

PSYCHOTHERAPY

Psychotherapy available to work through such issues as depression, anxiety, work, relationships, performance anxiety and the resolution of trauma.

David Longmire
212-475-3562
DJLongmire@aol.com

Palmieri & Associates: Security/Investigations

Ralph A. Palmieri

353 West 39 Street, Rm.402
New York, NY 10018
(212) 947-9772 fax (212) 947-9825



SEIDO.com

- Interdojo Tournament
- Children's Tournament
- Summer Camp
- Beach Training

Honbu News

Summer 2003

Publisher: Kaicho T. Nakamura
Editor-in-chief: Sensei Akira Nakamura
Editor, Design & Layout: Robyn Ryan
Writers: Kevin Gallagher, Robyn Ryan, Amelia Sheftall, Ninji Harris, Nicole Miller, Michelle Goodin
Photographers: Amelia Sheftall, Jean Jacques, Ed Frawley, Udom Surangsophon, Angel Tang, Ken Roberts, Teresa Platt



World Seido Karate Organization

61 West 23rd Street
New York, NY 10010



Upcoming Events

September

1 Monday
Dojo Closed - Labor Day
17 Wednesday
Promotion: Adv. Brown
19 Friday
Promotion: Shodan - Nidan
23 Tuesday
Promotion: Shodan - Nidan
24 Wednesday
Promotion: Adv. Brown

27 Saturday

Promotion: All Children, Adult White
- Adv. Yellow

October

1 Wednesday
Promotion: Shodan - Nidan
3 Friday
Promotion: Adv. Brown
4 Saturday
Promotion: Jr. Black Belt
17 Friday
Fall Seminar Series

18 Saturday

27th Anniversary Benefit Tournament

24 Friday

Promotion: Green - Brown

25 Saturday

Promotion: All Children, Adult
White - Adv. Yellow

November

22 Saturday
Promotion: All Children, Adult
White - Adv. Yellow
17 Thursday - 18 Friday
Dojo Closed - Thanksgiving



Message From Kaicho & Sensei Akira

After about 7 years, we finally had a much anticipated and long awaited Summer Camp. It was an amazing location upstate New York, in the Hudson Valley. The facility was extraordinary and the view of the mountains and the river was no less stunning. The weather was beautiful and everyone who attended was so excited to be there. The energy level and spirit was enormous. We were so pleased the event was so successful. There was something special about this Summer Camp; that we hope we can bring to light each year. The tradition is alive once more and the spirit is carrying on.

2003 Beach Training was another event that brought many Seido members together. Even though there were early signs of thunderstorms, the weather held out. During the early morning hours we could still see the stars sparkling in the sky, until Black Belt Meditation, when we were fortunate enough to see the most dynamic sunrise. By the time the Kyu Belts arrived at 9:00, it was all clear blue skies. Many instructors and their students from other branches turned out. We all had a wonderful day of training and enjoyed a day at the beach.

On Thursday August 14th, we experienced the largest blackout ever. It was an extremely frustrating and uncomfortable situation. But we were so pleased to see that nothing serious occurred and that Seido members and family continued their strong spirit. Saturday's attendance following the blackout was so good and we were surprised by how much energy people had. Many people from domestic and overseas branches called to see how we were doing—thank you so much for your concern, your support is so appreciated.

We seem to be headed for a severe winter, so let's enjoy what is left of these beautiful summer days. In September we will have Black Belt Promotion and in October we will host our Annual Benefit Tournament on the 17, 18 and 19th. It is a very busy but worthwhile schedule. Friday the 17th will be devoted to seminars, the 18th is the day of the tournament and the 19th will be a post-tournament brunch, to welcome all overseas and other domestic branch students, as well as to say thank you to all those who volunteered their time and energy to the tournament itself.

