

We all have friends or relatives who, instead of living and learning, live and repeat. They seem to be saying, "I live in the world AS IF my opponent within is stronger than I am." I would like to work with people who say they want to study at Seido but never start, and those who actually take classes, but then leave for no good reason. Helping people learn to get out of their own way is a great source of happiness for me. Osu!

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Honbu News

Winter 2003

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World Seido Karate Organization

61 West 23rd Street
 New York, NY 10010



Upcoming Events

January

- 1 Wednesday
Dojo Closed - New Year's Day
- 2 Thursday
First Day of Classes
- 12 Sunday
Kagami Biraki
- 25 Saturday
Promotion: All Children, Adult White - Adv. Yellow

February

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

March

- 12 Wednesday
Promotion: Adv. Brown

14 Friday

Promotion: Shodan - Yondan

18 Tuesday

Promotion: Shodan - Yondan

19 Wednesday

Promotion: Adv. Brown & Jr. Black Belt

21 Friday

Promotion: Shodan - Yondan

22 Saturday

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

23 Sunday

Promotion: Shodan - Yondan



Message From Kaicho

Greetings:

Another year has passed and with it comes a season of celebration and reflection. 2002 was a year of many successes for the Seido Karate family. Though the events of September 11th remain vivid in our memory, we have maintained a strong collective spirit in honor of the victims of that tragic event. As I look back on the past year, I am very proud of Seido's many accomplishments both here at home and abroad.

Seido members all over the Northeast have been very fortunate in recent years to take part in the Championship Festival in Ithaca, New York. This annual spring event has been a wonderful opportunity to meet those from other Seido branches around the Northeast. Sensei Olen and Senpai Mary organized another very successful tournament this year, focusing not simply on who won each event, but rather on enabling everyone to reach their personal best.

Another very memorable trip was my visit to Jamaica for Kyoshi Tony's annual Open Tournament. As always, Kyoshi Tony and his students organized a very exciting and good spirited event. I was very impressed with the sportsmanship shown by every Seido student involved.

In August, I, along with my wife and Sensei Akira traveled to New Zealand together. We visited Shuseki Shihan Andy in Nelson, Shuseki Shihan Renzie in Christchurch and attended the tournament in Wellington with Kyoshi Ben Otang. In Christchurch, I was amazed at the number of students that came out for my general class. There were so many people in the dojo, we barely had any room to workout! It didn't seem to matter to anyone. The large group generated such positive energy, all that seemed to matter to anyone was the experience of being together. Following the class I held a black belt meeting, which was a wonderful opportunity to communicate with senior members. In Nelson, Shuseki Shihan Andy and Kyoshi Jane organized a wonderful welcome ceremony and dinner, to which all black belts attended. Shuseki Shihan Andy arranged for a special seminar to be held in a nearby gymnasium, so there was room for all who wished to attend.

Soon thereafter, I traveled to Wellington to attend the tournament. I must say I was thrilled by the success of this very special event. This was the biggest tournament ever in New Zealand. Students from throughout the country, as well as many students from Australia and Japan—including Kyoshi Suzuki—participated. The Mayor of Wellington was in attendance and praised Seido for its commitment to helping the community. I was truly touched by this recognition.

Of course, I am very proud of the Seido family here at home for working together to help those in need within our own community. This year's Benefit tournament raised a total of \$15,000, of which we donated \$10,000 to the New York City Uniformed Officer's Widows and Children's Fund. I am very glad that we are able to continue to assist those who suffered such great loss due to the events last year.

Most recently, I had the privilege of traveling to Japan with Seido members from all over the world to attend the 5th Anniversary Tournament of the Seido Tokyo Branch. I am very proud of Sensei Inden and his students, who welcomed all with the utmost hospitality. Together, they worked hard to arrange everything for the visitors, from transportation to welcome and farewell parties. Their kindness will long be remembered, as we were able to build our "kizuna" or special bond. I am only sorry that so many who wished to attend this event were not able to go due to the limited amount of space available to us. Next time, of course, we will be more prepared to accommodate more people.

The most valuable outcome of this historic event, was not necessarily the success of the tournament itself, but the experience of being in Japan. I feel that this trip provided students with a richer understanding of the traditions behind Seido Karate and a deeper appreciation of the customs from which their training is born. In turn, their training will gain meaning.

As I look back on 2002, I am very grateful for the many successes within the Seido family. Of course, those achievements of the World Seido Karate Organization are due only to the support from you. As always, I appreciate your ongoing hard work and dedication. I wish everyone a prosperous New Year.

Sincerely,

Kaicho I. St.

