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Special Thanks to Alex Rolland, Cynthia Sisson and Carmelita Padilla for their surprise cleaning, painting and renovation of the dojo's kitchen. Osu!

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

## Upcoming Events

### January

1 Thursday  
Dojo Closed - New Year's Day  
2 Friday  
First Day of Classes 2004  
11 Sunday  
Kagami Biraki  
24 Saturday  
Promotion: All Kyu & All Children

### February

6 Friday  
Black Belt Dinner  
21 Saturday  
Promotion: All Children, Adult White - Adv. Yellow

### March

10 Wednesday  
Promotion: Adv. Brown  
12 Friday  
Promotion: Shodan - Yondan

### 17 Wednesday

Promotion: Adv. Brown & Jr. Black Belt

### 19 Friday

Promotion: Shodan - Yondan

### 20 Saturday

Promotion: All Kyu & All Children

### 21 Sunday

Women's Seminar

### 23 Tuesday

Promotion: Shodan - Yondan

### 26 Friday

Promotion: Shodan - Yondan



SEIDO.com

- Kaicho's First Grandchildren
- 27th Anniversary Tournament
- Australia Tournament
- Children's Spirit Day
- Holiday Party

# Honbu News

Winter 2003



## Message From Kaicho

All Seido Members and Family:

I want to wish everyone a Happy New Year! Or as we say in Japan, Kin Ga Shin Nen, which means Sincerely Happy New Years. I hope that everyone had a wonderful holiday and that 2003 was a good year for you. It was quite a rich year for me personally and here with my Seido family.

I feel that 2003 had many highlights that I am so grateful for. Worldwide, Seido came together more than ever this year, through many different events and activities, which made me very happy. The support Seido members give each other deepen the bonds between us and strengthen our ties, even in distance. I was so proud of everyone for reaching out this past year in so many ways.

It was the first time we ever attempted a 3-day weekend Black Belt Clinic. It was not only intense training but also encompassed a special one-day promotion for out of town visitors, instructors seminars and seminars geared towards Black Belt material at each specific level. Though it was a hectic weekend it was a huge success and so beneficial for the morale and senior group among Seido.

We reinstated an old tradition that seemed long lost—Seido Summer Camp. After a long search for just the right location, we were able to find the most beautiful facility with enormous grounds, for outdoor training. We came back with a bang! Everyone became so close after that weekend of training and sharing so much together. I am looking forward to next summer already, as so many of you are as well.

Then there was our Annual Beach Training. We thought we might get thunder storms, but in the end we had lovely weather and the most dynamic sunrise I can remember in a long time. So many students attended and showed such tremendous spirit.

In October the 27th Anniversary Benefit Tournament was another success. So many friends and family came out to support. People from out of town came to participate as well as watch. I was so pleased to see so much effort go into such a worthy cause. It is a lot of work to organize such a large event and it takes everyone's input to pull it together.

Then of course, in November there was Kyoshi Ino's International Festival and Benefit Tournament, held in Sydney, Australia. I was impressed at how many people came out in 2002 to support the Tokyo Tournament, but you did not let me or Kyoshi Ino down this time either. So many people came from all over the world to support the event and the Sydney Branch.

The entire event was so incredibly well organized, down to every last detail. Kyoshi Ino and Senpai Leigh and their tournament committee worked extremely hard and it showed.

We have some wonderful events to look forward to for 2004. During the first week of September, Shihan Solly will host the first ever International Memorial Event at Johannesburg, South Africa. It is meant to honor all outstanding Seido people we have lost. It will be a wonderful way for us to get together and heal through meditation and sharing.

On November 12th and 13th near Tokyo, at the Chiba Prefecture, there will be an All Japan Tournament. Kyoshi Yonezo Suzuki will host the event and I am planning to go and support him and the Seido Family there.

I want to thank you all again, from the bottom of my heart, for all of your unending support and selfless dedication to Seido year after year. Each and every member is vital to the life of this organization. Please encourage each other to keep steady attendance and to maintain strong spirit throughout the year and support each other in times of need, as well as in times of joy, through your karate-do. The energy and spirit you bring into the dojo each day when you come to train is what keeps Seido alive. I hope that each and every one of you may enrich your life as you so chose and that your goals are fulfilled. Best wishes for 2004. OSU!

Sincerely,

*Kaicho T. Nakamura*

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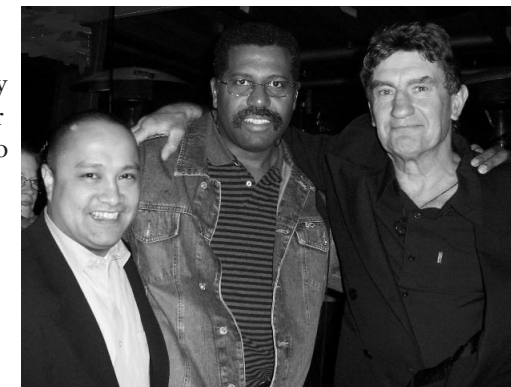
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## Australia's International Festival & Tournament

About 20 students from Honbu (and the Central Queens dojo) joined Kaicho in attending Seido Australia's International Festival & Benefit Tournament held Friday November 28th through Sunday November 30th. There were many events and activities planned for the weekend including a group workout led by Kaicho, Seido Video Night featuring footage from all eras of Seido, seminars, a dinner event and, of course, the tournament itself. In the words of one traveler, "It ran like Swiss clockwork." There were hundreds of competitors from Seido branches worldwide making this a truly international event. Sensei Akira was awaiting the birth of his first child and could not be in attendance so Kyoshi Ino read aloud Sensei's heartfelt letter of regret at "not being able to be in two places at the same time." Everyone was moved by his expressions of support and encouragement for Kyoshi Ino and all participants. Kyoshi Ino's wish for the tournament to bring together the Seido family was realized with so many new friendships forged and old friendships renewed.