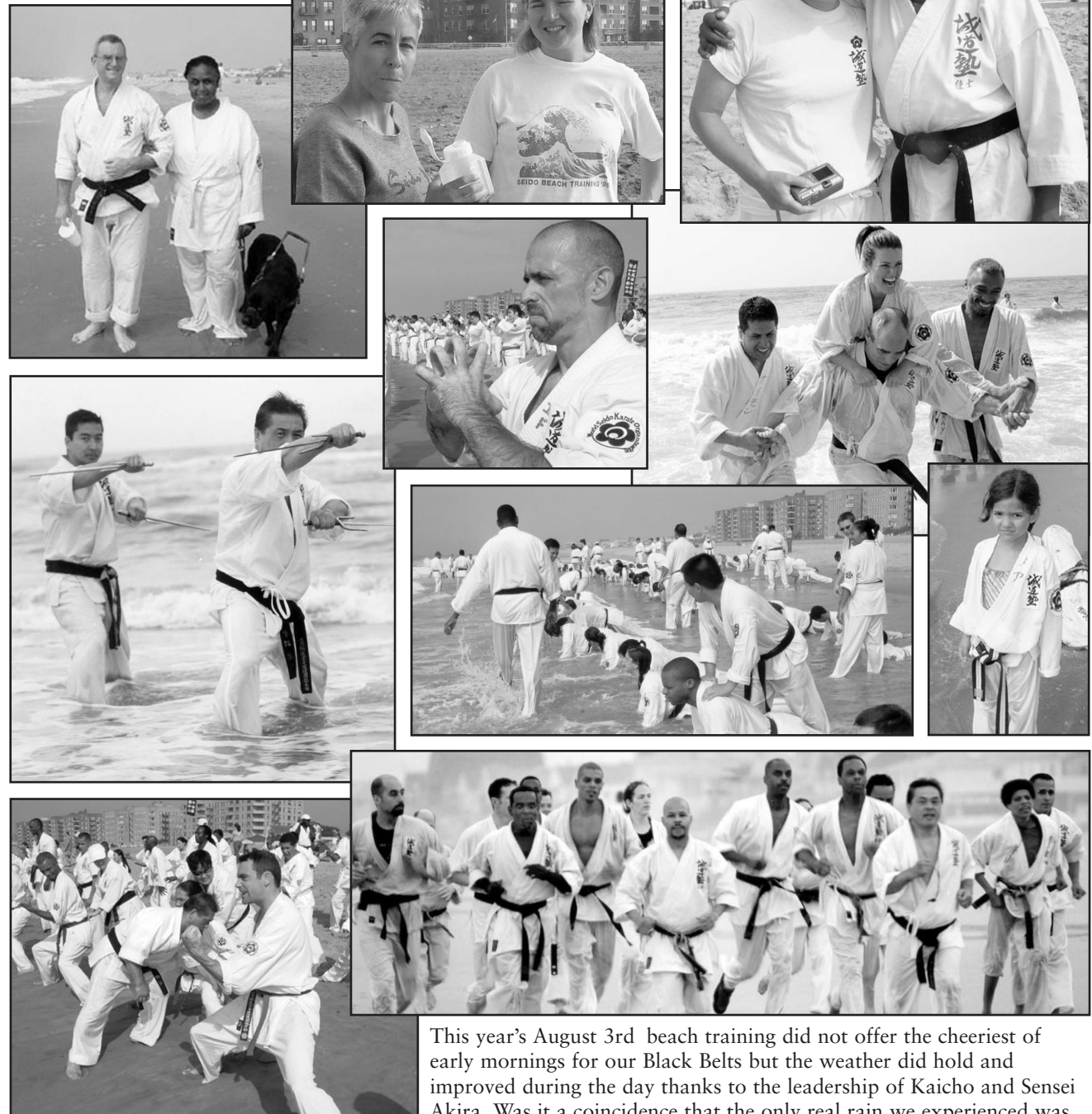
We hope that as many students and instructors will participate as possible, in whatever capacity they feel comfortable. It is a wonderful event from which the proceeds will go to support our special Seido programs. We look forward to seeing everyone there. Osu!

