

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

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World Seido Karate Organization

61 West 23rd Street
 New York, NY 10010



Upcoming Events

July

4 & 5 Thursday & Friday
 Dojo Closed - Independence Day
 20 Saturday
 Promotion: All Children, Adult White - Adv. Yellow

August

4 Sunday
 Annual Beach Training
 23 Friday
 Promotion: Green - Brown
 24 Saturday
 Promotion: All Children, Adult White - Adv. Yellow

September

2 Monday
 Dojo Closed - Labor Day

18 Wednesday

Promotion: Adv. Brown

20 Friday

Promotion: Shodan - Yondan

24 Tuesday

Promotion: Shodan - Yondan

25 Wednesday

Promotion: Adv. Brown

Promotion: Jr. Black Belt

27 Friday

Promotion: Adv. Brown

28 Saturday

Promotion: All Children, Adult White - Adv. Yellow

Promotion: Jr. Black Belt



Black Belt Clinic

by Senpai Kevin Gallagher

The main theme of this year's Black Belt Clinic, held on Sunday, June 9th, was Relationships. From the time black belts began arriving at about 6:30 a.m., it was apparent why Kaicho had chosen Relationships as the theme. In one section, several Shihans worked on sai kata with Kyoshis from around the world such as Kyoshi Gil Alstein, up from Florida, and Kyoshi Ino and his wife, Senpai Leigh, all the way from Australia. In another section of the second floor, Sandans reviewed bo and jo techniques while the dojo slowly filled to an excited din with old friends and fellow karateka joyously meeting and greeting.



At 7:30 Kaicho lined up more than 200 black belts for the traditional picture. Standing on a ladder so all could see, he then reviewed some basic philosophies to keep in mind, including ideas about how the thoroughness of basic techniques carry into every aspect of training. At 8:30, Nidans and Sandans went to the third floor while Seniors and Shodans stayed on the second floor to review material in detail for about an hour.



At 9:30, all black belts, including more than 50 very senior students, joined Kaicho on the third floor where Kyoshi Lee Zimmer read Kaicho's annual message to all assembled. It began with the idea of Kizuna (relationship), as well as a re-iteration of the true meaning of Sincere Way for all to ponder and clarify. Kaicho followed his address with grateful recognition of all those who came from far away to attend this auspicious annual event, and a show of appreciation to all instructors who now run their own Seido programs. The list was extensive and impressed those gathered with the sheer reach of Seido worldwide in the 21st century. One black belt commented that he truly felt a part of a worldwide community. Looking around the room, as everyone broke to enjoy refreshments and receive their certificates from recent promotions, one could truly see the diversity and goodwill that exists within the World Seido Karate Organization.



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Seido Tournaments

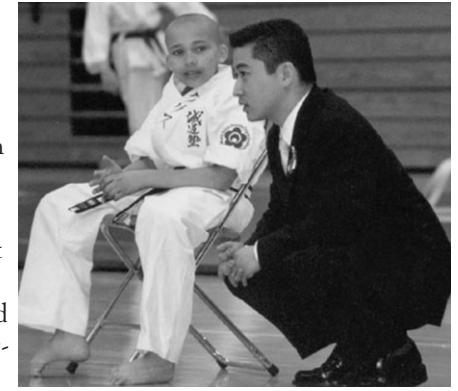
Ithaca, New York by Karen Tortoricci

Seido members from all over the Northeast gathered in Ithaca on April 20th to take part in the annual Championship Festival at Cornell University. Sensei Olen and Senpai Mary organized an invigorating event that included kata, kumite, team fighting and breaking along with an exciting tug of war competition!

The tournament opened with a very special ceremony, led by Kaicho, in honor of Shihan-Dai Michael Reeves' late son Maceo, who died of leukemia. In a heartfelt address, Shihan-Dai Michael explained the ongoing need for bone marrow donors, as a bone marrow transplant could be a life-saving procedure for those who suffer with leukemia.

Sensei Olen made it clear throughout the tournament that the event was not about winning or losing. "Everyone is a winner here today," he said, and this philosophy was evident throughout the day. As each event of the competition unfolded, the audience was treated to very impressive demonstrations and even a thrilling performance on the drums by Sensei Olen himself along with a few select students.

The Championship Festival is a wonderful opportunity for students throughout the Northeast to come together for a day of encouragement and fun. Taking part in this event steers everyone's focus to their love of doing Seido karate and the enjoyment of reaching one's personal best. As Sensei Olen promised, everyone went home a winner.



Kingston, Jamaica by Kyoshi Tony Robinson



The eagerly anticipated trip of Kaicho, Shuseki Shihan Charles, Sensei Akira, Shihan-Dai Michael Reeves, Kyoshi Paul Williams and the New York team to Jamaica became a reality the first week in July. Kaicho and party were greeted at the airport by the Jamaican posse, led by Kyoshi Tony. It was great to see Kaicho again—he still manages to amaze us with his youthful appearance. He seems unchanged, even after all these years. On the way in from the airport, we stopped at a roadside vendor to have some cool coconut water, cut right there by a Jamaican Samurai, who was so adept with his razor sharp machete, that he could slice the wings off a mosquito in full flight.

