

正  
晃  
会



糸  
東  
流

# Seiko-Kai Shito-Ryu Karate-Do Newsletter

No.1/2012

[www.seikokaikarate.com.au](http://www.seikokaikarate.com.au)

## Welcome

It's been a busy first half of the year with lots going on and we finally found time to sit down and put it all on paper.

We have some of our fellow Japanese karate teachers visiting us shortly and conducting classes for a select few. Unfortunately they are only here for a few days, so we are only able to hold a couple of classes which will mainly be for the higher graded people.

Congratulations to Colin Shihan for his recent promotion in Japan. No matter how long you practice karate there are always things to learn and rewards to receive for the effort.

To our new students, please read the house keeping section of the newsletter and make yourself aware to ensure the smooth running of our centre.

## Team Jackets



Winter is here, don't forget we have team jackets, they are available to all students not just Tournament Team Members. The team jacket price is \$60.

## Japan Again

At the end of last year Colin Shihan and Tina Sensei along with Ron Sensei from our Sydney club headed to Japan. This was Tina's first trip to Japan, which is naturally very exciting after so many years of dreaming about it.



On this trip Colin and Tina first visited Tokushima in the south of Japan, with the Seiko-Kai clubs there under the control of Kanno Shihan.



Tokushima is a beautiful country area of Japan, a stark contrast from the hustle and bustle of Tokyo. Due to the rural settling Tokushima has a large number of Seiko-Kai clubs and students.



Our first stop was local entertainment centre to watch the local dance performance that Tokushima is famous for. The dancing is very elegant and rhythmic and shows the classical Japanese culture of the area.

Tina was grabbed out of the crowd and joined in the performance. For her effort and to Colin Sensei's amusement she was crowned the grand champion, receiving a Tokushima Flag and certificate for her performance.



Our next stop was the local high school. Tina jumped straight in and trained for 3 hours. It was hard repetitive training not for the faint hearted. It was not long before Tina knew what she was in for. But to her credit she preserved and powered through the class.



The following day it was sightseeing around Tokushima and a 2 hour walk up one of the local mountains. The views were spectacular. At the top of the walk a priest resides in a small house and offers prayers to walkers.



That nights training was at the ordinary Seiko-Kai club where approx 50 students of all ages trained together. There was lots of basics, kata and Kumite. Colin took a group of students through kata, while Tina enjoyed the training with the many ladies in the club.





At the end of the class Tina handed out toy Koala's to all the kids and was swamped. In the end nearly everyone including the Adults walked away with a Koala to remember her visit.



Following the training a private party was held for Colin and Tina at Kanno Shihans dojo. All the senior club members attended. It was a great chance to sit and try to speak Japanese/English and to catch up with old friends.



The next afternoon we spent an hour or so with Kanno Shihan in his private dojo. Tina was fortunate to receive a private lesson with him working on a couple of kata.

The smile on her face said it all, she was extremely grateful for the opportunity she had been given.



That nights training was at the local university. A small group of dedicated students attended the session.



Kanno Shihan asked Colin to work on kicking drills with the students. It was a good hard session followed by Kumite. Tina was the only female in the class but she got stuck into the males and finished the class sweating.



The next morning we were up bright and early and headed to the local airport to catch our plane to Tokyo.



Ron Sensei met us there and it was straight into Blackbelt training with Suzuki Soke.



The class was spent on Kata and key points everyone should be aware of. Following this the Seiko-Kai AGM was held and then out to dinner and a chance to catch up with old friends.



The next morning Ron and Tina undertook their grading with Suzuki Soke. After performing kata and showing their skills Ron Sensei was upgraded to 6<sup>th</sup> Dan and Tina to 3<sup>rd</sup> Dan.



In Colin Shihans words "its nice to see students be rewarded for their hard work, but even better for them to test and pass in Japan".



While in Tokyo we had private lessons with Suzuki Soke every morning and attend the evening classes as well. Unfortunately Ron could not stay for very long and headed home, leaving Colin and Tina to enjoy a few more days training.



Colin's good friend Yokoyama Sensei asked Colin and Tina to visit his dojo and train with his students. Naturally we jumped at the chance.