Kaicho

Sensei Akira

Beach Training

by Amelia Sheftall



This year's August 3rd beach training did not offer the cheeriest of early mornings for our Black Belts but the weather did hold and improved during the day thanks to the leadership of Kaicho and Sensei Akira. Was it a coincidence that the only real rain we experienced was

after they left later in the day? No one is sure... Black Belt training started at 4am and we welcomed a gorgeous sunrise while all witnessed one of the last flights of the international Concorde airplane. Starting with peaceful meditation and ending with an all out sprint down the beach, it was a perfect early morning. It is always great for the black belts to review their material together and to share their latest karate experience with one another before the color belts get all of their attention. This was the first year where white and color belts were allowed to watch the black belt beach training and it was wonderful to see quite a few in attendance. Several of these white and color belts took fabulous pictures that are available for viewing at Honbu. Color belt training started promptly at 9am and a good time was had by all. Training was followed by the traditional volleyball free-for-all, starring green belt Melissa and Senpai Angel—not to be outdone by visiting Kiwi Peter Grooby. All participants put on quite a show. I would like to send an additional thank you to Kaicho for sending Tenchi around the beach training camp with gifts of cut watermelon and fruit. Another successful beach training year goes by with the weather being perfect and the company being even better. Kizuna! Osu!

Distinctive Hand-Crafted Jewelry

With more than 25 years of fine jewelry design experience, we will create for you, distinctive hand-crafted, engagement rings, wedding bands, specialty & novelty jewelry.

We also have Japanese Akoya pearls.

Visit our work shop for free jewelry cleaning.

Shop with confidence from a fellow Seido student.



By appointment only
Tel: 212-947-4050 Fax: 212-947-4053
E-mail: Charmedw30@cs.com

Summer Camp



This year marked the return of a great Seido tradition—summer camp. Camp was located a couple hours north of the city in the most idyllic location imaginable. The St. Alphonsus Retreat Center is a nearly 100 year old former seminary with magnificent Hudson River views and over 400 acres of natural woodlands. We were lucky enough to be the only group visiting that weekend and one of our hosts, the warm, friendly and jokey Brother Bob, welcomed us with the best news: we could be as loud as we liked.

Thanks to Sensei Akira, before leaving for camp everyone was given an orientation packet with room and team assignments, schedules and maps, so we were able to settle in quickly. Soon thereafter came our first workout and the misting rain made for an interesting all-terrain muddy time. Our gis got their first layer of mud and grass of the weekend and the excitement was palpable.

That evening we met with our teams to discuss our skits for the following evening and then sat for meditation before turning in for the night. We needed to rest because Saturday was a full-on day starting with 5am meditation outside.

Unbelievably I was up before my 4:30am alarm and was pleased to see my fellow karateka padding around on the marble floors in the semi-darkness, whispering *osu* in the halls and good-naturedly groaning about the time. We met outside and faced the river and settled into *seiza* and then rose for walking meditation down to the field below. Kaicho's timing was perfect; as we settled in line and faced the horizon, the first glimmer of light could be seen over the trees. The morning chill was replaced by glowing warmth and we paused for several minutes to feel the sun on our faces. It was truly breathtaking.

The day was filled with training and a few hours in between to pull our team skits together. There were ten teams, made up of about ten members each, spanning all ranks. When we piled into the auditorium that evening, I had no idea what to expect...but that didn't matter because the performances that followed exceeded any expectations I could have had. My face hurt from laughing. Each skit was so different and original and I was just amazed that such great stuff came out of a few hours of work. Who knew that before evening's end we would see Francis from the Visions Program flip Kyoshi Paul over his shoulder...from a seated position? Or Shihan-Dai Michael singing and dancing? Or Toru pulling off such an intimidating imitation of Kaicho?

We woke the next morning again for 5am meditation and morning training followed by everyone's reflections on the weekend. I had waited so long for summer camp and it was over so fast. As we boarded the bus and one of my all time favorite bad movies (*The Best of the Best*) played, I thought about all the people I got to know better, how much I laughed, what a beautiful setting we trained in and I felt very lucky indeed.