Then it was off to the hotel for check-in and a little relaxation. In the evening Kaicho and party attended a reception in their honor. Black and brown belts, senior instructors from other systems and parents were in attendance. Introductions were made and Kaicho chatted with all. Food was in abundance and Sensei Akira went back repeatedly for the Jamaican patties. We lost count as to how many he ate, but rumor has it that he broke the Jamaican record.

Next day was tournament day and Kaicho arrived to rapturous applause from the audience. Kaicho is well loved and respected in Jamaica. He spent a great deal of the day signing his new book, Karate Kyohon, even as the tournament was in full swing. During a break he presented new Shodans and Nidans with their certificates and manuals. It was a great honor to be presented in public like that, and they will cherish the memory. After the tournament we all went for dinner where Kaicho expressed his pleasure at the smooth running of the tournament and offered suggestions for future improvement. The television station that covered the tournament also conducted an interview with Kaicho.

The next morning heralded departure day, but not before a wonderful class conducted by Kaicho. Everyone came out and adults, parents and children all swarmed Kaicho after the class, asking him all sorts of questions. It was wonderful morning of training and family.

Then it was back to the hotel and off to the airport for the return to New York. The trip, although short, was most memorable and Kaicho seemed pleased with the proceedings. Jamaica is always special, at least we like to think so.

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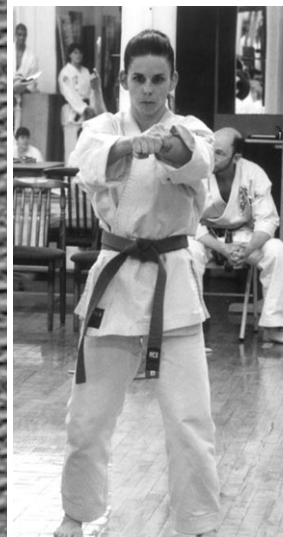
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Inter-Dojo Tournament

by Senpai Kevin Gallagher

The Inter-Dojo Tournament was conceived by Kaicho years ago as a way for junior belts to test their mettle in a tournament-type setting; one in which students are evaluated by their seniors and feel the pressure that comes with such scrutiny. Kaicho is a constant presence as he oversees the entire operation from the vantage point of his table at the center of the third floor.

Kata



The kata competition took place on Wednesday, May 8 and began a little after seven o'clock. Kaicho began with welcoming remarks and was followed by Kyoshi Walter who explained the procedures for the evening—how each contestant should carry himself and the method in which each would be judged. Seven judges then took their places at each ring and the competition began.

The yellow belt women directly in front of Kaicho set the tone for the evening with a good amount of competitors who displayed quality kata led by Lily Azrielant, who began her training at the Dalton school before moving to Israel and continuing with Shihan Eli Bitran. She was back in New York on an extended visit for this competition and showed the style and grace of a seasoned student. "I was really nervous," she explained. "But I was so happy that I challenged myself because I lost a bit of my nervousness and felt even stronger and faster." She took first place. Indeed, Shihan-Dai Michael Reeves stated that students looked "better today than I've seen in class."

Many different students were represented, including Rene Ruiz from the YAI program. He declared enthusiastically, "I felt wonderful! I've never been nervous! I'm a cool and calm person!" to appreciative laughter.



several sudden-death rounds necessary to determine winners. In the green belt men's matches, Hiroshi Shimano made a comeback in one fight and then won in overtime, and if Mark Maljanian had won his final match it would have resulted in a three-way tie for first place! A few exchanges found over-anxious fighters struggling their own stiffness and striving for clean technique. At one point Kaicho remarked, "Relax. Enjoy more....smile!" The crowd burst into laughter and the fighters seemed to find new comfort in the humor. Kyoshi Paul Williams and Sensei David Hood shared ring judge duties with Kyoshi Meredith while black belts rotated each match as corner judges. Kyoshi Paul Williams urged fighters to work harder and build their confidence, to which Kaicho agreed. "Tightness," he said, "just prevents your technique from coming out" and he commended students for challenging themselves and adding to their training by competing. "Overall," Kaicho said, "I was very pleased. There were no injuries and it was a good learning experience."

Individual Kumite

Friday, May 10, marked the kumite section of the Inter-Dojo Tournament. A small but spirited group of green and brown belt men and women clashed in a single ring witnessed by Kaicho, dozens of black belts, and about 40 guests.

The evening began with Sensei John McGettigan reviewing legal and illegal techniques demonstrated by Senpais Chris Sinclair and Greg Burton. Kyoshi Meredith Sawers began as the ring judge for the first series of fights between green belt women. A collection of enthusiastic matches followed, marked by close accumulation of points—there were



Team Kumite

Saturday, May 11 was the final day of competition for this year's Inter-Dojo Tournament. Seven strong teams assembled on the third floor; six from Honbu and one comprising of students from Central Queens and the McBurney and West Side YMCAs. The competition was fierce but friendly and the dojo was filled with choruses of emotion—ooohs, ahhs and kiais!

