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Honbu News

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Spring 2004

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World Seido Karate Organization

61 West 23rd Street
New York, NY 10010



Upcoming Events

May

12 Wednesday
Inter-dojo Tournament (Kata)
14 Friday
Inter-dojo Tournament (Kumite)
15 Saturday
Inter-dojo Tournament (Team)
22 Saturday
Promotion: All Children, Adult White - Adv. Yellow
31 Monday
Dojo Closed - Memorial Day

June

4 Friday
Black Belt Clinic & Meeting
5 Saturday
Black Belt Clinic & Meeting
6 Sunday
Black Belt Clinic & Meeting
12 Saturday
Children's Tournament
26 Saturday
Promotion: All Kyu & All Children

July

3 Saturday
Dojo Closed - Independence Day
4 Sunday
Dojo Closed - Independence Day
16 Friday
Annual Summer Camp
17 Saturday
Annual Summer Camp
18 Sunday
Annual Summer Camp
24 Saturday
Promotion: All Children, Adult White - Adv. Yellow



Message From Kaicho

May 4, 2004

Right now, New York City is having such beautiful weather. All the fresh leaves are beginning to come out, cherry blossoms are in bloom and flowers are coming up. All over. Many people have allergies, so please be careful and take care of yourself.

We had a very successful Black Belt Promotion, during the middle of March, beginning of April. There was quite a large group of student going up. Kyoshi Roger Thyer-Jones, from England, came to support his students, including new Kyoshi John Esposito. Sensei Bogdan promoted while he was here, and came with two of his students. Also many other people came from quite a few other states, which was wonderful.

Right after promotion was finished, I had to travel to Japan, for my parent's special Memorial Service. I was so fortunate that the weather was excellent while we were there. I was able to spend time relaxing and communicating with my brother's and sister's families. It was great to be with my family. We were also able to visit my mother-in-law. She had been sick since last year with high blood pressure and other ailments. We were very concerned about the medical care she was receiving and her general well being. But while we were there she began to show signs of stronger health and a brighter spirit. Our visit did her so much good. We encouraged her to think about visiting New York City during the summer so she can see her great grandchildren for the first time. While I was absent, Sensei Akira reported to me that attendance was steady and that energy was strong. I really appreciate your support of the dojo when I am away.

Now, we are getting quite busy. Inter-dojo Tournament is coming up mid May. During the first weekend in June (4th-6th), we will hold our Annual Black Belt Clinic. The intensive three-day weekend will include a special out-of-town promotion, branch chief meeting and teaching seminars, as well as belt specific clinics. Last year was a huge success, and I am hoping this year will be even better.

Shuseki Shihan Andy Barber is coming to participate in the events, as well as three Kyoshi's from Shuseki Shihan Renzie's dojo in Christchurch. Kyoshi Ino is also coming with 10 students from Australia. Sensei Bu and her husband will be coming with one of her students from Mt. Cook. Many visitors will be attending from various other places and I am looking forward to getting together for some serious training, as well as a chance to spend some time together. There should be quite a turnout this year.

July 16, 17 and 18th, is the Annual Seido Summer Camp. We will be returning to the same beautiful location as last year, in Esopus, New York. This is such a wonderful opportunity to communicate with other Seido members and work on your material. The facility is so lovely, the food is great, and I guarantee anyone who participates will find it to be an enjoyable and immensely beneficial experience to his or her training. Do not wait until the last minute to sign up!

During the first week of September, Shihan Solly will host the first International Memorial Event in Johannesburg, South Africa. His committee must be working very hard at this moment preparing all of the details. I am looking forward to attending this event.

On November 27th and 28th, Kyoshi Suzuki will host the All Japan Tournament at the Chiba Prefecture. I hope everyone will support that event one way or another.

Personally I want to thank everyone for all of your continued support of Seido. Each member is so important to this organization. Without you we would not be the strong, vital community of karateka that we are today. Thank you all. Osu!

Ithaca Tournament

by Nikki Verhoff

March 27, 2004 was a dreary day in central New York. A thick and blinding fog surrounded the town of Ithaca, bringing a steady trickle of latecomers to Cornell University's Newman Arena, where Sensei Olen Lane presided over the Champion Festival and Benefit Tournament.

The Champion Festival's purpose is to renew awareness of the fight against Leukemia and Cancer and to help save lives by encouraging more people to register as bone marrow and blood stem cell donors with the National Marrow Donors Program (1-800-627-7692).

The opening ceremonies began 11am, with Kaicho signing the Red Memorial Sash. Since 1998 all in attendance sign the Red Sash in special memory of Maceo Reeves, son of Shihan Michael Reeves. Then began an uplifting demonstration of Seidaiko drumming. The drummers, well-trained and very enthusiastic, did a tremendous job of rousing the crowd into the Seido spirit.

As always, every child was encouraged to participate in every event and was rewarded a trophy for his or her efforts. The adult competitors, though fewer in number than the children, were very serious



and focused. The day's events offered adult kyu belts and black belts the opportunity to compete in both kumite and kata. Especially inspiring was the performance of 17-year old George He, a high school student and white belt who studies with instructor Seth Weisel at Humanities High School New York City. George, at the encouragement of his teacher, traveled eight hours round trip from Honbu to perform Taikyoku Kata II in his first Seido tournament. His dedication demonstrated a kind of courage and commitment that represents the true meaning of Seido.

As in any tournament, there were proud parents with cameras, encouraging comments from instructors, and adorable antics from the youngest karateka. There were those kata that outshined the rest, those fighters whose techniques were cleaner and faster, and those shiai that drew greater attention from the audience. But, it was clear, through the fog, that in the 2004 Champion Festival, everyone was a champion.