The club is run out of the Koiwa Public school and while the dojo had many children practicing, the few ladies who trained were very happy to meet and train with Tina.





Colin Shihan stood back thinking to himself" amazing to watch Japanese karate students enjoy learning karate from people from another country".

After another morning private lesson the trip was over. Colin and Tina headed home with more new friendships and another successful trip to Japan.

### **Another Japan Trip**

Last month Colin Shihan and Ken Sensei made the journey to Japan. This was Ken's first trip after many years of training

Colin had arranged private lessons each morning with Suzuki Soke and we were also to attend the evening kids classes and adult classes.



A welcome party was held for them both, with many of the older students who don't practice as often attending

to catch up with Colin and to meet Ken. Once they figured out Ken was a Kiwi (they know of the All Black Rugby Team) they tried to do the Haka as a joke. Was very funny indeed.



Private lessons concentrated on Kata. It was pleasing for Colin to watch Ken being a sponge taking in the many corrections and adjustments. After each class Kens head was spinning with information so he made sure he wrote notes to remember all the things that were worked on.







During the visit Colin took Ken around to all the famous tourist spots, there was heaps of walking and walking, catching numerous trains and more walking. Great way to get/keep fit. Being big kids at heart Colin and Ken along with Yokoyama visited Disney by the Sea. Colin had previously been to Disneyland Tokyo and as that

was very busy we visited Disney by the Sea the other park next door.



At the end of one of our private lessons Suzuki Soke presented Colin with a Renshi License, this is basically a certificate showing his teaching and karate ability. A great honour for him and even better as Ken was there to witness it.





Now that they are back home, Ken Sensei will be working on all that he was taught and passing these onto our students during class.



The next trip to Japan will be in November this year when the first Seiko-Kai World Tournament will also be held. Colin Shihan and a small group of students will attend and also get to experience their first trip to our World Headquarters.





## Tournament News



Congratulations to Tina Sensei. It's been a great year for her with success at the first 4 tournaments as follows.

### Sydney International

- 1<sup>st</sup> Place/Gold O35 yrs Veterans Kata
- 1<sup>st</sup> Place/Gold O35 yrs Veterans Kumite

### QLD Summer Invitational

- 1<sup>st</sup> Place/Gold O35 yrs Veterans Kata
- 1<sup>st</sup> Place/Gold O35 yrs Veterans Kumite

### Australian Open, Sydney

- 1<sup>st</sup> Place/Gold O35 yrs Veterans Kata
- 2<sup>nd</sup> Place/Silver O35 yrs Veterans Kumite

### QLD State Championships

- 1<sup>st</sup> Place/Gold O35 yrs Veterans Kata
- 1<sup>st</sup> Place/Gold O35 yrs Veterans Kumite
- 2<sup>nd</sup> Place/Silver 61-68kg Women's Kumite



Tina will now represent QLD at the National Championships in Melbourne this August. She has been selected in the following 4 events

- 1 Women's Veterans Kata
- 2 Open Female Kata
- 3 Women's Veterans Kumite
- 4 Women's U68kg Kumite

Over the next few months Tina will attend State Squad training. We wish her all the best and are sure she will do us proud.

Congratulations to the numerous medal winners over the first half of the year. The following is a selection of photos of our students with their rewards:-



*Bianca Vice Captain, Amy Team Captain, Chantal Development Team Captain*



*Mitchell, Justin and Jye*



*Leslie, Jye and Travis*





***Team Seiko-Kai***



***Justin and Mitchell***



***Colin Shihan and Josh***



***Fleur***



***Michelle***





*Amy (Team Captain)*



*Charlie*



*Bianca (Vice Captain)*



*Michelle and Mikaylee*



*Jordon, Travis, Jye, Ilikai*





*Jye*



*Brodie*



*Josh*



*Mikaylee & Miranda*





**James**



**Charlie and Jordon**



**James**



**Michelle**





*Claire*



*Tina Sensei*



*Bianca and Chantal (Smiley)*



*Christine and Karen (parents)*



*Team Seiko-Kai*





***Sharynn Sensei (Coach) Mark (Jordan's Dad)***



***Tina and Amy***



***Tina, James, Bailey, Smiley, Amy & Sharynn Sensei***

***"A big thank you to all the parents and supporters who get behind the club (even wearing Seiko-Kai T-shirts) at the tournaments. Team Seiko-Kai defiantly stands out from the other clubs and your help is always appreciated". Colin Shihan***



