

**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 79: July/August 2026**

**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

Vassie Naidoo: Liaison



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

Vassie Naidoo: Liaison



Kawase Hasui: *Miyajima in Mist*

Table of Contents

Pan-America Seiwakai **Past Events, Upcoming Events, News, and Articles**

- **Upcoming Event** Pan American Seminar: November 6-8 LA, CA – Page 3
- **Upcoming Event** Goshukan Canada Seminar: Oromocto, New Brunswick – Page 6
- **Article** Almost Japan Training Time Again by Jim Pounds – Page 7
- **Past Event** Senior and Under 21 Pan-Am Karatedo Federation Championships – Page 10

Seiwakai Around the Globe **Past Events, Upcoming Events, and News**

- **Congratulations** Pal Gila Hachi-Dan – Page 13
- **Upcoming Event** SIWAB Seminar – Beja, Portugal – Page 14
- **Upcoming Event** Seiwakai European Seminar – London, England – Page 15
- **Upcoming Event** Japan Seiwakai International & JKF Goju Kai Seminars 2026 – Page 16
- **Upcoming Event** Sri Lanka Seminar – Page 17
- **Article** Some insight into the Essence of Goju Ryu Karate-Do by Bernie Haughey – Page 18
- **Past Event** China/Hong Kong JKF Goju Kai from Hok Ming Liu – Page 20
- **Past Event** Congratulations Shihan Rastislav Mraz – Page 22
- **Past Event** Spring Festival at Horakuji Temple, Osaka by Janine Boothroyd – Page 23

Pan American Seiwakai Seminar 2026

November 6, 7, & 8 in Los Angeles, CA

Registration and Banquet Info & More: <https://karateofla.com/seiwakai-seminar-2026/>



Taught by
Hanshi
Seiichi
Fujiwara
8th Dan
and
Hanshi
Vassie Naidoo
8th Dan



Date	SCHEDULE Time	Location
Friday, November 6	6:00 to 9:00 PM: Training 10:00 PM: Informal Welcome Dinner	Rustic Canyon Center Honbu Dojo
Saturday, November 7 Bring an Extra Gi	9:00 AM to 11:00 Beach Training	Guard Station 26 Santa Monica Beach
Saturday, November 7	1:00 to 4:00 Training	Rustic Canyon Center
Saturday, November 7	Banquet	TBD
Sunday, November 8	9:00 AM JKF Goju Kai Shinsa Shodan to Godan	Honbu Dojo
Sunday, November 8	12:00 to 3:00 Training	Rustic Canyon Center
Sunday, November 8	4:00 PM Seiwakai Shinsa	Rustic Canyon Center



	LOCATIONS	
Rustic Canyon Recreation Center 601 Latimer Rd Santa Monica, CA 90402	Santa Monica Beach (Station 26) Lifeguard Tower 26, 2600 Ocean Front Walk Santa Monica, CA 90405	Goju-Ryu Seiwa-Kai Karate of LA 12416 Santa Monica Blvd. Los Angeles, CA 90025
	Lodging Guide Convenient to the Dojo	
<u>Comfort Inn Santa Monica – West Los Angeles</u> 2815 Santa Monica Blvd, Santa Monica, CA 90404 Highly rated and incredibly close, sitting just a few blocks west down Santa Monica Blvd right as you cross the border into Santa Monica	<u>Days Inn by Wyndham Santa Monica</u> 3007 Santa Monica Blvd, Santa Monica, CA 90404 Another very close, straightforward option positioned directly on Santa Monica Blvd, just a 2-minute straight drive or a short walk down the street from the dojo.	<u>Gateway Hotel Santa Monica</u> 1920 Santa Monica Blvd, Santa Monica, CA 90404 A highly rated, modern 3-star hotel option located directly on Santa Monica Blvd. It provides a quick, straight-line drive right to the dojo doors. Near Santa Monica Beach

