

# Announcements

In order to help keep the locker rooms clean we are asking each belt level, one day a week to help maintain cleanliness. We all have to share in this task. We train in a special place. Please let's treat it as such:

Monday:	White Belts	Thursday:	Green Belts
Tuesday:	Blue Belts	Friday:	Brown Belts
Wednesday:	Yellow Belts	Weekend:	Black Belts

If you see paper on the floor, garbage overflowing, sinks and bathroom areas that are in need of cleaning, showers that need wiping, locker doors open, clothes on the floor and not on hangers, mirrors dirty, please take the time and help. Respect and discipline are an important part of our training. Please ask the desk staff if you have any questions.

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World Seido Karate Organization  
61 West 23rd Street  
New York, NY 10010

## Upcoming Events

### January

1 Tuesday  
Dojo Closed - New Year's Day  
2 Wednesday  
Holiday Break  
3 Thursday  
First Day of Classes  
13 Sunday  
Kagami Biraki

26 Saturday  
Promotion: All Children, Adult  
White - Adv. Yellow

### February

15 Friday  
Black Belt Dinner  
22 Friday  
Promotion: Green - Brown  
23 Saturday  
Promotion: All Children, Adult  
White - Adv. Yellow

### March

13 Wednesday  
Promotion: Adv. Brown

15 Friday  
Promotion: Shodan - Yondan

19 Tuesday  
Promotion: Shodan - Yondan

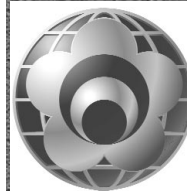
20 Wednesday  
Promotion: Adv. Brown & Jr. Black Belt

22 Friday  
Promotion: Shodan - Yondan

23 Saturday  
Promotion: All Children, Adult  
White - Adv. Yellow & Jr. Black Belt

24 Sunday  
Women's Seminar

27 Wednesday  
Promotion: Shodan - Yondan



2001 In Review

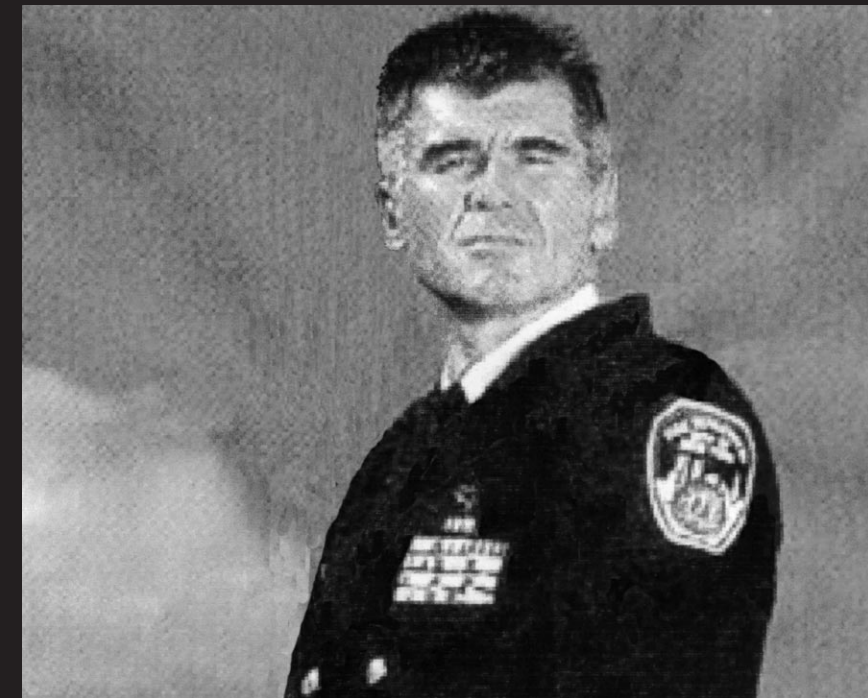
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- Holiday Party & more

# Honbu News

## In memory of Captain Pat Brown



## Kaicho's Message for 2002

2001 has been an exceptional year, one we shall never forget.

First I want to express my deep appreciation for all the support and encouragement that has been given to Seido in the aftermath of the attacks on the World Trade Center on September 11th. I am very proud of the positive attitude and strong spirit that all students have shown throughout the year, but especially during the 25th Anniversary Tournament and Celebration. Your unflinching efforts and commitment helped to make it a huge success. I thank you and extend my warmest wishes to each one of you for your continued health and increased happiness in the New Year, 2002.

I remind you to appreciate every moment offered you. Since September, we have had more of a chance to understand that life is precious and fleeting and I urge you to look at all that you have. It is important that we each appreciate our life and take every opportunity to grow and further seek its truest meaning.



