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World Seido Karate Organization
 61 West 23rd Street
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Calendar of Events

November 2005

- 15: SAITEN registration opens
- 19: Promotion: All children
 Promotion: Adv. White – Adv. Yellow
- 24: Dojo Closed – Thanksgiving
- 25: Dojo Closed – Thanksgiving

January 2006

- 1: Dojo closed – New Year's Day
- 2: First Day of Classes
- 10: Kigami Biraki – 8:00 am
- 23: Promotion: Adv. White – Adv. Yellow and All Children

December 2005

- 10: Honbu Children's Spirit Day
- 14: Walking Meditation
- 15: Walking Meditation
- 17: Promotion: All Kyu and All Children
 ...and Holiday Party!!
- 18-23: Honbu Clean up
- 24: Dojo closes at 2 pm – Christmas Eve
- 25: Dojo closed – Christmas Day
 through January 1, 2006



Honbu News

Fall 2005

Saiten – Karate Nirvana

by Ben Prayz

As every karateka knows, good technique is built upon an understanding of the basics: the punches, blocks, kicks and strikes we first encounter as white belts. It's an exciting journey moving through the fundamentals up to color belt material. As every karateka also knows, effort, discipline and work are needed in order to receive each new belt.

The same is true of the upcoming Seido 30th Anniversary Celebration, or SAITEN (pronounced *sigh-ten*). A great amount of sweat, endurance, flexibility, strength and spirit is being put in as you read this, so that SAITEN will be as warm and welcoming as a favorite broken in gi.

The event will take place from Tuesday, June 6 to Saturday, June 10, 2006 on the campus of Columbia University in New York City. Students will have the chance to compete individually. However, international teams will be composed randomly, and will include students from Seido's Visions, YAI and Deaf programs. Each team member will contribute their points from respective events to their team's overall score.

Besides the tournament aspect, the five-day event will also include many seminars--some to be conducted by instructors from around the world in their native languages. Also, a unique line of SAITEN merchandise will be available, harkening back to Seido's founding year: 1976.

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Kaicho on New York City's Brooklyn Bridge circa 1970's

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Message From Kaicho

Dear Seido Family Members:

Fall has finally arrived after a very hot and humid summer. I hope that everyone is adjusting to the sudden chill in the air. It is very important during the change in season that everyone maintains a healthy lifestyle to avoid illness. Continue to train regularly, eat well and keep up a strong spirit.

In the beginning of September, I along with my wife, Kyoshi Akira and his family and Shuseki Shihan Charles and his wife, went to England to celebrate Kyoshi Roger's 20th Anniversary with Seido. Seido High Wycombe has been a very strong part of the Seido system and now serves as the headquarters to eight Seido branches in the UK.

All of the events were very well organized and we were shown the utmost hospitality. Even the weather, normally rainy at that time of year, was perfect.



Many instructors and students from around the world attended to show their support for Kyoshi Roger. There were representatives from Israel, Germany, Jamaica and South Africa as well as Kyoshi Jesse and Michelle Price from Honbu. Together, the events raised about \$10,000US for cancer research.

In October, Kyoshi Akira and I traveled to Chicago to commemorate the 20th Anniversary of Thousand Waves Seido. I am very proud of Kyoshi Nancy and Kyoshi Sarah, who have put many years of hard work into their program.

Many students from Honbu attended, as well as Shuseki Shihan Charles, Sei Shihan Sana and Kyoshi Gil. Among other events, instructors held special seminars. It was a wonderful celebration.

Once again, I hope that you are enjoying this beautiful fall season. I wish you and your family the best of health.

Sincerely,

New Arrivals to the Seido Family!



Horace Elijah Anderson

Born September 21st, 8:40 pm
20 inches, 7 lbs. and 2 ounces
Parents: Horace and Enshalla



Elijah James Jacques

Born August 3rd, 6:15 am
19 1/2 inches, 6 lbs. and
10 ounces
Parents: Senpai Jean and
Dawn



Morgen Emma Koeler

Born August 27th, 11:15 am
20 3/4 inches, 7 lbs. and 7 ounces
Parents: Eric and Amy



Breaking and Judo Seminars

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On Saturday morning, October 22nd, Shihan Y. Matsumura, an internationally renowned martial artist, teacher, and professor, delivered a seminar on Judo.

Shihan Matsumura spent the first portion of the seminar teaching us the basics: rolling, falling, and a basic takedown.