<u>Courtyard by Marriott Santa Monica</u> 1554 5th St, Santa Monica, CA 90401 A polished, modern hotel option in downtown Santa Monica, providing exceptional walking access to the coast for the Saturday morning beach training.	<u>Hampton Inn & Suites Santa Monica</u> 501 Colorado Ave, Santa Monica, CA 90401 A highly rated, modern, and reliable mid-tier option located right across from the Expo Line metro station, offering an easy walk straight down Colorado Ave to the beach.	<u>Shore Hotel</u> 1515 Ocean Ave, Santa Monica, CA 90401 A highly rated, eco-conscious modern boutique hotel featuring private balconies, right across the street from the pier and steps from the beach.
Register & Secure Your Spot Full seminar registration Cost: \$225. Price Increases Oct. 1st Access to all weekend training sessions, guest instruction, and clinical workshops across Friday, Saturday, and Sunday. <u>Register for Seminar</u>	Friday Welcome Dinner Cost: \$30 Join fellow practitioners and guest instructors for an informal greeting dinner hosted at the Honbu Dojo on Friday night. <u>Book Friday Dinner</u>	Official Banquet Ticket Cost: \$75 Reserve your place at the official weekend seminar banquet dinner on Saturday night. Venue details to be formally announced. <u>Book Banquet Ticket</u>

Attendance Details & Shinsa Deadlines

Eligibility: Open strictly to active Seiwa-Kai practitioners from across the Pan American regions (US, Canada, and Mexico). This event is completely closed to the general public.

Shinsa Applications: All grading and Shinsa applications must be fully completed and submitted directly to your respective home dojo Sensei before **October 1st**.

Uniform Policy: Practitioners must train in a clean, traditional white Karate Gi featuring official organizational patches



**GOSHUKAN
CANADA**

GOJU-RYU KARATE-DO



GOJU-RYU KARATE SEMINAR

空手道

剛柔流



SEPTEMBER 25TH – 27TH, 2026



DAYS INN OROMOCTO
OROMOCTO, NEW BRUNSWICK



\$150
FULL SEMINAR
Open to all styles and ranks



HOTEL RESERVATIONS:
DAYS INN OROMOCTO
☎ (506) 357-5657



REGISTER / INFORMATION:
oromctodojo@gmail.com



Sylvain Sly Lessard

Almost Japan Training Time Again

By Jim Pounds

“The basis of true training is to forge the spirit.”

Tesshu –



Once again, I am gearing up for my Japan training. This year it takes place during the last two weeks of August – late by most standards. Historically, the training has been mid-July, but I’ve heard that there are times when the Japan Karate Federation Gojukai cannot find a venue in the larger cities because of all the festivals (*Matsuri*) that are happening during summer. I don’t know if the Gojukai can’t find available space, or the matsuri drive the cost up. The Gojukai seminar, *shinsa* (gradings), and international competition typically alternates between big cities – Tokyo, Nagoya, Yokohama, and Osaka – and mid-sized cities on an annual basis. I personally prefer the mid-sized cities and have noticed they usually don’t have the delays as often as with the major cities. This year the Gojukai training is in Yokohama.

Prior to the JKF training my group, Seiwakai – a member organization of the Gojukai, trains the week before at our Honbu Dojo in Omagari Daisen, in Akita Prefecture under my Sensei, Fujiwara Seiichi. We typically have one-hundred Seiwakai members from around the world attending and most of us will also attend the Gojukai training that follows, with one travel day between the two. So, we are generally tired, but ready when we get to the Gojukai training.

Fujiwara Seichi Hanshi and the Author — Wakayama, Japan



There are some challenges to training in Japan in the summer. As a US resident, I am training in the middle of the night because of the time difference. It would be very difficult to pull off if I didn't make a point to come into the country several days ahead of the training start to try to adjust my internal clock. We are also consuming an entirely different diet, which fortunately agrees with me. Then there is the heat and humidity, which is difficult to understand unless you've trained there.

