

**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 73: July/August 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**



Goshukan Seiwakai Canada

Craig Vokey: President

Vassie Naidoo: Liaison

Shuseikan Seiwakai Canada

Michael Beardwood:

President

Vassie Naidoo: Liaison

**Newsletter Editor:
Mark Cramer**

**Seiwakai Canada
Peter Brown: Representative**



Kawase Hasui: *Full Moon at Fugato Island*

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CONGRATULATIONS



Congratulations to Vassie and Rubina Naidoo who were married May 31, 2025.

Pan American Seiwakai Seminar 2025

November 7, 8, & 9

Toledo, Ohio



Chief Instructor –Vassie Naidoo, Seiwakai International Vice President

Location: Toledo School for the Arts; 333 14th St # 4, Toledo, OH 43604

Park in the lot on Madison Ave between 14th and 15th Streets and enter at the loading dock door.

Banquet – TBD



The average temperature in Toledo, Ohio in early November is around 50°F and there is typically not 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. All times shown are in Eastern Standard Time.

Only water and clear sports drinks will be allowed in the training area.

Schedule of Events

Friday, November 7th Toledo School for the Arts; 333 14th St., Toledo, OH 43604

- **SIWAB Training** 4:00pm to 5:45pm
- **Session 1** – 6:00pm to 8:30pm

Saturday November 8th Toledo School for the Arts; 333 14th St., Toledo, OH

- **SIWAB Training** – 8:30am to 9:45am
- **Session 2** – 10:00am to 12:00pm
- Lunch Break
- **Session 3** – 1:30pm to 4:30pm (The group photo will be taken.)
- **Seiwakai Shinsa** – 4:45pm
- **Banquet** – 7:30 to ? Location TBD

Sunday, November 9th Toledo School for the Arts; 333 14th St., Toledo, OH

- **Session 4** – 10:00am to 12:30pm
- **JKF Goju Kai Shinsa** (up to Sandan) 12:45pm
-

Seminar Fees (USD)

- All three days \$100 total
- Family Discount: Two family members – \$175. Three or more family members – \$225.
- Two or fewer days \$85
- Student Discount (K-12) 20%

Payment Options

- Make Checks Payable To: Mark Cramer
- PayPal or Venmo Emily Mata @emmmata (3 m's) with the description "PanAmerican Seminar".
- For those coming from outside the US, please pay in US Dollars at the door or on PayPal.

Accommodations:

The Seminar Hotels are:

- **Hampton Inn and Suites** 3434 Secor Rd, Toledo, OH 43606 – Phone: 419-214-5555.
- **Holiday Inn Express** 3440 Secor Rd, Toledo, OH 43606 – Phone: 419-214-4700

You can call the hotel directly or **search for the best deal through your favorite booking company** (e.g. Booking.com, Expedia, Trivago, etc.). Prices range around \$130.

There are also many other hotels on Secor Rd, Toledo, OH 43606, so that you can search for the best deal.

Shirt Order Form

- We will have shirts made, PRE-ORDER ONLY. The designs and link to order will come in a later issue of the newsletter and also on the Pan American Facebook page., closer to the seminar. Pickup will be at the seminar

Shinsa Information

Grading forms must be completed and submitted by November 1st

Typable and printable forms are available at the link below (the last one on the page)

<https://www.seiwakaiusa.com/seiwakaiusacom-217255.html>

Seiwakai Shinsa – Saturday November 8th at 4:45pm

Seiwakai Grading Fees

Shodan - 20 000 JPY + \$50 USD

Nidan - 30 000 JPY + \$50 USD

Sandan - 40 000 JPY + \$50 USD

Yondan - 50 000 JPY + \$50 USD

Godan - 60 000 JPY + \$50 USD

We plan on having a **JKF Goju Kai Shinsa** (up to Sandan) on Sunday November 9th at 12:45. More information will follow.

PAN AMERICAN SEIWAKAI SEMINAR REGISTRATION FORM

NAME _____
PHONE _____
ADDRESS _____
EMAIL _____
CITY/STATE/PROVINCE _____ ZIP/POSTAL _____
COUNTRY _____ DATE OF BIRTH ____/____/____
AGE _____ DOJO _____ TEACHER _____
PHYSICAL OR HEALTH IMPAIRMENTS _____

PARTICIPANT WAIVER and AFFIRMATION OF ACCURACY

In consideration of my acceptance into this seminar, I agree to release, hold harmless, and indemnify this organization, including but not limited to, participating members and instructors, all clubs, organizations, and firms of any and all liability for injuries, disease, or ill health, or the aggravation of such, all claims, demands, costs, or losses and expenses, including claims at law, which I or my heirs and personal representatives may have arising out of, or caused in any way by, or having connection with my participation in this seminar and/or in the care or use of, custody and control of any involved organization, including travel to and from the tournament. All photos of me at these events may be used at the organizer's discretion, and we wave compensation for them. I additionally affirm that all seminar registration information is true and accurate.