We warmed up in a way similar to our own, with a few extra twisting motions. Then we began rolling on our backs—first from lying down, then from a squatting position, and finally from a standing position.

As we began practicing with partners, we learned to use the slapping of the floor with our hands as a method to break the energy of the fall.



The first takedown we learned was a basic one-two step then sweep from the front. The term for this technique is ouchigari. We practiced that with partners with Shihan Matsumura and his assistant Mr. Otsuka stopping us to correct what he saw while observing our attempts.



After getting our opponent on the ground, we learned arm locks to finish them off. The first technique he taught us was the ude-garami or bent arm lock. To accomplish this you must lock your opponent's arm with your interlocked hands and wrist, twisting the arm back at the shoulder joint.



If the opponent tries to attack across your chest after the takedown, you can counter with waki-gatame—the straight arm lock. We then practiced alternating between the two locks based on what our partners did.

Shihan Matsumura then taught us a simple throw. It started as a back and forth dance move, but ended with one partner using his opponent's momentum to throw him over his back.

Finally, we were taught the cross lock squeeze - or guyaku juji jime. This technique is used to choke someone. We also learned a basic block if we were ever in such a suffocating situation and finally a counterlock if someone tries this lock on us while on the ground.



Thank you Kaicho, Kyoshi Akira, Shihan Matsumura, Sei Shihan Best for your instruction and organization of these wonderful events. What a great benefit to our training to have these specialized seminars to teach us things we do not see in regular weekly classes. ☺

Photos c/o Mukesh Vasvani and Ken Roberts

Breaking and Judo Seminars

by Shaun Smith



During the weekend of October 21st, Honbu hosted two fantastic seminars.

On Friday evening, October 21st, Kaicho gave a seminar on Tameshiwari - The Art of Breaking.

After the scramble to find our boards and the nervous chatter of what experience people have, Kaicho began a lecture and demonstration. He explained to us that standard tournament boards are one-inch thick pine, cut in rectangles 12 inches wide by 10 inches long.

When preparing for a break, the type and condition of the material is critical. Not only should the boards be the specific dimensions, but the grains should be aligned vertically, perpendicular to the 12 inch edge. If you are attempting to break against the grain, you will have a much more challenging time.

“When preparing for a break, the type and condition

of the material is critical.”

Besides the direction of the grains, whether the boards are dry or damp will also have an impact, with drier boards being easier to break.

Kaicho then explained the proper form. More important than using momentum is making sure you put your entire body weight into the break.

When practicing on a stack of boards on cinder blocks, Kaicho recommended putting a small kicking pad on the floor so that as you drive your seiken or shuto through the boards, you drive your knee to the floor. This ensures that not only are you using your hand, arm, and chest to drive through the board, but also your entire body as you move downward.



Kaicho demonstrated his point by doing a break right out of the movies. While still speaking to us, he raised his hand from a nukite position pointing at the center of the board (another crucial tip) only about 2 inches and before we knew what was happening he made a fist and broke right through the boards below him!

To further demonstrate the importance of breaking in the center of the board, Kaicho brought out a board suspended by a single string tied to a pole. He explained that he's actually seen karate-ka hit the bottom of the board, have it flip up and over the holding pole and hit the person in the head - and then BREAK! Again without warning, Kaicho demonstrated the proper speed and technique for a suspended break by breaking a board suspended by a single string with his right uraken.



Sei Shihan Best assisted Kaicho by explaining the proper holding technique for a break, both with one any many holders.

Finally, to illustrate the importance of material, Kaicho broke through a Japanese red oak Bokken (wooden sword)--held by Kyoshi Akira and Sei Shihan Best--with his knee!

After the break, Kyoshi Akira passed around the Bokken so that we could compare the material with

the boards we were breaking. The Bokken inside looked like thousands of toothpicks interlocked! My knee still aches at the thought of it.

Finally, it was on to our own boards and breaks. While the ice chest in the corner did get a number of visitors,



no one was hurt and everyone learned a great deal. Besides the traditional tournament breaks, people tried elbow, back kicks, side kicks, and other types of breaks. Everyone cheered and supported one another's learning and fun.



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In Remembrance...

The Seido Karate family wishes to remember all of those who lost their lives during the September 11th 2001 tragedy here in New York City, and during the hurricanes that devastated New Orleans and other parts of the southern United States this summer.