"be grateful for each moment"

[Excerpt from *Karate: Technique & Spirit*]

Gassho means, literally, to bring the palms together. I want to talk about bringing your hands together in another context. As I look around the room, I see that everyone looks happy and healthy. None of us, however, is completely happy and content. We all have the pressures of our jobs, our finances, our education, and our families. We all have ambitions, goals, and desires that we feel are only partly satisfied; therefore, we all feel frustrated and unhappy, to some degree. With a small change in attitude, we can remedy this situation. Bring your arms around in a big arc and join your palms - it is a very natural motion, isn't it? No matter what your size or physical condition, it seems to come easily for everyone. Bringing the palms together is almost universally recognized as symbolizing a prayerful, or respectful attitude; in some cultures, bringing the hands together is a form of greeting that conveys humility, respect and wishes for spiritual blessing on the other person. Try it often. You will find that a certain feeling comes with gassho. It is a feeling of gratitude, of appreciation and contentment. We all have ambitions. We all strive after certain goals. That is fine. How often do we stop, look at what we already have and what we have achieved? If we do this sincerely, we will realize how much we all have - our health, food, a home, loved ones, friends and family. We can appreciate the richness of our lives now. Then we can, perhaps, enjoy our lives instead of being anxious about achieving a certain state or way of life in the future. We should enjoy the fullness of the present, not the promises of the future.

## Holiday Party by Angela Wilson

Holiday cheer and good will were not hard to find on December 15—all one had to do was follow the sounds of laughing children up the shoe covered stairs at Honbu. Smiles and laughter radiated from adults and children alike, and food tables overflowed with specialties from all nationalities, an obvious reaction to Sensei Akira's continual plea for students to bring FOOD and not just alcohol! Anybody caught licking their fingers were either testing the many festive dips or were enjoying the Rice Krispy treats cleverly molded into mini green wreaths with cinnamon berries. Shuseki Shihan Charles cut into a beautiful cake celebrating his birthday. He gave a brief but grateful thanks to Kaicho and all the students who have made his years at Seido an ongoing experience of love and gratitude.



The traditional "Twelve Days of Christmas" received a new "Seido-Style" twist, replacing "five golden rings" with "five loud kia's." The inclusion of a knuckle pushup lyric received a less enthusiastic response, although a devilish smirk could not be concealed from Sensei Meredith's face at this juncture of the tune. The songs continued with Steve Curtis attempting to lead the sugar-charged children with a speedy rendition of "Rudolph the Red-Nosed Reindeer." While Kaicho also joined in singing Christmas Carols, the true meaning of the Holidays abounded in the corner of the dojo. Awaiting delivery to the homeless and their families were overflowing bags piled high atop one another filled with clothes, toys and food. As the Seido Family came together to celebrate and give thanks for their many blessings, the true Spirit of Seido shown through in the charity it continually gives back to those less fortunate.



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# 25th Anniversary Celebration

Amidst the whirlwind of September 11, many philanthropological organizations rose to provide anchors for a reeling community. In a splendid combination of remembrance and respect, Seido celebrated

its silver anniversary to benefit the city in which it was born. The Seido 25th Year Anniversary Celebration and Benefit Tournament was held at Honbu and Hunter College of the City University of New York (CUNY) October 19-21, 2001.

On Friday, October 19, a myriad of seminars were held at Honbu by such illustrious Seido instructors as: Shuseki Shihan Renzie Hanham, Shihan Solly Said, Shihan Chris Caile, Kyoshi Nancy Lanoue, Kyoshi Gil Alstein, and, of course, Kaicho and son. The opportunity to enhance their training in areas such as pressure points and weapons brought Seido students eager to soak up the wisdom of their seniors.

Saturday, October 20th began early with Black Belt Kata and filled the large space with kiais, cheers, encouragement, and applause for almost seven straight hours. The tournament proceeded seamlessly into the finals at 4pm, when the solemn dedication reminded all present of the need for the incredible spirit being displayed in New York that day—both inside and outside those gymnasium walls. NYPD bagpipers provided a heartfelt musical tribute to those fallen. Kyoshi Alvin Stevens reminded the assembly that while we mourned Pat Brown and the victims of the WTC, we were also witnesses to one of the greatest rescue operations of our time as more than 25,000 people were saved from the towers. The combination of the sense of community and the thrills provided by kumite and breaking made this year's tournament truly memorable. The "icing" on the cake was an impressive shin break through four 100-pound blocks of ice by Sensei Akira. His proud mother and nervous wife looked on as a 1,000 others held their breath.



