



CONTENTS

Success at the
Kyokushin
Nationals

Senpai Steve's
visit to Honbu

Reflections on a
Black Belt grading

Welcome to new
Seido members

Dojo cleanup

Recent guests

Upcoming events

February 2005

hands & feet



SUCCESS AT
KYOKUSHIN
NATIONALS

誠道塾

kyoshinkai

NATIONALS

New Zealand Full contact kyokushin karate tournament, sounded like a good idea back at karate camp in 2003. But when Sensei Lee asked the people going into the tournament to go into the back room after Saturday sparring, I was beginning to wonder, was I going to survive?

What followed were 22 weeks of hard slog training. Luckily I had my trusty training partner Lisa to remind me that it was ok and that we weren't both crazy. Our training consisted of bag work for 45mins Monday, Wednesday and Saturday, pliometrics Tuesday and Thursday and finally my favourite, beach training bright and early Sunday morning, made especially enjoyable by Sempai Tony's presence. But I can honestly say I have never been leaner or meaner in my life, mainly because I was always tired!!

Well with all the training still I was asking myself walked onto that mat I be-just took over. Now when my fingers!!) I can't be-then again that's what we The next day when I woke in a major car accident, I days. Now they have faded it wasn't that bad was it?

We want to say a huge supported us and aided us way. A special thanks



mental preparation, Sensei Lee for all the training.

For giving up a lot of his personal time to teach, encourage and push us through our tough but rewarding schedule, especially Sunday mornings at the beach. Thanks also to Geoff and Glenn who were our bag partners or punching bags for the training, your advice and enthusiasm helped get us through some tough sessions. We were overwhelmed by the support and the number of people who gave up their Saturday to yell and cheer for us. When we stood on stage and looked in to the crowd it was lovely to see the large number of familiar faces. So thanks again everyone.

the day finally came, and why?? But as soon as I came calm and the training I look at the video (through lieve I actually did it, but had been training to do. up I felt like I had been was so sore and bruised for ed I catch myself thinking

thanks to everyone who has in our training along the to Shuseki Shihan for the



Well done Flewellens

There are many families who have trained together over the years at Seido. The Flewellen family are one such family. Barry is a Nidan and father of three children who have recently attained the rank of Shodan. James is the oldest of the children and the latest to complete his Shodan.

Welcome:

A big welcome to Seido members who have transferred from elsewhere.

Darrell Stubberfield - Nidan - from Nelson

Warren Stevenson - Shodan - from Wellington

Jan Stanway - Shodan - from Wellington

Mark Hebberd - 4 kyu - from Nelson

Jason Slade - 10 kyu - from Nelson

Memory:

Know that feeling when you forget something in the middle of a class that you thought you knew inside out? Maybe S. Wright also trained at Seido

'Right now I'm having amnesia and deja-vu at the same time. I think I've forgotten this before'.

Thank You:

A big thank you to all students who helped with the annual dojo cleanup. What a difference it makes to the look and feel of the dojo, with the entire back dojo now usable for training instead of storage.

RECENT VISITS FROM FORMER STUDENTS

**Senpai Sue now living
in the USA.**

Kyoshi Geordie

Thomson from Perth.

**Kyoshi now runs his
own dojo in Perth,
as well as training in
both laido and Jodo.**

**Both the Tuesday
night black-belt**

and brown-belt

**classes were recently
treated to some of his
hooking and
grappling techniques.**

PROMOTIONS

Congratulations to the following people on their recent black belt promotions.

Senpai's Becky, James, Richard and Bronwyn for grading to Shodan. Jan Stanway also, who was grading to Shodan in Wellington .

Senpai's Russell,

Leeann, Angela, Tony,

Barry, Colleen and

Tania for grading to Nidan.

Senpai's Ryan, Erin and

Tamara for grading to Sandan.

Sensei Scott for

promotion to 4 Dan

Also congratulations

to all Kyu grades who

graded in September &

December.

The standard of those

grading was

very good.

CHRISTCHURCH CAMP PROMOTIONS

Saw four people promoted to 4th Dan:

Senseis Scott - Christchurch, Patrick - Auckland,

Bronwyn and Mark from Wellington.

And of course Kyoshis Bu - Mount Cook, Andrew, Malcolm and Grant from Christchurch. Well done!

Condolences:

A number of Seido members have lost loved ones over the past few months. Our love and support go out to all those people in such difficult circumstances.

Gaelic Blessing

Deep peace of the running weave to you

Deep peace of the flowing air to you

Deep peace of the quiet earth to you

Deep peace of the shining stars to you

Deep peace of the heart of peace to you.

Congratulations:

Seido Karate Christchurch want to wish the Nelson Seido Shibu congratulations as they celebrate their 30th Anniversary in October in 2004.