A special tribute goes to Sensei Pat Brown, a New York City firefighter, who lost his life on September 11th.



Osu.

Saiten – Karate Nirvana

< continued from page 1
by Ben Prayz

A Celebration of the Students

The 30th anniversary SAITEN event will be Seido's third major anniversary event (the other two being the 20th and 25th anniversaries).

"Kaicho wants the 30th to be more of a celebration for all the students of Seido to participate in," says Kyoshi Judy, one of the lead organizers of the proceedings. "He wants us to come together, spend time together, get to know each other, and see that Seido is the same across the world.

To foster that sense of celebration and student participation, SAITEN's lead organizer, Kyoshi Akira, came up with two special ideas.

"I thought it'd be nice if, like the Olympics pin trading, all branches worldwide made a pin that could be used in June. Students could trade their branch's pins with students from different branches as a way to break the language and cultural barriers, start up a conversation, and hopefully develop a friendship from there."

Kyoshi Akira continued: "We're also having a poster made that will be a mosaic of photographs of as many as 3,000 Seido students (the photo limit). These photos will be arranged and adjusted into one larger image, which will be a surprise. This will be a great way to bring everyone together and make it clear that this is not about Honbu or

Senpai Luke explained: "For SAITEN we have a unique scoring system. For kata, the competitors will not know their individual score by each judge, but will be told only their total score. Also, we will have the first three competitors do their kata just once. After all three have gone, the judges will give each of those individuals their total score." Individual judge scores will be posted at a later time.



He continued: "We're judging a lot more like Olympic gymnastics. Out of seven judges, two will primarily be judging on form, two on movements, two on spirit, and the head judge will look at the overall kata."

The film also discusses the SAITEN kumite event. International kumite teams will be put together with people from different branches and dojos. Unique to SAITEN, there will be a real effort to ensure that people fight someone from another country. Also, everyone will have two fights with no progressive knock out round.

As Senpai Luke states: "It will be point system fighting focused on generating points for one's team. So if you score six points and your opponent scores seven points you get six points for your team. It's not about winning or losing. This is

**"(SAITEN)'s not about winning or losing..." explained
Senpai Luke. "We're all going to be champions."**

Kaicho or myself – it's about Seido as an organization and everybody coming together to celebrate one Seido."

Another great way to be involved is to help. Kyoshi Akira and Kyoshi Judy strongly encourage everyone to lend a SAITEN hand. Kyoshi Akira explained: "We've done the base work on getting everything set up. We wanted to make sure students didn't get burned out so we didn't involve too many in the beginning. But now that we're approaching the six month countdown to our deadline we really need people to start getting involved in specific tasks. Please keep your eye out for postings and for requests for help and then sign up and be ready. We really hope that people will continue to step up."

We're All Champions

The tournament aspect will be yet another distinctive element of SAITEN. Since a different SAITEN scoring system has been developed, Kyoshi Akira spearheaded the production of an instructional DVD, hard copy and power point presentations to demonstrate how the events will be conducted and scored from both the judge and participant perspective. Kyoshi Akira also rallied Senpai Luke and PJ Valentini to help with shooting, directing and editing.

reflective of Kaicho's desire to make this a celebration rather than an ego-driven event. We're all going to be champions."

The final aspect of the film will address the rules of breaking, which have remained unchanged. The finished product should be available for viewing as this newsletter goes to print. Combined with the upcoming Summer Camp '05 DVD, these two items will be perfect for taking a breather from training and breaking out the popcorn!

Something for Everyone

The SAITEN tournament events will not be the only venue available to exhibit your skills and technique. Kyoshi Akira and Seido Australian Branch Chief, Kyoshi Ino Maquirang, have been coordinating a variety of seminars.

Kyoshi Ino elaborated: "We considered seminars that were both within Seido standard purview (syllabus review, point sparring, etc.), and outside the purview (body movement, pressure points, etc).

"We're offering syllabus training to senior black belts, self-defense seminars, seminars on pressure points and kata applications, body movement and kumite, a practical self-defense course taught by Kyoshi Nancy Lanoue (from Chicago), plus Seido 'challenges' for pee-wees, junior and youth age groups! There'll be something for everyone."

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Chicago 20th Anniversary Tournament by Senpai Luke Mayes

Editor's Note: Please visit <http://www.thousandwaves.org> for photos of the event, which will be posted once available.