I currently reside in Albuquerque, New Mexico where the typical summer relative humidity is 15%. In Japan, even in northern Honshu, the humidity level is typically

90%! *Budokans* (Martial Training Halls) and training venues are usually not air-conditioned creating a damp oven for training. Two years ago we had several practitioners fall out from heat exhaustion. The body simply cannot cool through evaporation and there lies the danger. Over the last twenty years I've seen more venues being air-conditioned, which feels like an incredible luxury. Nonetheless, living in a soaking wet karategi is the usual.

So how do I gear up for Japan training? Most notably I stop drinking alcohol several months ahead of the trip. I up my strength training and abs work. Most important at my age is to enhance my flexibility, so I do a lot more yoga and stretching. Nutrition is also important and I've recently morphed over to a quasi-Mediterranean diet with less heavy meats and processed carbs. All of this blends with our natural inclination to eat that way during the hotter months.

Hanging wet karategi to dry in a window

Staying healthy while in Japan is, for me, usually not a problem. If you need a doctor or therapist they are usually easy to locate, and they will adjust their fees to make them affordable since we don't have medical insurance that is accepted in country. I've had to have acupuncture to help minor sprains and workout-related injuries with much success. But everyone brings their vitamins, supplements, and secret mojo to get them through the torture sessions, not to mention a wide variety of sports tape, New Skin liquid bandage, Emergen-C, ibuprofen, etc.



This year I will once again be documenting our training and travels, so stay tuned. I hope to take you along for the ride!