Tournaments:

Congratulations to all those who participated in the national Kyokushin Tournament last year. Senpai Tony, Lisa, Belinda and Steve all trained extremely hard and their efforts paid off with Senpia Tony winning the mens middle weight, Belinda winning the womens light weigh, with Lisa as runner-up. The efforts of these four karate-ka was inspirational for those of us who were priviledged to watch.

Seido Shibu Camp - 3rd to 5th December, 2004:

Once again, our annual camp was held first weekend in December.

It was well attended with approximately 170 people participating.

Special guest was Senpai Felix from New York.

For those who hadn't attended camp before, it is a wonderful opportunity to meet, socialise and train with other karate-ka from around the country and of course suffer from sleep deprivation.

Some of us appreciate being able to put aside those other activities that are going on in our lives and being able to concentrate on my karate training for an extended period of time.

Note: There will not be a camp in 2005.

Black Belt dinner - 16th December:

Over 100 people attended this annual event which was held in the Crown Plaza. Special guests were Kyoshi Meredith the New Zealand ambassador to New York and her husband Senpai Felix who had been training for two weeks and impressing the locals with his capacity for beer drinking technique (not to mention his karate abilities!). Also our guests Mr and Mrs Bowden, long time supporters of the dojo.

40th Anniversary - December 2005:

Christchurch Seido Shibu celebrates its 40th anniversary in December 2005. Although the dojo has undergone a couple of name changes during that period, the dojo has been holding classes since its inception in 1965. All current and former members are invited to join with us in-celebrating this milestone. If you are in touch with any former members of the dojo, please make the effort to let them know that the anniversary celebration is coming up. At this stage we have people travelling from the United Kingdom, Australia and the US to attend. Special guest will be Kaicho Nakamura who will be conducting a general class and a Black belt seminar. Watch this space for more details.

Tameshiwari -
Breaking Clinic -
16th October.

Our annual breaking clinic provided plenty of fun and challenge for everyone.

And of course our annual Indoor rowing competition provided the usual heart stopping entertainment.

WELCOME BACK

to Sensei Ceri Evans.

Former dojo member,

Sensei has lived in

London for the past

15 years and was

actively involved with

the London dojo.

From the Archives:

1970 saw 6 people from this dojo

go to Japan. This picture was

taken at Josai University.

Holding the flag is the founder of

the dojo Sensei Doug Holloway.

Next is SS Renzie, then Senpai

Russell Tulloch, Wayne Wendelken,

Hilton Lebau and Trevor Trainor



Seido Karate 30th Anniversary - Honbu, New York - 2006

2006 sees 30 years that Seido Juku Karate has existed under the care and guidance of Kaicho Nakamura. All Seido members are invited to visit New York and join the celebrations in 2006. Honbu have reserved the use of a university which should allow visitors to be housed together. Now is the time to start saving.

Speedy Recovery

The dojo wishes Kyoshi Peter Searle a full and speedy recovery from his recent operation.

It's understood he has broken all hospital records for his recovery rate.

Also to Kyoshi Neil Mathieson for making the newspaper via a spectacular crash.

Fortunately no one was harmed except for his vehicle which is beyond recovery.

New Additions to dojo

Funding has come through and we are putting two skylights in the main dojo and we have purchased some tatami (judo mats) for the back dojo

Absence

During 2004 I took a four month break from life and seido, traveling outside of New Zealand. It was an amazing journey, and to me at the time the significance of not training during this period was lost. I returned to Christchurch in September, and while I knew I wanted to get back to the dojo, life was busy with other things. I couldn't make it to a number of my old regular classes. I would manage to make it to one or two classes each week but found difficulty remembering my kata and felt quite uncomfortable in sparring. That's where things stayed for over a month. Life flew past, but with a different quality to before I went away. My commitments were just as demanding as before, but I was tiring earlier, and not enjoying life as much. I wasn't even enjoying training.

Now, I've thrown myself headfirst back into my training schedule. Taking extended lunch-breaks to make it to lunch-hour classes, and being strict with commitments overriding other classes. And to each class I'm giving my maximum energy. My attitude to Seido seems to reflect my attitude to life.

What I've found is that when our own motivation levels may be low, the dojo can support us if we allow it to. The dojo is full of Senpai and Kyu-grades with energy to spare. And it's contagious.

Sohrabh, 3rd Kyu.

For a long time it had seemed to me that life was about to begin - real life! But there was always some obstacle in the way, something to be gotten through first, some unfinished business - time to be served, a debt to be paid. Then life would begin. At last it dawned on me that obstacles were my life.

Father Alfred D'Souza

Tameshiwari -

Breaking Clinic -

16th October.

Our annual breaking clinic provided plenty of fun and challenge for everyone.

And of course our annual Indoor rowing competition provided the usual heart stopping entertainment.



Seido Shibu seeks to provide a safe, supportive and disciplined environment.

Through the practise of Karate-Do, students are encouraged to extend themselves in a way that develops spirit, awareness and respect for oneself and others.