If you love karate and you love to travel, there's nothing better than an out-of-town Seido Karate Festival.

In early October, Seido students from all over traveled to Chicago to commemorate Thousand Waves' 20th Anniversary. Honored guests included Kaicho, Mrs. Akemi Nakamura, Kyoshi Akira, Shuseki Shihan Charles, and Mrs. Ada Martin.

Kyoshi Nancy Lanoue and Kyoshi Sarah Ludden welcomed us into the Thousand Waves Martial Arts & Self Defense Centre on Friday, October 7th. The Seido Chicago dojo is a beautiful space that exudes magnanimous humanity. I felt such a palpable positive

One of the most enjoyable aspects of the festival was kumite. The attitude and respect shown between fighters was excellent. Tournament kumite is often scary for many students (especially new green belts), but all of the competitors showed that they were in control of their egos and ready to enjoy some good clean fighting.



The tournament segment of the festival finished with Tameshiwari. They make wood pretty tough in Chicago! A number of students (myself

**"Seido Chicago is a shining example of the karate
that Kaicho has created and developed for us."**

energy when I stepped into the dojo, I literally felt like I was home at Honbu.

We kicked off the festival with some special tournament seminars that were run throughout the first day. Sei Shihan Sana gave an inspiring seminar on Kata, demonstrating techniques with his trade-mark grace and flexibility. My favorite quote from the seminar was Sei Shihan's suggestion to, "Do Kata like you love it."

We then moved onto a point fighting seminar taught by Kyoshi Gil. As always, Kyoshi Gil's preparation and presentation was meticulous. We reviewed notes on offense, defense, strategy, timing, and technique. Everyone walked away feeling a lot more comfortable and confident about point system kumite.

Following the point fighting seminar, Kyoshi Nancy chaired a group discussion on the "Six Essential Qualities of a Great Class." With Shuseki Shihan Charles and Sei Shihan William Best on hand, we had a wealth of experience to draw upon. Kyoshi Nancy finished the day with a "Skill Sharing" session among all the Seido instructors present.

We were all feeling happily exhausted after the first day, but excited for the coming day. Kyoshi Nancy and Kyoshi Sarah took us all out to a local Mexican restaurant where we had a delicious meal before heading back to the hotel.

On Saturday, October 8th, the festival moved to Broadway Armory Park. The day's activities began with a punch and kick-a-thon by the children's program of Seido Chicago. The adult students then cleared the gym and began preparations for the tournament.

First up was the Master Kata division. All of the kata were superbly executed. I especially enjoyed watching Sensei Laura Tesch whose Kata was a dazzling combination of strength and beauty. The kyu grade kata was also of a very high standard and the number of competitors made the competition very tough in many divisions.

In the spirit of the festival, students were asked whether or not they wanted to be scored by the judges. This option took a lot of pressure off many students and was well received.

included) underestimated the strength of the wood and overestimated the strength of their technique!

After closing remarks by Kyoshi Nancy and Kaicho, we all changed for the dinner at the dojo.

When we arrived, the Chicago Seido dojo had miraculously been converted into a fine dining restaurant! Guests were entertained by a commemorative slide show and a special appearance by cabaret star.

After greeting and communicating with Seido members from all over the country, we then sat down for dinner and speeches by Kyoshi Nancy, Kyoshi Sarah, and Senpai Ann Tyler.

Before Kyoshi Sarah's speech, we observed a moment's silence to recognize the passing of Ada Martin's sister. Shuseki Shihan Charles and Mrs. Martin made an emergency flight back to New York when they received the sad news. We sent them our thoughts and prayers.

Kyoshi Sarah and Senpai Ann then discussed the history and current initiatives of Thousand Waves. I had not fully appreciated the incredible work that is done through the Seido Chicago dojo.

The Thousand Waves centre offers a variety of workshops and courses that address: self defense and empowerment, support for victims of domestic violence, women's safety issues, child safety, and a host of other community based programs. The Thousand Waves Scholarship Fund has provided over \$100,000 in direct tuition assistance. Seido Chicago is a shining example of the karate that Kaicho has created and developed for us.

Kaicho recognized the commitment and the dedication of Kyoshi Nancy and the entire Chicago team with a heartfelt speech and the presentation of a congratulatory plaque. Kyoshi Akira then spoke about how much he appreciated the support of the Chicago dojo before answering a few eager questions about next year's SAITEN celebration.

