kumite. The stability and precision of the basic stances help students gain the confidence to use their bodies effectively.

Following kihon, the seminar moved on to the demonstration and practice of katas. The practice of Gekesai-dai, Saifa, Sanseru, Sanchin, and Tensho revealed to every karateka the hidden techniques embedded in the Goju forms.

Shihan demonstrated the fusion of hardness and softness, and through his breathing we saw that these are not merely a collection of movements – the execution of the katas revealed a conscious and instinctive expression of natural strength and softness.

At the end of the day, the focus turned to applying techniques in Goju-style sparring through randori (free fighting). We were in a fortunate position, as we could train with partners we only meet once or twice a year. Shihan Gila showed the group what it means to apply true Goju techniques in continuous combat. His demonstration gave the students a clear view of what expert execution looks like in real-time.

To close the seminar, we had twenty minutes of sparring in 1.5-minute rounds, where we could apply the techniques we had been refining throughout the day. Everyone gave their best, and by the end of the seminar, we were all thoroughly exhausted.

It was rewarding to put into practice so many Goju techniques under safe, controlled yet realistic conditions. It's important to remember that karate practice cannot stop at kihon, kata, and bunkai alone.

A total of twenty-five participants took part in the seminar, representing various age groups and belt ranks. Despite these differences, the shared motivation to learn united everyone – and it was inspiring to see the enthusiasm in the eyes of both the young and the older participants.

Each one-hour training session was followed by 10-minute breaks, which gave us a burst of energy to keep going.

In summary, we learned that techniques are often far more complex than they appear – and that which may seem complex can, with practice, become simple.

We would like to express our sincere gratitude to Shihan, who continuously monitors and supports our progress on the path of karate.

A karate gyakorlása egy olyan hosszú folyamat, amely egész életünkre kihathat. Nem mindegy, hogy mit hogyan csinálunk. A Seiwakai Goju-kai-ban sincs ez másképp. Shihan dr. Gila Pál tartotta a 2025 évi Magyar Seiwakai Szemináriumot. Első lépés a kihon volt, ami elengedhetetlen a kata és a kumite magas szintű gyakorlásához. Az alapállások stabilitása és pontos kivitelezése hozzájárul ahhoz, hogy a tanuló magabiztosan használhassa a testét.

A kihon gyakorlása után a katák bemutatása és gyakorlása volt soron. A Geksai-dai, Saifa, Sanseru, Sanshin és Tensho katák gyakorlása megmutatta minden karatékának, hogy a Goju milyen rejtett technikákat vonultat fel a formagyakorlatokban. A bemutatta a számunkra a kemény és a lágy ötvöztetését, láthattuk a légzésen keresztül, hogy nem csak mozdulatok halmazát vonultatja fel, hanem tudatos és ösztönösen természetes keménység és lágyág látható a katák kivitelezésében.

A nap végén a Goju küzdelmen a technikák átültetésén volt a hangsúly randori küzdelemben. Szerencsés helyzetben voltunk, hiszen olyan partnerekkel gyakorolhattuk a küzdelmet, akikkel évente csak 1-2 alkalommal találkozunk. Shihan Gila bemutatta a csapatnak, hogy mit jelent a valódi goju technikák alkalmazása folyamatos küzdelemben. A tanítványok a látottak alapján láthatták, hogy a mesteri kivitelezés hogyan valósul meg.

A szeminárium zárásaként húsz perces, 1,5 perces küzdelmek voltak, melyek során alkalmazhattuk a hosszan gyakorlott technikákat. Mindenki mindent beleadott, és ennek köszönhetően kellőképpen elfáradtunk az egész napos szeminárium során. Jó volt ellenőrzött keretek között, de élesben gyakorolni a sok-sok gojus technikát. Nem szabad elfelejteni, hogy a karate gyakorlása nem állhat meg ott, hogy csak kihont, katát és bunkait gyakorlunk.

A szemináriumon összesen huszonöt fő vett részt különböző életkor és övfokozat tekintetében. Elszántságban viszont közös motiváció volt mindenkiben, tanulni jöttek, és jó volt látni a lelkesedést a nagyon fiatalok és az idősebbek szemében.

Az egy órás edzések között 10 perces szünetek voltak, melyek ismét energiát adtak a további edzés folytatására.

Összegezve elmondható, hogy a technikák sokkal összetettebbek, mint amilyenek látszanak, és az összetettnek látszó gyakorlat is lehet egyszerű. Köszönetünket szeretnénk kifejezni a Shihannak, aki figyelni folyamatosan a fejlődésünket.