***Sharynn Sensei and Mark (parent)***



***Brodie, Bailey and Anthony***



***Terminator, Smiley & HaveAChat***



### QKA Summer Tournament 17th & 18th March

Amy Kalmar (Kyu)	2nd Kumite
Amy Kalmar (Kyu)	2nd Kata
Amy Kalmar (Open)	3rd Kumite
Josh Hutchinson	3rd Kumite
Tina Deans	1st Kata
Tina Deans	1st Kumite

### Kansai Tournament 29th April, 2012 RESULTS

Michelle Elbers	3rd Kumite
Justin Inooka	1st Kumite
Justin Inooka	2nd Kata
Jye Lowry	3rd Kumite
Mitchell Wawrzik	2nd Kumite
Travis Bourke	4th Kumite
Charlie Page	3rd Kumite
Fleur Barnard	1st Kumite

### QKA State Championships 12th & 13th May

Tina Deans (Open)	2nd Kumite
Tina Deans (Veterans)	1st Kata
Tina Deans (Veterans)	1st Kumite
Bianca Basaglia (Kyu)	1st Kumite
Bianca Basaglia (Open)	3rd Kumite
Amy Kalmar (Kyu)	1st Kumite
Amy Kalmar (Kyu)	2nd Kata
Amy Kalmar (Open)	2nd Kumite

### Sunshine Coast Tournament 3rd March, 2012

Michelle Elbers	2nd Kumite
Ilikaii Hale	2nd Kata
Jye Lowry	3rd Kumite
Jye Lowry	3rd Kata
Leslie Tole	2nd Kumite
Travis Bourke	1st Kumite
Mikaylee Dunne	1st Kumite
Mikaylee Dunne	3rd Kata
Chantal Elbers	2nd Kumite

### JKA-ASKATournament 3rd June

Michelle Elbers	2nd Kumite
Ilikaii Hale	2nd Kata
Ilikaii Hale	3rd Kata
Justin Inooka	1st Kata
Justin Inooka	1st Kata
Justin Inooka	2nd Kumite
Mitchell Wawrzik	3rd Kata
Travis Bourke	3rd Kumite
Adam Harper	1st Kumite
Charlie Page	3rd Kumite
Jordon Macklin	2nd Kumite
Mikaylee Dunne	3rd Kumite
Miranda Wawrzik	2nd Kumite
Brodie James-Brown	3rd Kumite
Brodie James-Brown	3rd Kata
James McDougall	2nd Kata
Claire Greaves	3rd Kata
Bianca Basaglia	2nd Kumite
Bianca Basaglia	1st Kumite
Bianca Basaglia	2nd Kumite
Chantal Elbers	2nd Kumite
James Longmore	3rd Kata
Amy Kalmar	2nd Kata
Amy Kalmar	1st Kumite
Amy Kalmar	3rd Kumite
Fleur Barnard	3rd Kumite



***The following is our house keeping section of the newsletter or to put it simply, rules that Sensei expects all students parents and guardian to follow without question.***

### Footwear



Please note there are steel shavings and glass pieces in the car park so please don't walk around in bare feet.

Glass and metal shavings have been found on our mats at times. The front row of mats have numerous holes from where these have been found.

Students who come to class with no shoes will be warned by Sensei.

### Car Parking



With so many new students it is a timely reminder to please not park in the driveway of our neighbors' the tow truck company, they access their unit 24 hours a day, 7 days a week.

We are sure that if you pulled up to your own home and found a car parked in your driveway you would be upset. So please show courtesy and park in designated parking spots.



It goes without saying that the car park is not a playground. It is not safe for children to play in this area.

Unfortunately we have received some complaints regarding children in the car parking area from other businesses within the complex.

Please do not let your children run around unsupervised and ensure that other businesses are not disturbed.