*If this snail sets out for the top of Fuji
Surely, he will get there.
Tesshu –*



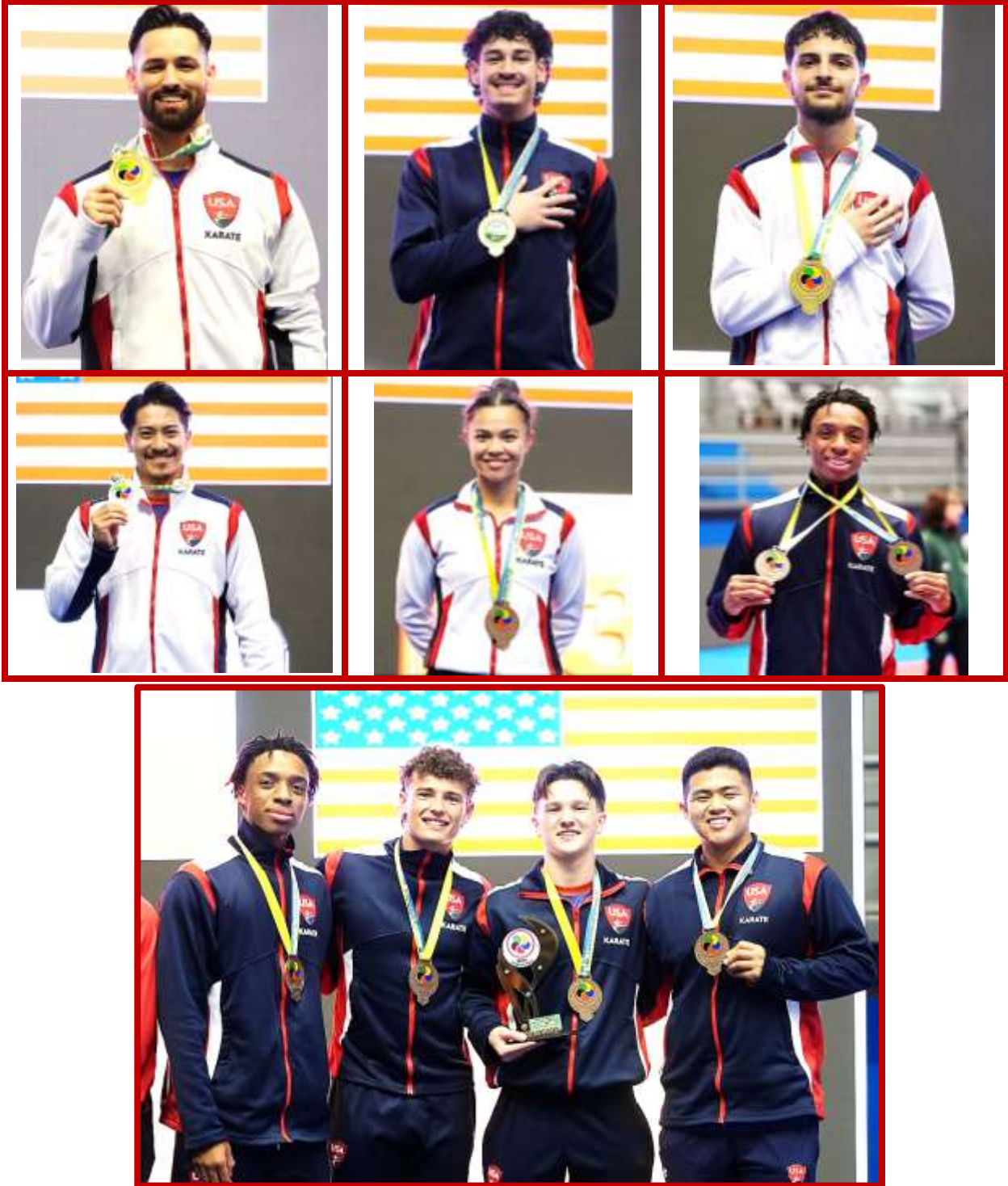
Senshu Park - Akita ken, Japan

Senior and Under 21 Pan-American Karatedo Federation Championships

Rio de Janeiro, Brazil

Congratulations to all of the Athletes from Canada and the US





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)

CONGRATULATIONS

Congratulations to Pal Gila, Hachi-dan.



Congratulations on your recent promotion to 8th dan!

SIWAB Seminar



Meet the teachers who will take the lead at the next edition of S.I.W.A.B. International Goju Ryu Karate Seminar for Women and Girls, which is going to be hosted in Beja, Portugal.

 [Elizabeth Ubalde](#) Shihan - 6th Dan Seiwakai, Renshi (Canada)

 [Malwina Martin](#) Shihan - 6th Dan Seiwakai, Renshi (Australia)

 Susana Gois - 4th Dan Seiwakai (Portugal)

 Beja, Portugal, 18 to 20th September 2026

- Escola de Santiago Maior, Av. Cmte. Ramiro Correia 48, 7800-261 Beja, Portugal

✓ To register on the seminar, please use this google form:

<https://forms.gle/bp9F6Le8wQatMW8m9>

✓ To order a bespoke commemorative t-shirt

<https://forms.gle/FsEpXupwn496GHDh9>



Seiwakai European Seminar



Friday 6pm - 8:30pm

**Saturday 10am - 12pm
and 2pm - 5pm**

9th, 10th & 11th October 2026

**Haggerston School
Dunloe Street
London E2 8JR**

**Sunday 9am - 12pm
Shinsa 12:30pm - 3:30pm**

**Seiwakai Grade Test up to 6th Dan
JKF Gojukai Test up to 3rd Dan**

For further information or assistance please get in touch with [Marie Tanabalan](#) via FB messenger. PDF brochure will be available soon, please dm your requests.

Japan Seminars 2026



2026 Seiwakai Seminar in Omagari

August 19th, 20th, 21st
 August 22nd Rest Day
 August 23rd, 24th, 25th
 August 25th Dan Testing in the afternoon &
 Seiwakai Party in the evening.
 August 26th travel to Yokohama

Only 10 rooms at OHara Ryo Kan at 9,000Yen
 Per Person Breakfast and Dinner included

Additional Information

Training 6 Days 42,000 JPY (7,000 JPY Per Day)

Seiwakai Party 9,000 JPY

Seiwakai USA members: Contact Vassie Shihan if you're attending either or both Seminars.