Although the caterers were clearing up and the dojo was closing, no one wanted the night to end.

If you've never been to Chicago, I highly recommend it. From now on, I'm calling it, "Sweet home, Chicago!" ☺

Black Belt Promotions

Editor's note: Below are black belt promotion essays written by Shahrukh Khan and Noa Azulai. Both were the first to receive the new YONENBU junior black belt for students under 8 years old. Students older than 8 but younger than 15 receive the SHONENBU junior black belt.

The last day of promotions for junior black belts was Saturday September 24th. The final day of adult black belt promotions was Sunday October 2nd. Congratulations to all!



The favorite thing I like about Seido karate is that it motivates me to become a good person. When I first started I was not flexible. Now I am flexible to the point where I can do the splits with ease. I can kick higher and faster. I have

improved on my sit-ups and pushups. I like to show people how I can do pushups on my knuckles. When I first started karate, I did not know how to count to ten in English. But by the second session of karate, the Senpais helped me master counting to ten not only in English but also in Japanese.

I come almost every day to karate because the Senpais teach me respect, self-control, discipline, love and kindness. Karate teaches me a lot. It teaches me how to control my anger. I go to karate because it keeps me healthy, strong, and smart. I like karate because I made lots of friends there. I do karate to learn self defense. I like karate because we play fun games like relay races. I learn from karate the right way to punch, kick and do pushups. Sometimes we use the punching bag to practice punches and kicks. We can kick and punch the bag harder than we can do on someone. We stretch and do pushups before each class.

My Senpais make karate fun and exciting. I like that they help me and tell me nicely when I mess up. They say: "focus". I have to concentrate more and I will be the best when I give my best. My favorite thing about karate is that I learn something new every day in self defense. I used to play fight at school, but now I know I can hurt someone badly if I use my karate for the wrong reasons. My Senpais teach me to use my skills only when I am in danger. I think that is cool. I am very excited about being promoted to junior black belt. I am practicing and working very hard towards this goal. Karate rewards you when you work hard. My mom always tell me: "Patience and hard work will pay off."

By Shahrukh Khan

My favorite thing about Seido karate is kata. Kata is my favorite because I enjoy practicing new katas. I like exploring the feeling of using my basic techniques. I also learn by watching others do their katas, practicing and exploring just like me. I like the way the movements flow and almost create a dance. Also, I like the way they blend together so beautifully. For example, if each technique in a kata were lost in all different parts of the world, they would come together in the middle like magnets without a person to help them. The movements just belong together.

Even when I do kata with a count, it may be slow but inside myself it is very energetic. And when I have a chance to do my favorite kata without a count, it makes me feel free to do it at my own pace.

Kata makes me feel proud of myself because when I do it, I make a performance in front of the class and I succeed.

In every children's tournament, I always do kata. I always train extra hard when I am getting ready for the big day so I won't make any mistakes. When I keep doing one kata over and over every time I do it, it gets better. If I make a mistake, it's not a big deal. I don't get upset with myself. I just keep on going as if I did not make that mistake. Then the next time I do that kata I know what to work on and try not to make the same mistake.



Your eyes are also part of your kata—the way you look before you strike, kick or punch. For example in Pinan IV, I love when you do the hiji mawashi and then look over your shoulder. I turn my head slightly and look out the corner of my eye while blocking with the palm of my hand. Then I turn my body and strike with shuto gammen uchi.

Thank you Kaicho and Kyoshi Akira for giving me the chance to take promotion. Thank you also to my instructors, Sensei Honma and Senpai Angel, for teaching me everything I know about karate. And a special thanks to my mom, who I love very dearly.

Osu,
Noa Azulai

Saiten ~ Karate Nirvana

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Kyoshi Akira added: "There are also other seminars that are truly unique. For example, we're having business seminars on how to launch and grow a dojo or Seido program. We're going to address the business end of things more than the student/instructor relationship, although there will be some of that when Kaicho and I lead a seminar addressing the person-to-person relationships and technique rather than the business operations."

Kyoshi Ino continued: "There are three *Seido in Native Language* seminars planned: one in Japanese, taught by Kyoshi Sawahira and assisted by Kyoshi Suzuki and Kyoshi Inden; another in Italian, taught by Kyoshi Vincent Macagnone and assisted by Sensei Simone Vanni; and one in Hebrew, taught by Sei Shihan Eli Bitran.