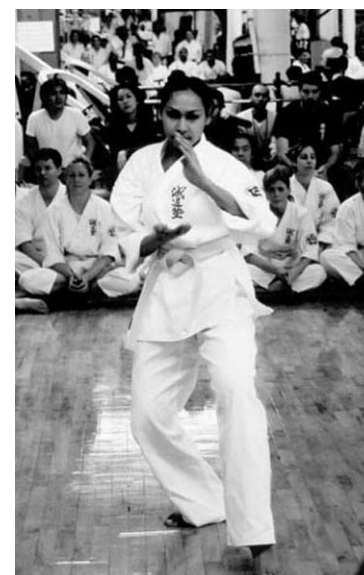
—Robyn Ryan

Interdojo Tournament

Kata

The Interdojo Tournament at Honbu each year is designed for students to challenge not only opponents, but themselves. May 21st was a cool, rainy evening that offered breezes for the building heat inside, as Kaicho welcomed dozens of colored belts anxious to test their mettle. There were three rings, but it was more like an orderly ballet than a circus. Kaicho was joined by Shuseki Shihan Charles Martin, as chief referee, and several dozen other black belts to make the eight judges per ring. Sensei Akira kept everything running smoothly behind the scenes. The top score available was 60. Such strong kata was displayed that scores consistently hit the mid to high 50s. One black belt remarked while watching the yellow belt women that they had "sassy kiais." Indeed the spirit was such that it built in intensity until it reached an almost fever pitch as brown belts from YAI exploded with kata that had the room cheering. The blind and deaf programs were also well-represented. Though the blind could only hear the cheers but not see the faces of the crowd and instructors aglow with pride and the deaf could not hear the cheers but could see the joy on the faces around them, there was a bittersweet balance between them. Alfredo Tapia, a deaf student, averaged a 9 from each judge to place 2nd in Advanced Green belt Men. He responded saying, "It's good practice getting up and trying your best, especially when you're so nervous. I'm really happy I did it. Michelle Goodin, who is legally blind, offered, "I took a gamble, and had a few flubs, but I wasn't as nervous as my first time. The fun and interaction made it great." Deep stances were the norm for the night, but deeper yet was the satisfaction and joy that everyone felt sharing in such a spirited evening.

—Kevin Gallagher



When people started talking about the Interdojo Tournament, I had already made up my mind to compete. April 22 marked my one year anniversary training at Seido Visions, and I wanted to celebrate it with a victory! Last year during my first few classes, when everything was new and mnemonic devices (i.e. chewing down your food for chudan tsuki) were essential, the others were preparing their kata. "Next time, that'll be you," said my enthusiastic volunteer.

I have loved karate from day one and love it twice as much now, but that did not stop my stomach from flip-flopping every time I thought about falling down, or announcing myself as Pinan II and my kata as Shuseki Shihan. The first time I presented my kata to an audience—an audience, which, by the way, consisted mostly of people who could not see me—I was short of breath and shaking from my first "osu" to my last "kiai." Each subsequent performance, whether at Visions, Honbu, or the aerobics room at my local gym, lessened the fright. Two days before the tournament, I informed my coach, my competition, and my mother that I planned to win. All my life I have been the sort of person who yearns to win, but never admitted the desire, for fear of being disappointed, but this time it seemed important to have a goal for which it was enough simply to strive. "You're a winner from the moment you put in your application," said my ever-supportive coach, "Don't worry about the bets I've laid!" Despite the pressure, I was surprisingly calm once I walked onto the dojo floor. For someone like me, who does not train daily at Honbu, being in the excited fray reminded me that I am a part of something really special, and this fact was sufficient to make me feel like a winner.

—Michelle Goodin

Interdojo Tournament

Kumite



Armed with blank pieces of paper and a pen, I went to the Friday night individual kumite event of the Interdojo Tournament all ready to write the article for the next newsletter. I was all set to get down the names of the participants and give riveting blow-by-blow accounts of the fights. I was to be a Seido Lois Lane.

There were many participants and I was working hard to get all the names. I soon realized, however, I was more of an inept Clark Kent type reporter, unable to give crisp descriptions of what techniques and maneuvers were being employed. I decided to just keep an organized, detailed account of who fought who and who won what match and who was going into the final round. (insert decisive nod and determined purse of lips here)

But the truth is I was all too caught up in the action and I found myself Osu-ing and woo-hooing along with everyone else and clearly forgetting to keep track of who had scored against whom enough times to win the match. It was all so stimulating! That night as I was leaving the dojo, I was already bursting with anticipation for the team kumite portion of the tournament the following day.