Seiwakai members from Canada: Contact Vokey Shihan if you're attending either or both Seminars

Register: <https://docs.google.com/forms/d/e/1FAIpQLSd-p6geEoCNZuAerwM72B9xlQTogTjTtaLMKoYvax3BwBnBIQ/viewform>



JKF Goju Kai Seminar August 27-28 Yokohama (28th Dan Testing)

JKF Goju Kai Tournament Aug 29-30

Welcome to
SRI LANKA



SENSEI UDENI WIKRAMARATHNE President Nihon Karate Academy Sri Lanka	GLENN STEPHENSON KYOSHI 7th Dan JKF Gojukai and Seiwakai Director - Gojuryu Karate Do Seiwakai Oceania President JKF Gojukai Australia President KAJ Gojuryu International World Champion 1994 WKKF Tokyo Japan	SENSEI DAMITH BANDARA President KAJ Gojuryu Sri Lanka
--	--	--

ORGANIZED BY
KAJ GOJURYU SRI LANKA





SEPTEMBER 22-30, 2026

CONTACT: 0711968880

ONE FAMILY • ONE SPIRIT • ONE KARATE

Our International Karate Counselor, Kiyoshi Glenn Stevenson, will be coming to the country in September. All of our members will have an opportunity to participate.



Some insight into the Essence of Goju Ryu

Karate-Do

By Bernie Haughey

Goju Ryu Karate-Do must remain a defensive and respectful art from beginning to end. Within its practice there exists a remarkable fusion of mind, body and spirit.

Through sincere and disciplined training, a person begins to cultivate harmony within themselves and develop a deeper awareness of both life and human nature.

When the mind becomes fully absorbed in Kata practice, the individual enters complete connection with the essence of their actions. In turn, this awareness flows naturally into everyday life. For those who truly observe and understand this process, it can be both humbling and uplifting, revealing greater knowledge of self, purpose, and inner balance.

In many ways, Goju Ryu Karate cultivates an awakening. Through lifelong dedication to Goju Ryu Karate-Do, I have always enjoyed helping students. I am always a student of life and Karate, training and teaching allows physical, emotional and psychological functions to become united as one. Karate is not simply physical technique; it is a path of self-development, mindfulness, calmness, and respectful actions.

As students and instructors of Goju Ryu Karate-Do, we develop a deep sense of responsibility toward Karate “the empty hand way.” Dedication in Goju Ryu Karate reveals its true worth and purpose. It teaches humility, self-discipline, perseverance, and compassion, while strengthening the instinct of self-preservation.

Karate should only ever be used for the cause of justice, protection and helping others.

Goju Ryu Karate-Do also teaches us many important life skills. Through training, we learn respect for others and a broader understanding about life; as everyone we meet has something to teach us. In this way, Karate becomes training for both the mind and body, leading to a deeper understanding of ourselves and the world around us.