"What we hope will make these seminars special is the mix of students that will take part. You might participate in a seminar taught by Shuseki Shihan Renzie from New Zealand, assisted by Sei Shihan Chris Caile from Honbu, and get to partner with a student from Brazil, Italy or Singapore!"

"Rather than always teaching in English," added Kyoshi Akira, "we wanted to show that Seido is the universal language."

Latest and Greatest Seido Fashions

Senpai Luke, head of the Merchandise Committee, elaborated on the merchandising: "We've put together a collection of caps, gear bags, t-shirts, tracksuit tops, windbreakers, and sweat-gear all with the SAITEN logo. A great team has come together to develop the line, including Kyoshi Jesse, Senpai Shawn and Carlo Blackmore. Lisa Sklar has done the bulk of computer generated design work and Alain Tiangco is doing much of the production, finding t-shirts, sourcing fabrics, getting screen-printing, embroidery and special treatments done."

The collection will reflect the classic New York colors (paying homage to the event's location), similar to those of the NY Mets and NY Knicks: orange, black, white and blue. All of the merchandise is inspired by fashions of 1976.

When items are posted on the website they'll be available for purchase, and all proceeds will be used to benefit SAITEN.

Fundraising Events – Stay Tuned!

In addition to DVD and merchandise sales, there are a variety of other upcoming fundraising activities. These commenced with a Kick-Off party this past May and continued with the recent Silent Auction.

The auction was the brainchild of Senpai Jackie and her brother Dan Kern from the SAITEN Fundraising Committee. They called on teachers and students to volunteer lessons. They received such an overwhelmingly positive response that they never even got through their initial list!

Dan Kern elaborated: "The \$7000 in funds raised will be used to help defray event costs. Some funds will also go to the Seido Juku Benefit Foundation to help support the programs for the blind, deaf and mentally challenged students."

Senpai Jackie added: "It would be great if students supported these fundraising events. SAITEN is a big occasion, and its success will be based on how many people internationally can show up. The more we can do to offset costs, the more successful the event will be."

Sensei Nelson and Greg Burton, also on the Fundraising Committee, have created a brochure to help solicit corporate sponsorship of SAITEN and support for the Seido Juku Foundation.

Sensei Nelson explained: "We are looking for any contacts within the Seido community who might know of companies that would be interested in becoming part of this historic event for SAITEN. The benefits of corporate sponsorship are outlined in the Honbu Summer '05 newsletter, (as well as the brochure), including advertising in the SAITEN program book and corporate recognition and exposure."

There will also be an EBay auction that will allow students from other dojos to participate, and a second silent auction that will hopefully include instructors from other branches. Email SAITEN@seido.com to get involved in fundraising, and if you have any leads or ties to corporations for donations. Stay tuned!

Milestone in the History of Seido

Beyond the events and tournament, there is also the lineage of Seido that will be a big part of the SAITEN.

Kyoshi Akira elaborated: "Kaicho and I are doing this together with the support of all the seniors, the new black belts and the color belts coming up the ranks. SAITEN is all of these generations combined but also marks a change in generation. We're putting together a History Roundtable where long-standing students will talk about where Seido was and what they've been through. They know how Seido evolved and how Kaicho evolved. Seido is going through a change in generations but we can't forget where we came from, who's been supportive and who continues to support Seido. Everyone should hear these stories.

"There's going to be a day when I need to take full responsibility (for Seido). But until that day I need to prepare myself and Kaicho needs to know that I can handle it. SAITEN is a kind of first step. It's celebrating the history, appreciating what we have now, but also looking ahead to the future and to where Seido's going."

Karate Nirvana

As you have probably surmised by now, there is as much going on off the dojo floor as there is on. With upwards of 1,000 expected attendees (and an estimated 50% from other countries) it promises to be a magnificent experience providing both the very best and all of the breadth that Seido has to offer. As Senpai Luke put it: "The SAITEN celebration is going to be an amalgamation of Kagami Baraki, Beach Training, Summer Camp, and a regular tournament. It's going to be like karate nirvana!"

Summer Camp

by Phoenix Carnevale



Summer Camp had all of the discipline and spirituality of martial arts mixed with all the joy of being a Seido member.

Approximately ninety people took the trip upstate to Mount St. Alphonsus this year. After Kaicho and Kyoshi Akira welcomed us and after a brief but funny orientation by a Mount St. Alphonsus representative, we greeted our teammates.