Participant's Signature _____ Date ____/____/____

Co-signed if under 18 _____
(Legal Guardian)

Number of People Attending: _____ Total Cost _____

Pan American Seiwakai President, Craig Vokey Shihan, at WKF Karate 1 Youth League



This is my first trip to Poreč, Croatia, I was in Umag in 2016 and 2018. This year it is a very large event with an excellent venue and organization. The Croatian federation are excellent hosts.



It's always an honour to award medals to athletes, particularly to international Karate Canada medalists.

The New Santa Monica Dojo is Soon to Open



**12416 Santa Monica Blvd.
Los Angeles, California**

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



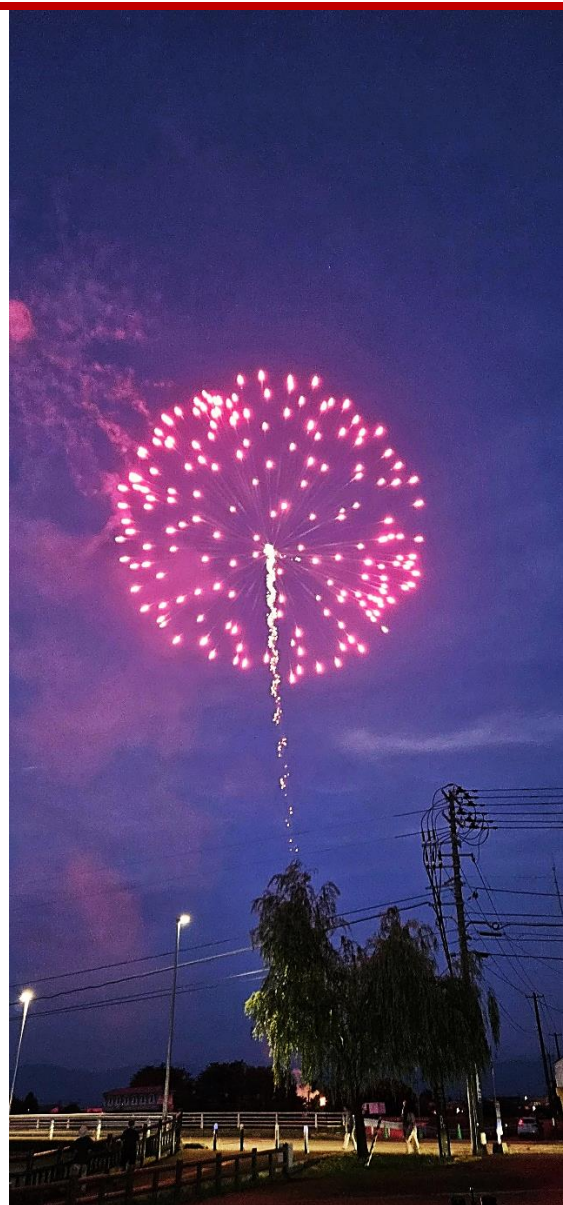
**Director
Asia**

“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)

2025 Seiwakai Seminar in Daisen-Omagari, Japan



Seiwakai seminar participants were honored by the mayor and local dignitaries from Daisen-Omagari. They also put on a special fireworks display for us this year.





Vassie Naidoo Shihan and Craig Vokey Shihan with the Mayor of Daisen-Omagari

The Ohara Ryokan

Great food, traditional Japanese accommodations, and fantastic Seiwakai comradery





Each fantastic meal is beautifully presented.

The Training

With temperatures at 35C (95F) and extremely high humidity, training is difficult. However, learning from the best Goju Ryu instructors in the world and training with our Seiwakai family makes it all worthwhile.



Fujiwara Shihan makes small adjustments to Abel Figueiredo Shihan's Seiyunchin kata.

Working on bunkai applications in kumite is enlightening and rewarding.



In the heat and humidity, sweat-drenched gis never really dry during lunch break. You come back after lunch and put on your still sweaty and sticky gi when you resume training.



Small group training sharpens your kata for your next grading; performing that kata in front of others reduces your anxiety when performing it in front of your grading panel.

The Seiwakai Party



Fujiwara Shihan Receives his 9th Dan Certificate from the Seiwakai Officers and Directors



For the second year in a row, the magician entertains us with his illusions and humor.

Fujiwara Shihan and Vassie Shihan address the banquet attendees.



2025 JKF Goju Kai Seminar and Tournament in Sandi, Japan



Congratulations to Stacey Karetsian Shihan 1st place in over 50s kata in Japan, JKF Goju Kai 2025 Sendai



Congratulations to Isabella Wijaya who placed 5th out of 24 competitors in junior female kata.