On Sunday, October 21st a brunch, silent auction, and raffle drawing at Honbu raised additional money for the many Seido beneficiaries. \$30,000 dollars was donated by Seido—\$10,000 to funds for each the NYPD, FDNY, and The American Red Cross. Additional money will continue to fund the Blind, Deaf, and YAI Seido programs.

As Kaicho said in his program address, this 25th Anniversary was, "an opportunity to look forward and renew our decision to follow the 'Sincere Way'". The event was a huge success and reminded all how Seido Karate, now more than ever, remains an integral part of the city often known as the capitol of the world.

# Kaicho's Trips to Germany and India

By Maura Donohue



Last year Kaicho traveled to Germany and India. In Germany, Kaicho visited with Senpai Bogdan and was very impressed with the progress of his program. Kaicho noted the cleanliness of the environment and suggested that all Seido students should think of our German counterparts when cleaning our own dojos. In February Kaicho, accompanied by Mrs. Nakamura, Sensei Meredith and Senpai J.C., spent a week restructuring Seido India. He appointed Nagender Singh-Gulliya as Branch Chief; Hardeep Singh as Chief Advisor; Manish Gupta as Treasurer and; Abhishek Singh as Secretary. These senior members displayed the sincerity, intelligence and loyalty it takes to lead a Seido branch. We wish them all the best as they take on their new challenges.





## Children's Honbu Tournament

The first annual "Spirit Day" for children was held at Honbu on Saturday, December 1st. The event was designed by Kaicho to offer our young students another chance to show their skills and the instructors an opportunity to express their appreciation to the parents as well. Group pictures were taken and students also posed for individual shots. Parents and instructors talked and students chose between competitions in Shiai, Kata and Kumite. Kaicho said he is already looking forward to the 2nd Annual Spirit Day. The kids are, too.

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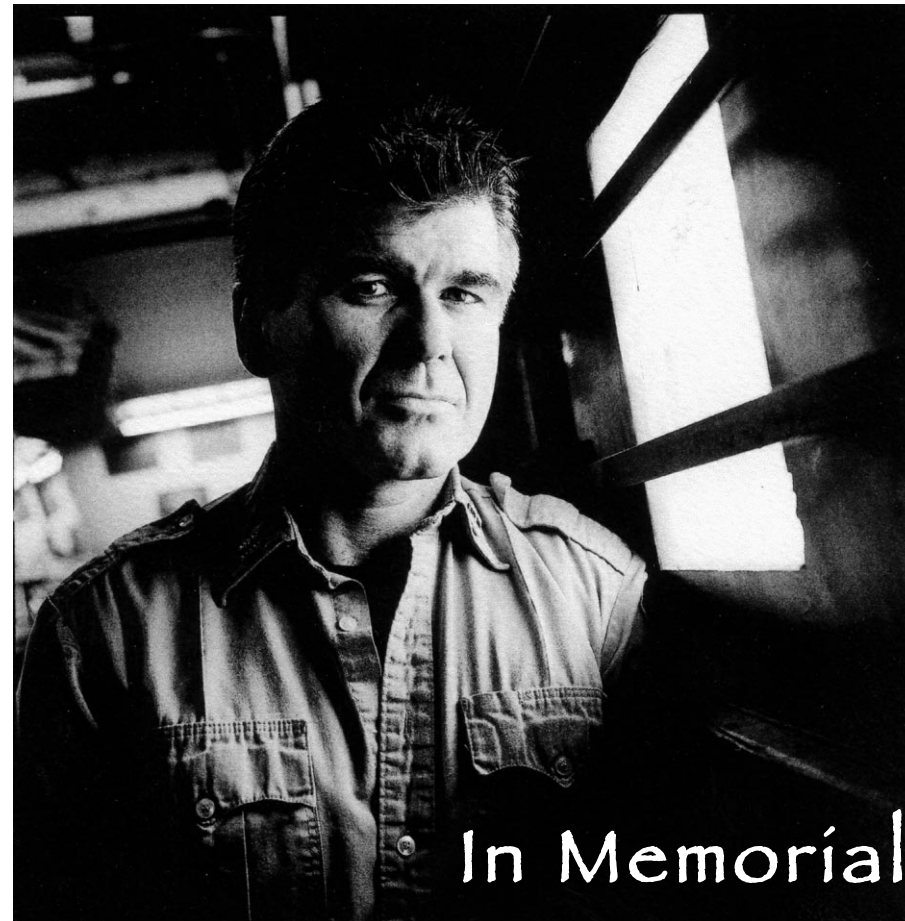
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## In Memorial

Watts summed up Pat's influence: "His contribution to this city, and every life he touched, was immeasurable."

We honor the memory and courage of our fallen friend and karateka. "Oh Captain, My Captain!"