9/11 Memorial

by Senpai Kevin Gallagher

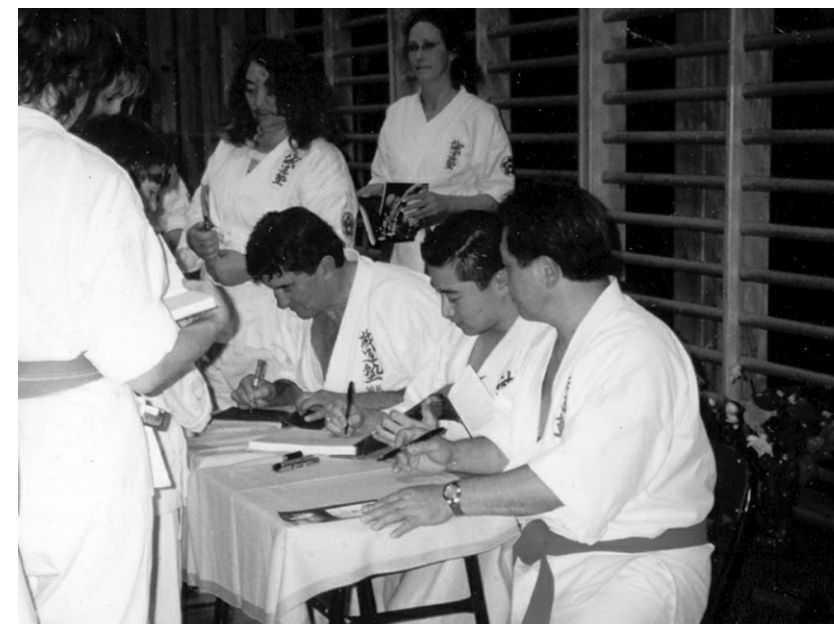
The anniversary of 9/11 was solemnized at Honbu in an evening candle-light vigil that was muted yet spirited. At around 7 pm the third floor began to fill. Low tones filled the room decorated with flags of all nations along the western mirrors. A simple table held a Seido trophy and a triangle of candles. A memorial poster of Captain Pat Brown stood at the right hand of Kaicho who greeted several dozen students and friends who lined up (without adherence to rank) to form six lines stretching from the shinzen to the windows overlooking twilight in the city. Kaicho thanked everyone for their presence to remember a tragedy that "not only has affected the city, but the nation and the whole world." He reminded us all that we must continue to help those in need and stressed that an end to war and violence begins with each one of us. Kaicho especially mentioned his concern for the children who have been affected. He announced that again this year the proceeds from the annual benefit tournament would go to help the widows and families of the lost NYPD and FDNY members. All candles were lit from a single flame and, following a long moment of silence, all present sang the song "Lean On Me" together. ("Lean on me/when you're not strong/and I'll be your friend/ I'll help you carry on/ for it won't be long/til I'm gonna need/somebody to lean on") As the vigil came to a close, my candle prematurely flickered and went out—a symbolic moment in my eyes—as I stood directly in front of Pat's picture. Then everyone blew out their candles and the dojo was plunged into darkness for several moments before the lights went back on. Kaicho thanked everyone for coming and accepted a gift from Senpai Teri Bracchi—Pat Brown's gi—which had been given to her by his family. It now resides in Honbu for all to see. Senpai Teri said, "I can think of no better resting place for Pat's gi than Honbu." It will hang with the photo of Pat from his Shodan promotion as testament to his sacrifice and spirit, which is the embodiment of the Seido philosophy. So, when you see it, work that much harder, for Pat, for the victims of 9/11, for yourself. We will never forget. Osu.

Kaicho's Trip To New Zealand

Kaicho, Mrs. Nakamura, Kyoshi Meredith and Sensei Akira traveled to New Zealand for Kyoshi Ben Otang's Wellington Dojo International Benefit Tournament on Saturday, September 7th and Sunday, September 8th. The Tournament was a great success with 280 competitors from New Zealand, Australia and Japan. \$4,000 was raised for the Wellington Women's Refuge and Te Whare Rokiroki, the Maori Women's Refuge.

The Friday evening preceding the tournament Kaicho taught a class to a capacity crowd of enthusiastic students. For many of these students this was their first opportunity to meet Kaicho in person and he was swarmed afterward to sign books and write names on numerous gis.

After the Wellington Tournament, Kaicho, Mrs. Nakamura and Sensei Akira traveled to Shuseki Shihan Andy Barber's dojo in Nelson and Shuseki Shihan Renzi Hanhan's dojo in Christchurch. They were again greeted warmly and enthusiastically by hundreds of Seido students.