Congratulations to all of the Seiwakai Competitors.





Congratulations to the Seiwakai Kumite Competitors.

Seiwakai European Seminar – Sardinia



The European Goju Ryu Seiwa-Kai Karate Do Seminar took place in a stunning venue in Sardinia, with top teachers from all over the world!

A huge thank you to: Shihan Vassie Naidoo (HIA); Shihan Rastislav Mráz (Slovakia); Shihan Abel Figueiredo (Portugal); Shihan Pal Gila (Hungary); Shihan Luigi Stanziano (Italy); Shihan Roderick Martin (Australia)

The energy, passion and technical details you offered us are priceless! We had unique times both training and socializing – Seiwakai is a family. Thank you all for the cooperation and the beautiful memories! Welcome back everyone and... see you on the next one!



Congratulations to Linda Rose (USA) who competed in the Seiwakai Europe Tournament and metaled at age 73. Commendable performance!

Seiwakai Germany Seminar



We were very happy to welcome Dr. Pál Gila Shihan for the seventh time in Germany.

As 16 from our club will be joining the seminar in Sardinia, the main focus of the seminar lay on preparation for that and, for some, training for the Dan-testing in Sardinia. So after a short warm up, on Friday basics and Kihon were emphasized. The first focus lay on posture of the fist in any of the basic hand

techniques such as Age Uke, Yoko Uke, Harai Uke and Seiken Tsuki. The second focus was on mobilizing the correct muscles for kicks such as mae geri and mawashi geri.

On Saturday, Pál Gila Shihan continued with the basics from Friday in motion including stances Sanchin Dachi, Heiko Shiko Dachi and Neko Ashi Dachi. Following that, we continued with Kata Sanchin and Tensho. Pál Gila Shihan pointed out key elements especially about foot movement, posture and how to generate speed, especially when moving in a 45-degree angle. We then continued with Kata Sanchin.



In the afternoon session, we split in groups according to our next Dan-testing. Each group practised Kata under close supervision of Pál Gila Shihan. The participants under Sho-Dan practised Gekisaidai Ichi, Gekisaidai Ni and Saifa, Ni-Dan practised Seiyunchin, San-Dan practised Sanseiru, Yon-Dan practised Shisochin, Go-Dan practised Seipai, Rokku-Dan practised Seisan. Pál Gila Shihan corrected every group as well as giving guidance for individuals until the end of the training session.

The first session of the Sunday training was focused on kumite techniques and how to effectively train them. Then in the second session the groups continued with Kata from Saturday.



We would like to thank Mr. Georg Kiss who has been functioning as a translator from Hungarian to German now for many seminars with Pál Gila Shihan thus helping to get across details and specifics.

Sincerely,
Gerrit Kretzschmar
Seiwakai Germany

Seiwakai Sri Lanka Seminar

Glenn Stephanson: I would like to thank Michael Patrick Shihan and all that contributed to the support of Gojuryu in Sri Lanka your help was invaluable we were able to do seminars in Dompe and Griulla before supporting Shingenori Sato Sensei in Colombo. I take this opportunity in thanking our hosts Damith Bandara Sensei KAJ Gojuryu Srilanka and Udeni Sensei Nihon Karate Academy Srilanka also Dashadhi Sensei Shitotukai Gojuryu Srilanka.



GOJU-RYU KARATE-DO SEIWAKAI



SEMINAR

Rudna, 5-7 September 2025
POLAND



Pál Gila Kyoshi 7th Dan

Friday 5.09.2025
6-8 PM

Saturday 6.09.2025
11 AM - 1 PM
4 PM - 6 PM

Sunday 7.09.2025
10 AM - 1 PM
Grading up to 4th Dan

3 days - €40
1 day - €25



Location: Gym at the Primary School in Rudna

Address: Piaskowa 3, 59-305 Rudna

Contact: Anna Dobrowolska

E-mail: karaterudna@gmail.com

Tel.: +48 606 425 354



Wydarzenie współfinansowane z budżetu Gminy Rudna

We invite you to the Seiwakai seminar, which will take place this September in Poland! Details can be found on the poster.

Hotel reservations should be made individually. The nearest hotels are located in Lubin. Travel from Lubin to Rudna takes about 15 minutes by train (Rudna Miasto station) or by car. The nearest airports are in Wrocław and Poznań.

See you there!

Contact: karaterudna@gmail.com

CONGRATULATIONS



Glenn Stephenson: Congratulations to Davy Wijaya Sensei 2nd Kata and Leonardo 1st Kumite and 3rd Kata from NSW Karate in Oceania 2025 New Caledonia