Summer Camp



Last year was the first summer camp we have had in 7 years. It was a huge success and the venue could not have been more perfect. The Mt. St. Alphonsus Retreat Center is a nearly 100 year old former Seminary with magnificent Hudson River views and over 400 acres of natural woodlands. The weekend was full of activity from group workouts to meditation to the wildly popular skit night. It was a great weekend to meet new people and get to know one another better. This year's summer camp will be held July 16, 17 & 18 at the same location. Please do not delay in signing up if you are interested in attending. All pertinent information is available at Honbu's front desk. We hope to see you there!

For information on placing an ad in Honbu News, please email us at info@seido.com

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Women's Seminar

by Angela Wilson

This year's Women's Seminar was held at Honbu on March 21st with a theme of how to "Enrich Your Training." As Kyoshi Meredith emphasized in her opening statement, enrichment can be found in many ways, including improving basic techniques, learning a new skill, learning from a different instructor, but most important are the relationships we form and maintain throughout training that significantly enrich our every day training.

Over 70 strong women woke bright and early to participate and after a relaxing stretch led by Senpai Amelia, Kyoshi Michelle energetically led the crowd through some basic techniques. Following, participants chose from an assortment of seminars including self defense (Kyoshi Michelle), falling and rolling (Sensei Peggy), tournament preparation (Kyoshi Meredith), tournament kata preparation (Senpai Maya), beginner basics and review (Kyoshi Deborah), pilates (Senpai Amelia and Renat), fighting strategies (Senpai Laura and Senpai Stacey), training through pregnancy (Sensei Karen Pamfili and Sensei Karen Fisher), and an inspiring talk about Seido history and enriching your training (Kyoshi Judy). After the seminars concluded, Kyoshi Judy introduced visitors, both Seido and non-Seido students, and thanked all for participating and volunteering their time. Additionally, women going for black belt promotion received encouraging wishes from their seniors and lower belts alike. The seminar ended with a tasty breakfast buffet while everyone relished the opportunity to catch up with old friends and meet up with new friends.



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Kagami Biraki



Sunday January 11th was our annual Kagami Biraki. Kagami Biraki is the first group workout of the new year. It is an event where everyone from the most senior students to the newest white belts gather together to rededicate themselves to their training and their kohai for the year to come. The energy and camaraderie generated this early (and - wow - cold!) morning sets the tone for the year to come. After 700 or so blocks and strikes, one hundred plus push-up, sit-ups, and hiza-geris we were ready to settle into some deep kibadachis and end the workout portion of the morning with shita-tsukis until Kaicho was satisfied that the mirrors were steamed enough and the kiais were ringing in our ears. We then gathered closer to the shinzen and listened as Kaicho reminded us to appreciate the pain in our limbs and the sweat on our brows—these things mean we are healthy enough to train. Kaicho then spoke about Ten Teki Sen Seki. Literally this means dripping water through rock. A small drop of water can bore a hole through stone with steady dripping; with consistent training we can do wonderful things. It is easy to give excuses that we are too old, or we've been away and can't remember our material, or we aren't naturally flexible or we have a busy schedule, but the dojo is here for us and our Seido family grows stronger with each person's contribution. So let's keep the energy and spirit generated at Kagami Biraki strong all year long.



Black Belt Dinner

February 6th marked our annual Black Belt Dinner. As usual the festivities were held at SPQR in Little Italy. After a cocktail hour filled with mingling, laughter and conversation everyone made their way through the buffet and to their tables. Kaicho reminded everyone that the tradition of the dinner started with Senpai Claude Battle who thought a yearly event just for black belts to gather outside of the dojo would be beneficial in strengthening the bonds between students. The dinner is always in February in honor of Kaicho's birthday.

This year Kaicho asked us all to start focusing on Seido Karate's 30th anniversary in just two years. This year's 28th anniversary tournament will go on as usual but the 29th anniversary tournament will be cancelled in preparation for the many events for our 30th anniversary celebration. Students from all over the world will be coming to New York in 2006 and coordinating the smooth running of events for so many hundreds of people is a grand undertaking. Many students will be visiting Honbu for the first time so it is important that we are prepared.

We ended the evening with wishes of good health and happiness for all.



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Real Life Karate

In the dozen years I've been training in Seido Karate one of the questions I've been asked most frequently is "have you ever used karate in real life?" Besides the more esoteric answer of 'every single day,' I can truthfully answer yes. About six or eight years ago a man grabbed me in an elevator. I held his arm and jerked him toward me, which raised his head enough for me to land a hard hiji ate to his throat. He let go of me and fell to the floor gasping...giving me enough time to get out of there. Afterwards I realized that all the repetition and drills in karate training are what helped me react without thinking when I needed to.

Recently, Sensei Marc Ravage's 'real life karate' filled the newspapers and airwaves when he apprehended a robber on a New York City street.

On May 5th, a man who had robbed a woman and another bank in the same week, walked into the Upper East Side bank where Sensei Marc is the manager and handed the teller a note demanding money. As quoted in the New York Daily News, Sensei Marc said "One of my co-workers said 'that guy just robbed us' and I started running. I didn't even think about it." The robber only got a block away before Sensei grabbed him and pinned him against a parked car.

John Mastriacovo, a doorman at a nearby high-rise apartment building, watched the events unfold. He is quoted as saying "the manager was actually trying to be polite to the guy and the money was coming out from under his coat. He [Sensei Marc] was saying 'I don't want to hurt you. Please, sir, don't try to get away.'"

The doorman said a passerby held a cell phone up to Sensei's ear so he could tell a 911 dispatcher where cops could find him. Afterwards, Sensei picked up the money from the street and returned to work.

—by Senpai Robyn Ryan, details and quotes of Sensei Marc's experience from the NY Daily News.

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