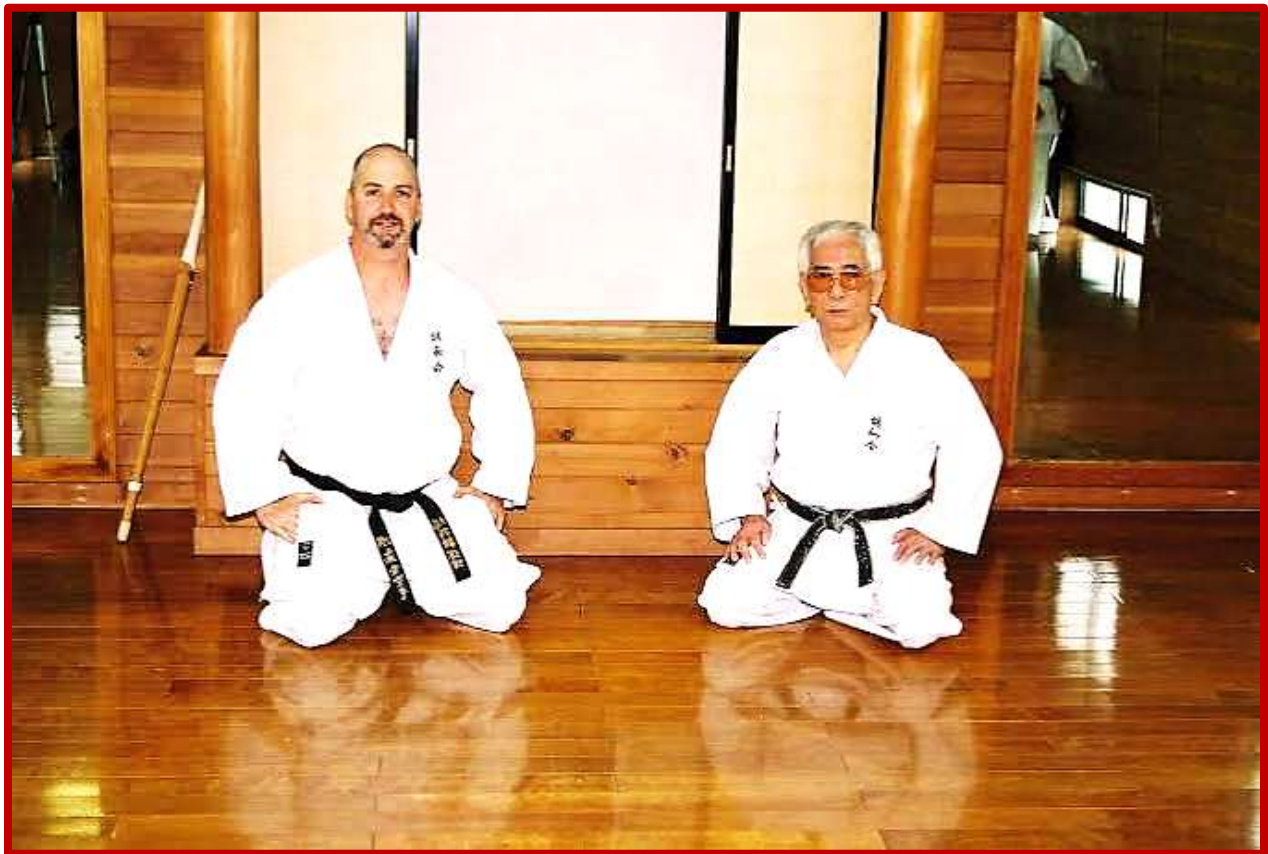
Karate is self-training toward continual improvement and refinement – not only through words, but more importantly through calm, measured and respectful actions. It is training in efficiency, self-reliance and disciplined effort. The rewards are experienced in the present moment, as Karate

enables a person to meet life's challenges with the correct balance of energy and control — neither too much nor too little. This is the essence of the Goju way: the harmony between hard and soft.

Through this balance, a person can gain greater control over the wandering mind, develop self-discipline and strive to complete every task to the very best of their ability.

I would also like to pay my deepest respect and gratitude to our Master, Seiichi Fujiwara Hanshi, whose lifelong dedication, wisdom, humility, and guidance have profoundly influenced generations of students and instructors throughout the world.

His teachings continue to inspire me and the true spirit and essence of Goju Ryu Karate-Do, reminding us that Karate is not only about technique, but about character, respect, discipline and lifelong personal growth.



China/Hong Kong JKF Goju Kai

From Hok Ming Liu



The JKF Goju-Kai (China, Hong Kong) Seminar on May 30th and the JKF Goju-Kai (China, Hong Kong) Championship and Para-Karate Competition on May 31st were complete successes. Many thanks to Fujiwara Shihan and Takekawa Shihan for coming to Hong Kong and giving us very valuable guidance.



Congratulations to Hong Kong Seiwakai member KWOK Ho Him for winning the silver medal at the 2026 Polish Open U21 Male Kata held in Bielsko-Biala, Poland.



Congratulations

Shihan Rastislav Mraz, 8th Dan, was inducted into the Hall of Fame in recognition of his lifetime contribution to society and development of karate.



Spring Festival at Horakuji Temple, Osaka

By Janine Boothroyd



Senshinkai Iaido participating in the annual Spring Festival at Horakuji Temple, Osaka. What a privilege to be involved.