## Black Belt Promotion

In September, after a week-long postponement due to the terrorist attacks, approximately two dozen black belts tested to their next ranking. It was a difficult time, preoccupied as everyone was with mourning and trying to return to

some sense of normality, but all showed tremendous spirit and accepted the additional challenge. In memory of Pat Brown's non-quitting spirit, several students dedicated their promotion to him. Kaicho was very pleased. Six students were promoted to Sensei: :

Derreth Duncan  
Akira Nakamura  
Garcia Simon  
Jo Metsch  
Carl Delio  
Scott Schulz

web work

## ADVERTISING

graphic design

~ Senpai David Barnum  
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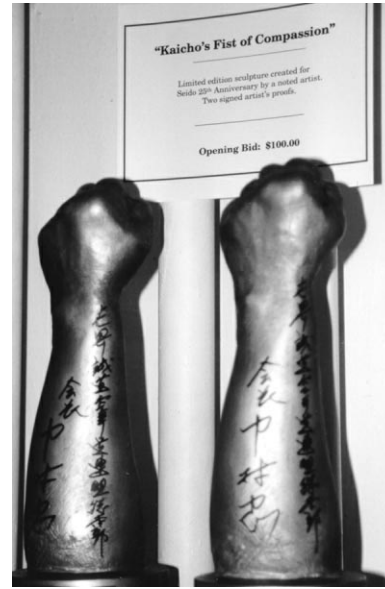
"Awards for Every Occasion"



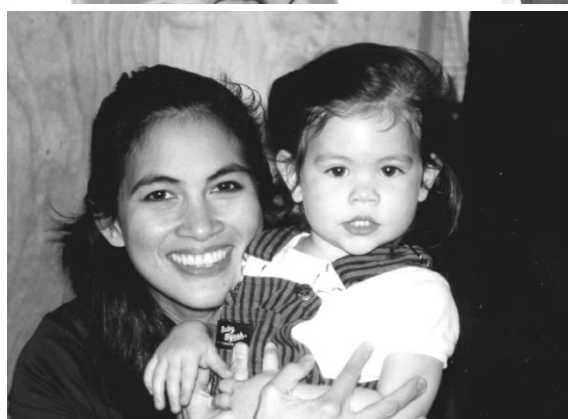
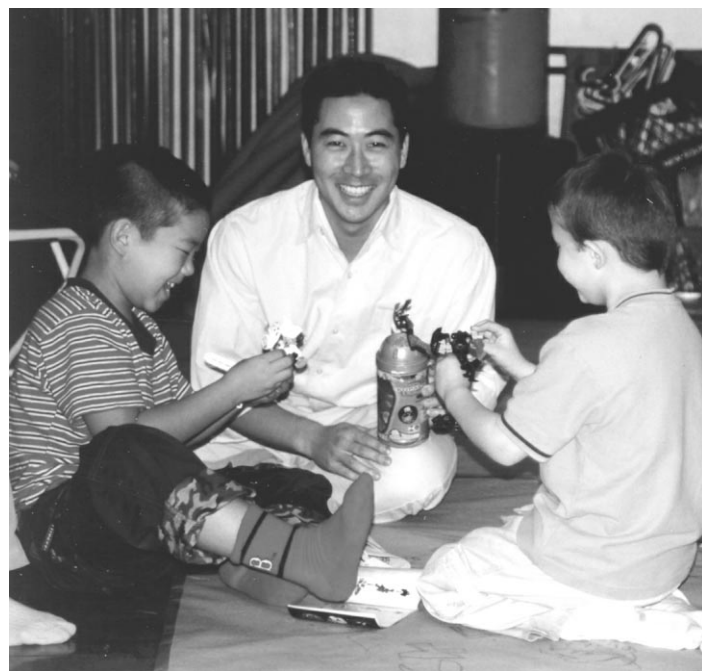
# 25th Anniversary Celebration



Welcome Ceremony



## Fundraising Brunch





# Beach Training

In the early morning hours before dawn on August 5th, Kaicho was joined by a contingency of black belts on Far Rockaway Beach. Kaicho began with zazen in the sand before leading his faithful through kata and basics into the waves. The Seido tradition of kicking into the ocean to the level of one's chest was curbed a little this year by the lethal rip tides which had previously claimed lives that summer; Kaicho wanted to be safe and so all made sure to respect the power of the sea and stay back from the sucking tide. After greeting the sun-red dawn together, bos held high, Kaicho et al enjoyed a breakfast of chicken, rice, fruit, and various breads and donuts. The training continued at 8:30 with all belts and the day grew brighter and hotter as clouds burned off. After closing with games, watermelon and an afternoon relaxing, students took home another year of sunburn, sand, and Seido spirit.