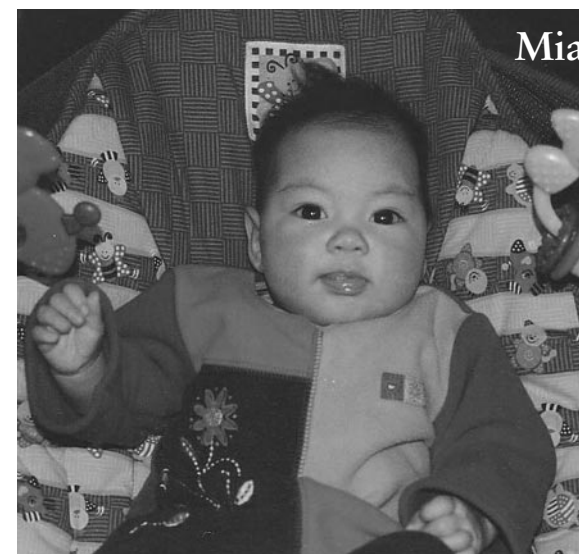


After the tournament the New York group traveled to New Zealand and enjoyed the hospitality of various Seido dojos throughout the country—they were even able to enjoy 1,000 punches and 1,000 gedan-barais at 1am at Shuseki Shihan Renzie's summer camp in Christchurch.



## Kaicho's First Grandchildren

2003 was a very special year for the Nakamura family! On September 6 Kaicho's oldest daughter Kaori and her husband George welcomed a 7 lbs., 1 oz. daughter and named her Mia Kei DiChiara. On December 3 Sensei Akira and his wife Shashi welcomed a 7 lbs., 4 oz. son and named him Issei Sean Nakamura. In the words of Sensei Akira, "he's healthy and eating like a mad man!" Insider reports relay that Kaori's baby sleeps...um...like a baby and Sensei Akira's baby spends most of his time crying and practicing his kiais.



Mia



Issei

世界誠道空手道連盟本部

世界誠道空手道連盟本部

## Holiday Party

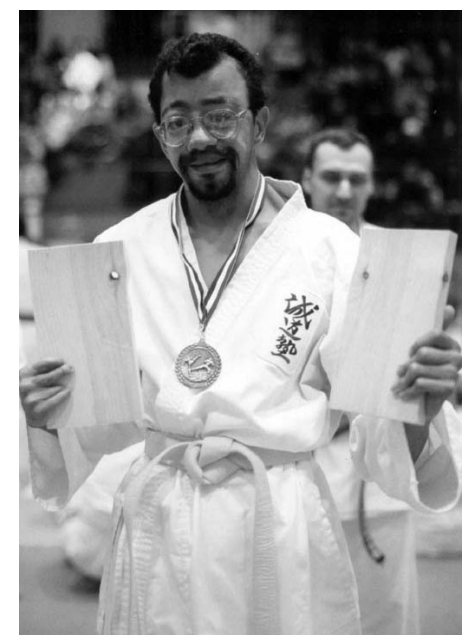
This year's Holiday Party was held on December 13th. The dojo was filled with squeals of delight from the numerous children in attendance—especially when Santa arrived—and the overall mood was festive. It was a good time to talk with old friends and enjoy great food and drink. Thanks to everyone who generously supplied both. As we talked of the year coming to a close there was excitement for the year to come and the evening seemed to end too soon.



## 27th Anniversary Benefit Tournament



This year's anniversary tournament was filled with friendly competition and boisterous spirit as we celebrated 27 years of Seido Karate. The tournament was held on October 18 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, Blind and Deaf 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, time-keepers, scorekeepers, etc. That is why we can all be proud of the \$5,000 we raised and donated to the FDNY and NYPD Widows and Children's Fund and \$5,000 for the Seido Juku Benefit Foundation for the Deaf, Blind, YAI and DASI programs. We thank Kaicho for giving us this forum to compete and contribute and look forward to next year's tournament. Osu.





web work  
**ADVERTISING**  
 graphic design

~ Senpai David Barnum  
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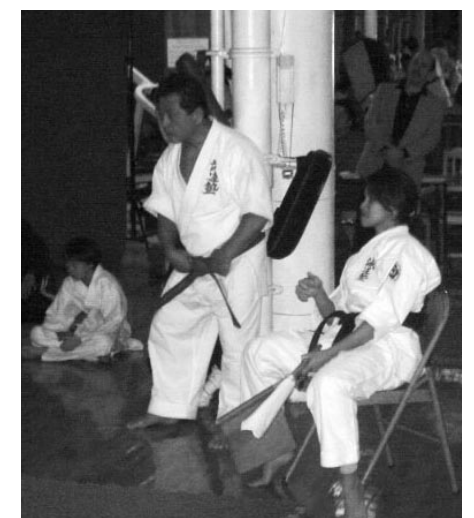


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# Children's Spirit Day



by Amelia Sheftall

There was a very nice turnout for Spirit Day this year even though our students had to trudge through the blizzard of 2003 to get to Honbu! Family members and friends watched students compete in kata, technique shiai and kumite. The kata competition started with new black belt Anthony Roland receiving "10"s from all five judges—a perfect score for his Pinan Five. Technique shiai was the perfect expression of Spirit Day as students kicked, punched, blocked and kiai'd with great energy which impressed all onlookers. The senior kumite competition ended with an exciting win by Este Jefferson over second place finisher Kevin Schneck. All in all participation was outstanding. The event ended with a wonderful group photo with Kaicho as the children and instructors held up their trophies and cheered. Thank you to all instructors and assistants for their participation that made this event possible.

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