### Mouth Guards



Karate is a contact sport and unfortunately accidents can happen. All students in the kids class and above must have a mouth guard with no exceptions.

Any student who does not have a mouth guard is unable to practice Kumite (fighting) during class. This will result in them having to sit out that section, thus wasting their time coming to that class.

Our centre has mouth guards for sale or you can get them from your dentist, chemists or sports stores.

### Quiet Please

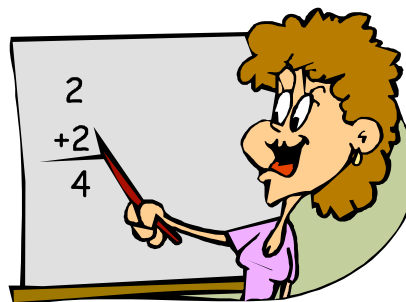


As many of you are aware Sensei has a lot of patients with children, however there are certain things that raise his blood pressure and frustrate him.

Could all spectators please keep their conversations to a whisper? Those who insist on talking loudly maybe embarrassed when Sensei stands in front of you and asks you to go outside.

Sensei thanks you in advance for your co-operation.

### White Board Information



You may or may not have noticed our whiteboard hanging on the front door as you enter. Please keep an eye on the board for information on any upcoming events, tournament results, special training sessions i.e. grading days etc.



### Introduce a Friend



Please don't forget to always carry one of our yellow introduce/bring a friend karate cards. Every person who joined Seiko-Kai as a direct result of your work entitles you to a \$50 credit. The number of people you can introduce is unlimited and you could actually train for free if you introduced a few friends every month.

### Birthday Parties



Thinking of a party with a difference, why not consider a Karate Ninja Birthday parties. This is a great way for students to have some fun with their friends, be Ninja's for the day and learn some skills that are not taught in our normal karate class



### Grading Results



Our second grading's for the year were held on the 2<sup>nd</sup> June. Congratulations to Jim Gillies on passing 1<sup>st</sup> Dan Blackbelt and Fleur Barnard on passing Provisional Blackbelt.



Special mention to Novalea Isherwood who flew over from Vanuatu specifically to do her Junior Brown Belt grading, which she passed with energy to spare.

The following are the results:-

Daniel Young	White/Blue
Jessica Young	White/Brown
Tegan Thompson	White/Green
Mitchell Rouse	White/Blue
Orion Jenssen	White/Yellow
Jackson James	White/Yellow
Brayden Chapman	White/Yellow
Bella Lowry	White/Red
Alex Poole	White/Yellow
Ethan Freebody	White/Red
Caitlin Williams	White/Red
Amelia Fuda	White/Purple
Lewis Sanderson	White/Purple
Ben McKay	White/Purple
William McGrath	White/Purple
Samuel Mynett	White/Purple
Jesse Brockie	White/Purple
Madison Brockie	White/Purple
Drew Rohlf	White/Purple
Liam Rawson	White/Purple
Dakota Lowe	White/Orange
Adam Harper	Red/Yellow
Mitchell Wawrzik	Red/White
Noah Beer	Orange/Purple
Ashleigh Young	Yellow/Red