The next afternoon, from my perch behind the desk, I watched the teams accumulate and head upstairs. In my excited state the night before, I forgot I had to work behind the desk and had no idea how I was going to write this article. The next couple of hours were spent trying to decipher the noises I heard and imagining the action. I wished I were actually Clark Kent so I would at least have Superman's X-ray vision. I still wanted to write a good article but mostly I just wanted to be a part of it in some way.

Constant cheering and the excitement moved down the stairs and into the lobby area. Just when I couldn't take it any more, someone came down and I got to ask about what I was missing—"Udom is flying!" she exclaimed incredulously. "Oh man!" I whined wistfully.

Any time someone came through from upstairs I would ask for a full report. Their wide-eyed, grinning faces told me all I needed to know. Cheers and whoops of support from teammates would rise and fall adding to the mounting exhilaration that was palpable even from where I sat one floor below. A final burst of cheering gave way to rounds of applause and I could picture everyone lining up and getting their medals and certificates.

When all the teams came downstairs, it was impossible to tell the "winners" from the "losers" and then it simply became irrelevant. Everyone that came in wore a smile from ear-to-ear and a medal around their neck. Every face was sweaty, red, and extremely happy.

I thought about how the excitement of being a part of the kumite tournament was infectious. How some people looked a little reluctant to go up the stairs earlier that afternoon or to get on the mat the night before, but how afterwards all hesitation was replaced with a sense of accomplishment readable on their faces and in the way they comported themselves. I thought about how Kaicho says it isn't all about how many tournaments you win with your perfect technique but about the balance you are able to achieve within yourself. I thought about how I would be unable to give an accurate report on the statistics of the tournament and then I thought that maybe that was okay.

I was still thinking when Kyoshi Paul came downstairs. I told him how I could hear him as center judge during the last round and how I wished I could have seen it. He couldn't believe I was behind the desk the entire time. And he asked if next time, I would be up there.

Osu, Kyoshi. Absolutely.



—Nicole Miller

web work
ADVERTISING
 graphic design

~ Senpai David Barnum
 barnum@mail.idt.net

BARNUM
 design

530 W 25th St, NY NY 10001 ~ 212-645-7444



Children's Tournament



On June 14th, the 11th Annual Seido Children's Benefit Tournament was held at the West Side YMCA. Many children participated and gave the spectators a wonderful demonstration. One of the highlights of the tournament was when 7 year old Lorenzo Melchiorre (yellow belt) participated in technique shiai. This young boy, who trains under Senpai Warren Bailey at the Seido Poconos Branch, demonstrated jumping back spinning kicks, jumping uchi mawashi kicks and an array of other flawless kicks. He received all 10s from the judges and a loud ovation from the crowd. Later on, many children performed their katas. These katas can be difficult even for adults, however, many of the children were still able to perform them gracefully, especially the junior black belts, who were intense and focused. Towards the end of the tournament many of the colored belts put on their kumite gear, stepped into their rings and engaged in point fighting. Many highlights of the kumite competition were found in the brown belt ring, where many fighters were splendid with their fearless attacks and unyielding determination. The tournament was awe-inspiring and the next one should be even better.

—Ninji Harris

DOC. WATSON'S
 RESTAURANT
 PUB / NYC

1490 2nd Ave.
 (bet 77 & 78 St.)
 212.988.5300
 www.docwatsons.com



BOARDROOM[®] INC.

281 Tresser Blvd., Stamford, CT
 06901-3246

www.BottomLineSecrets.com

1-800-274-5611

Acupuncture & Chinese Herbs

for injury recovery, stress reduction, management of immune disorders, chronic illness, women's health issues and gastro-intestinal illness

rhea claudia nodel,
 I.ac., dipl.c.h.
 NYS licensed acupuncturist
 office near union square 718.369.0306

世界誠道空手道連盟本部

世界誠道空手道連盟本部