All the teams fought well with the following teams receiving medals for their efforts. Congratulations to all!

First Place:

Senpai Greg Burton, Senpai Kitty O'Neill, Ahmed Harris, Dawn Randall, Richard Mar and Alex Rolland.

Second Place:

Senpai Angel Alicea, Senpai Robyn Ryan, Bryan Hamilton, Angel Tang (fought twice), Jonas Everts

Third Place:

Senpai Juan Matos, Senpai Amelia Sheftall, Dan Kern, Paul Atnew, Neena Davies (fought twice)

Fourth Place:

Senpai Phil Tomlinson, Senpai Gail Stewart, Dave Fallon, June Chin, Adam Menzies, Ellen Kim



Seminar Series



An exciting addition to the calendar at Honbu is the Seminar Series. On Saturday June 8th we were given the opportunity to focus on specific skill sets in a very hands-on (feet too!) environment. The Seminars were taught by some of Seido's most experienced and skilled instructors:

- Point System Sparring with Kyoshi Meredith Sawers
- Practical Self Defense with Kyoshi Nancy Lanoue
- Fighting Spirit: Essentials for Kumite Conditioning with Kyoshi Paul Williams
- Championship Kata with Kyoshi Ino Maquirang
- Falling, Rolling & Takedowns with Kyoshi Gil Alstein
- Tameshiwari: The Art of Breaking with Kaicho

Be sure to take advantage of this opportunity when the next Seminar Series is held later this year.

Message From Kaicho

Dear Seido Family and Friends,

When you began your training, do you remember how difficult it was to understand and perform even the most basic stances, blocks, and punches? How did you pass through that confusing period? With the help of your instructors, your seniors, and your fellow students, who took the time to watch you, who taught you the correct way to bow and to move, and who gave you necessary encouragement. Now that you have gained some level of comfort and skill, you can give back to your seniors and your dojo by volunteering your time at our special events or in our special programs.

Every year, Seido sponsors many special events, such as Kagami Baraki, the annual benefit tournament, and beach training, in New York and at the other dojos across the country and around the world. These gatherings give students the opportunity to hone their skills and push themselves to achieve new heights. More importantly, these events serve to strengthen the bonds of the Seido family, as students make new friends from other dojos and spend time with old acquaintances and training partners. After each of these events, many Seido members comment how much they value being part of such a caring and loving group.

Organizing these gatherings requires a great amount of work. Our annual benefit tournament, for example, is a big undertaking requiring extensive preparation and a large number of volunteers to run smoothly. Currently, there are a number of committees being organized to handle the various duties, including security, merchandise sales, time and score keeping, set-up, clean-up, and many others. If you can volunteer your time to any committee, please call Honbu and let us know. And please remember, this tournament is for all Seido students. Everyone, from the newest white belt to the most experienced senior, can help out. In past years, volunteers from all of our Seido branches have strongly supported this event, and I hope that such support will continue.

Like the benefit tournament, our special programs for blind, deaf, and developmentally disabled students are all run by volunteers, individuals who have sacrificed their own training time so that they can share the benefits of karate with others. New volunteers at these programs are always needed and are always welcome. You do not have to commit indefinitely to any specific program at the beginning. Simply come to one of these special classes, assist the instructor, and see if it is something that you could do regularly. You are guaranteed to learn so much more about the true meaning of Seido karate, and about your own training, after spending time with these special students.

Please take some time to consider what you have gained from studying Seido karate, and think about how you can help so many other people simply by giving a little of your time back to Seido.

Osu,



If you missed it in October, don't miss it now! Celebrate twenty-five years of Seido spirit by reliving the most exciting moments from the 25th Anniversary Tournament on video. Catch highlights of Kata, Breaking and Kumite that will make you stand up and cheer, not to mention a finale that will take your breath away. Supplies are limited, so take advantage of this special opportunity to own a piece of Seido history. To order a copy call Honbu at 212-924-0511, or email dkoh@seido.com.





WORLD SEIDO KARATE ORGANIZATION
25TH ANNIVERSARY
BENEFIT TOURNAMENT
OCTOBER 20, 2001 HUNTER COLLEGE



THIS TOURNAMENT HELPED THE SEIDO JUKU BENEFIT FOUNDATION DONATE \$10,000 TO EACH OF THE FOLLOWING ORGANIZATIONS



Children's Tournament



by Charita Patamikakorn

Saturday morning June 15th buzzed with controlled chaos and activity at the Westside YMCA, where the Annual Seido Children's Tournament took place under the supervision of Senpai Bill Belida. Anxious kids and parents convened in the auditorium where varying belt ranks competed simultaneously in technique shiai, kata and kumite. Every child emerged a winner for having demonstrated youthful Seido spirit and they all left with trophies, certificates and big smiles. At the same time, adult karateka displayed spirit by volunteering with score- and time-keeping, manning the merchandise tables and showing support for Seido's youngest members. All throughout, Kaicho kept a parental eye over the lively competition.



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