Jye Lowry	Red/White
Ilikaii Hale	Red/White
Lachlan Honsa	Purple/Yellow
Alice Page	Orange/Purple
Liam McGregor	Purple/Yellow
Danilo Fuda	Orange/Red
Oliver Jenner	Orange/Purple
Joshua Orsini	Purple/Red
Tegan Gilroy	Orange/Red
Michelle Elbers	Purple/Yellow
Maddy Russell	Purple/White
Erin Noon	Orange/Red
Ethan Poole	Purple/White
Zac Chapman	Purple/White
Brayden Arnold	Purple/White
Ryan Forward	Orange/Purple
Luke Livesey	Purple/White
Aidan Tilbury	Orange/Red
Zada Swanson	Orange/Red
Jack McKay	Orange/White
Harley Rohlf	Orange/Red
Tasmin Knyn	Orange/Red
Hayden Barnett	Orange/White
Maja Almond	Orange/White
Jack Sultana	Orange/White
Joshua Tonkin	Orange/White
Tayla Hart	Orange/White
Taylor Marshall	Orange/White
Wyatt Fichera	Orange/White
Chloe Freebody	Orange/White
Brayden Lowe	Orange/White
Novalea Isherwood	Brown/White
Jordon Macklin	Yellow/Blue
Chantal Elbers	Brown 2
Mikaylee Dunne	Blue/Green
Billie Armfield	Green/White
Travis Bourke	Yellow/Blue
Charlie Page	Yellow/Blue
Mitchell Hawes	Green/White
Miranda Wawrzik	Green/White
Tristan Bainbridge	Green/Brown
Riley O'Keeffe	Green/White
Brodie James-Brown	Green/Brown
Nicholas Hayes	Blue/Green
Tristan Hayes	Blue/Green
Justin Inooka	Blue/White
Kayla Hicks	Blue/Green
Nathan Knibb	Yellow/White
Regan Brown	Blue/White
Emma Livesey	Blue/White
Chloe Swinfield	Yellow/White
Ella McDougall	Brown 3
James McDougall	Brown/White
Claire Greaves	Yellow/Blue
Cal Tyro-Burns	Yellow/Blue
Maddison Rohlf	Yellow/Blue
Harrison Sander	Yellow/Blue
Alex Merkel	Yellow/White

Mitchell Bailey	Brown 5
Peter Bisset	1st
Nick Ruane	1st
Anthony Basaglia	Brown 1
Amy Kalmar	Brown 1
Bianca Basaglia	Green/Brown
Jesse Cooper	Green/Brown
Adam Hackett	3rd
David Thompson	5th
Tyler Kalmar	Green/White
Trudi Hicks	6th
Taylor Cooper	7th
Melissa Inooka	7th
Ben Davis	8th
Jai Rawson	8th

**Next Grading is Saturday 1<sup>st</sup> September, 2012**

***Dynomites Low Grades 7.30am-8.00am***

***Dynomites High Grades 8.15am-8.45am***

***Pee Wee's Low Grades 9.00am-9.45am***

***Pee Wee's High Grades 10.00am-10.45am***

***Kids Low Grades 11.00am-11.45am***

Please note you will be advised which class you should attend on grading day when you receive your grading application.



***Dynomites (Low)***



***Dynomites (High)***





***Pee Wee (Low Grades)***



***Pee Wees (High Grades)***



***Karate Kids (Low Grades)***



***Karate Kids (Advanced)***



***Junior Brownbelts Ella, James, Novalea and Chantal***



***Teens and Adults***





***New Blackbelts Jim and Fleur***

### **Grading Requirements.**

It's a timely reminder that just because you come to class doesn't mean you will automatically be able to attempt your next belt. There are many factors in deciding if a student can move up to their next belt.

Some example are as follow:-

Some students train only once a week, which means they may only be able to attempt their new belt every 6 months as opposed to every 3 months which is the minimum for students who train twice a week.

Missing classes, this is natural due to sickness, holidays, school work etc, however if you have not been training enough again you can't expect to attempt your next grade.

Not being able to perform what is required. Each grade generally has a new kata (pattern) that needs to be demonstrated well to gain the next belt. If you are struggling to perform it you will not be asked to grade, but it is hoped you will be able to at the following testing date.

Higher Belts require a greater amount of training before they can be attempted and generally more kata and even a certain number of fighting matches, such as 5 for Green, 10 for Brown and 20 for Blackbelt. Failure to complete the matches means you need to retest next time.

There are other factors such as attitude, effort, ability to name a few. So please understand we do not just give belts away, they must be earned and a standard needs to be maintained.

Lastly grades are a personal thing and two people who start at the same time, can over time learn faster and may move through the belts quicker than each other. This is a common thing that is heard when students/parents talk.

In simple students are graded as Colin Shihaan sees fit, they are not up for negotiation, but feedback on what may be required to get to the next level is encouraged.

### **Photo Flash Back**

Here is old photo from 1985 Colin Shihaan was 14 and red belt (the belt system was a little different back then) in black uniform.

It's amazing how as you train longer in Karate you notice things differently. First thing Colin said when he saw this photo was:-

"look how high my horse stance is" then it was "what a show off I was with no Jacket on lol"



### **Students of the Month**