Many senior black belts attended, including Sei Shihan Chris, Sei Shihan Michael, Kyoshi Judy, Kyoshi Michelle, Kyoshi Maureen, Kyoshi Nan, and so many more. Senpai Hagai even flew in from Israel. We were all honored to have him and so many senior black belts in attendance.

I was a blue belt during my last summer camp, which was my first. Even though I was a green belt this year and 'experienced' at summer camp, I forgot how different it is to train outside. The weather was sunny and mild. The grass was soft. The training was tough. But we all still had smiles on our faces at the end of the first day.

Adding to the smiles was Senpai Luke, who filmed most of camp for a DVD that Kyoshi Akira produced--the sales of which will benefit Seido members traveling to Honbu for SAITEN. Senpai Luke asked every single person what he or she felt about camp. When he asked me, I laughed and realized that there was too much I wanted to say. So I just said "I love it!"

At night and early in the morning, we had nighttime and morning meditation with Kaicho and Kyoshi Akira. Kaicho's message this year was "yasu" or healing. We learned that the best way to heal is to step away from our crazy lives and take care of ourselves inside. It's a process that we need to do more often in order to remain balanced and giving people.

The second day, we trained with our fellow kyu belts outside under the instruction of senior black belts. Afterwards, we had the opportunity to choose one of several 'seminars' in fighting, endurance, basics and self-defense. A large number of us enjoyed Senpai Hagai's self-defense seminar, which he demonstrated with P.J. Valentini. Senpai Hagai based the seminar on the lessons he gives to the Israeli army!

After taking team pictures, we played the infamous Summer Camp games! Tug-of-war, won by Kyoshi Maureen's team, was so exciting and suspenseful. The water balloon toss was a riot! A few of us kyu belts even managed to surprise the senior black belts with a balloon or two! continued >



UK 20th Anniversary Tournament

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The demos given by Kyoshi Roger and the students and teachers from the UK dojos were equally as thrilling. Almost every segment had meaning and drama, such as watching Kyoshi Roger walk onto the floor to spar with Senpai Stuart Wilson—the first student ever to walk through his doors twenty years ago—as well as watching Sensei Mike Knight spar with his son, Senpai Toby Knight. We all held our breath as Sensei Brandt broke a bat with his shin! At the end of the event, Kyoshi Roger announced that they raised approximately \$10,000US for the Cancer Foundation!



Leaving the Judo Center, however, I somehow felt as if I would get more out of my trip than what happened at the competition itself. More than winning second out of 42 tough international kata contenders after doing my kata alone on the floor for a tiebreak (which I won). More than ending up in a thrilling (yet losing!) tiebreak with the third place winner out of 11 strong and passionate kumite competitors. More than cheering on Kyoshi Jesse as he won third in the Master kata event.



I experienced at full throttle Seido from far outside of Honbu, and discovered that the Seido family runs far and deep across many countries and decades.



At the tournament dinner in the Maison Dieu castle in Dover during the final night of the festivities, I realized after the many stories told that night by the visiting branch heads that Seido has a richer past than I thought. I also realized that being in Seido is just plain fun—especially after seeing Kyoshi Roger sing the blues on a guitar while sporting a cap with dreadlocks from Kyoshi Tony!



The biggest lesson that I learned, however, is that training at Honbu under Kaicho and Kyoshi Akira is a gift. One person begged me to introduce her to Kaicho. When I did, she couldn't speak. Some students had been training for over ten years without having met Kaicho and Kyoshi Akira. When they entered the room, people followed them around with their eyes. We often take this gift for granted at Honbu—or at least I do—without realizing how much this gift is desired at other branches. Now I know firsthand.



I'm so glad that I went to the UK tournament, and I'm sure that my article didn't do the event justice. The competition was tough, yet the people were warm. The event taught me more about Seido than all I've learned up to this point. I'm glad that I got on the plane and stayed in the competition. I would do it again in a heartbeat. ☺



Photos c/o Charles Gervais, who trains under Sensei Brandt Leitch at the Fulham Dojo

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Beach Training

Sunday August 7th, 2005 at Rockaway Park Beach, NY



Photos c/o Senpai Udom Surangsophon and Suzanne Katak

Children's Picnic

Sunday September 25th, 2005 at Central Park in NYC



Photos c/o Vincent Garofalo

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