Beach Training



by Senpai Kevin Gallagher

The heat wave lingered along Far Rockaway as gentle breezes tried in vain to cool the shoreline along the boardwalk. The darkness of Saturday night was already giving way to the dawning of Sunday, August 4th, as dozens of black belts moved across the sand towards the water looking like some lost band of nomads. Kaicho began by having the group sit zazen at the water's edge; the waves gently lapped, and seagulls were awakening with cries and circled flights about this motionless congregation remembering a difficult year. Bos littered the sand beside the group as they warmed up following meditation. Then, with the haze burning off and the little coolness disappearing, Kaicho led his senior students through some kiba dachi moves that took them into the pensive surf. After a run along the waterline, Kaicho broke the black belts into groups to work on bo kumite. Looking eastward, one could only see the silhouettes of karatekas in measured combat as the sun shimmered gold upon the sea behind. It was one of the best weather days ever for beach training, and with the memory of a few rainy years in their minds several black belts were grateful for the blessing of the sun and mostly clear skies. Even the passage overhead of several Concorde airplanes seemed to suggest the opportunity for reflection as the supersonic thunder stopped all in their tracks momentarily to watch it blaze away toward Europe. After the training, Kaicho thanked all the branch chiefs for their efforts to attend and then sat at the center of his blue tarp offering food to students and chatting casually. Black belts milled about or rested on towels or in tents and, as the day grew brighter and brighter, turned to greet the colored belts, the new nomads, laboring across the now-hot sand to continue the summer celebration.

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Seminar Series

Once again Honbu was pleased to host a variety of intensive two-hour seminars each focusing in-depth on specific skill sets. This series of seminars was held October 18, the day before the 26th anniversary tournament, and surely gave more than a few competitors the added finesse and confidence to perform their best. The seminars were taught by Seido's most experienced and talented instructors:

Principles and Applications of Joint Locks
by Shihan Chris Caile

Dynamic Kicks
by Senpai Phil Thomlinson

Hand to Hand Combat Training
by Shihan Eli Bitran

Tournament Kata
by Shihan-Dai Sana Bennett

Street Self-Defense
by Kyoshi Mel Ramsey & Sensei Pam Roberts

The Secrets of Successful Point System Sparring
by Kyoshi Meredith Sawers & Kyoshi Paul Williams



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26th Anniversary Tournament

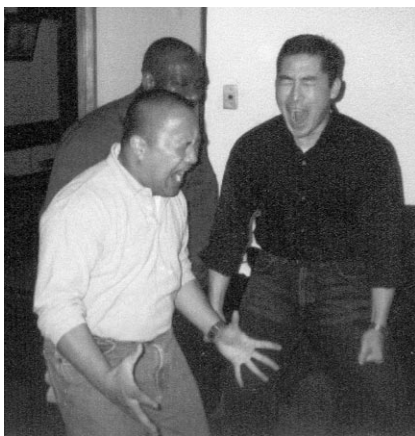
This year's anniversary tournament was filled with friendly competition and boisterous spirit as we celebrated 26 years of Seido Karate. The tournament was held on October 19 at Hunter College and in addition to the usual spirited competition in kata, individual and team kumite we were treated to impressive exhibitions by children's program, YAI and Blind Association students. There is a tremendous amount of effort involved in achieving such a smooth running tournament and congratulations extend beyond the competitors to everyone who helped organize the events as well as the photographers, medical staff, concession and souvenir workers, judges, timekeepers, scorekeepers, etc. That is why we can all be proud of the \$10,000 we raised and donated to the FDNY and NYPD Widows and Children's Fund. We thank Kaicho for giving us this forum to compete and contribute and look forward to next year's tournament. Osu.





Tokyo Dojo 5th Anniversary Tournament *by Sensei Akira Nakamura*

What an amazing six-day trip! Aside from the fact that we were in Japan, which many of you so joyfully repeated by exclaiming "we're in Japan!" I feel that the trip could have been anywhere in the world and it would have been just as memorable. I am sure you all share my sentiment when I say that we all brought back memories worth a lifetime; new friendships and stronger bonds with those you had before you left. We extend our sincere thanks to Sensei Inden, Senpai Yuko, Senpai Eric, Senpai Kiyota (Kenji), and the many students who worked so hard to prepare for our visit.



Holiday Party

This year's Holiday Party was held on December 14th. The dojo was filled with squeals of delight from the numerous children in attendance—especially when Santa arrived—and the overall mood was festive. It was a good time to talk with old friends and enjoy great food and drink. Thanks to everyone who generously supplied both. Much of the conversation was about the recent tournament and tour in Japan; it seemed everyone was passing around pictures and had stories to tell. As we talked of the year coming to a close there was a palpable excitement for the year to come and the evening seemed to end too soon.



December 2 marked the second annual "Spirit Day" for Seido's children's program. This event offers our young students another chance to show their skills and gives the instructors an opportunity to express their appreciation to the parents. Parents and instructors talked and students chose between competitions in Shiai, Kata and Kumite and everyone had plenty to eat! Group pictures were taken and students posed for individual shots. The students were so enthusiastic and talented that one couldn't help but feel secure in Seido's bright future.



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