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THE MAYONNAISE JAR AND TWO CUPS OF COFFEE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him.

When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of small pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. Once again they agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Of course the sand filled up everything else. He asked once more if the jar was full and the students responded with a unanimous "yes".

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things - your family, your children, your health, your friends and your favourite passions. These are the things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else - the small stuff".

"If you put the sand into the jar first" he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical check-ups. Take your partner out to dinner".

"There will always be time to clean the house and fix the disposal".

"Take care of the golf balls first ... the things that really matter. Set your priorities. The rest is just sand".

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

camp 2006

FROM A WHITE BELTS PERSPECTIVE

Seeing as this was my first camp and having heard lots of stories (some seemingly a little more embellished than others), I was really looking forward to camp to see what it was really like. Thanks to Sensei Scott, I decided to tough it out in a tent, which I think was a good idea. Just one stinky body to contend with (my own) and not 5 or 6 others like those in the dorms. (Lucky for those of us in tents that we had good weather all weekend too).

The first session on Friday night kicked off at 8pm. There were a few housekeeping rules, directions for the facilities and eating arrangements to get through and then on with the training. **This was quite cool, having not seen so many Black Belts in one room before.** Unfortunately, as we all know, the White Belts were stuck at the back so I'm looking forward to making my way closer to the front of the class in the future.

Anyway, several kicks, sit-ups, press-ups and punches later, the first session was over with and supper wasn't too far away - the first taste of the sort of food that was to come for the weekend. I have to say, I wasn't disappointed with any of the food. The cooks did a fantastic job!

Having a little idea about what was coming, it was off to bed for a short kip.

Oh, by the way, no watches, cell phones etc were allowed so we had no idea what time things were happening.

I'm guessing around midnight, the bell went which meant we had a couple of minutes to get into our Gis and into the training room. A short warm up and 1,000 punches later, everyone except the San Dans (I think) and above were done for the night so it was off to bed again. I think it was about now that I realised that I had pitched my tent on slightly uneven ground so I didn't get much sleep.

Around 6am (the sun wasn't quite up) the bell went and we all assembled outside for our next session down at the beach. A gentle jog of about 1.5kms to warm up. We then had the choice of going for a "more strenuous run" with Senpai Tony Joseph, or some less strenuous Kata work. **I opted for the run, which turned out to be more of a torture session** with running up sand dunes, leap frogging up sand dunes, sumo wrestling on the

beach, a few Kihons and a lot of press ups. Oh and more running. We all really pushed ourselves and encouraged each other a lot, which was great. By the time we rejoined the rest of the group, we were all pretty spent so it was good to get into some nice easy Kata practice on the beach.

The setting was pretty awesome with the sun not long up and about 120 of us training on the beach. **Perhaps we could get some sand in the Dojo to remind us how great it was?**

Senpai Tony's group headed back through the bush for a little warm down as everyone else headed back to camp for breakfast. We managed to catch up to some of the others. We weren't going to miss out on breakfast!

An hour or so after breakfast, the bell went again so we split up into our groups and headed off into various directions, some in the training room and others out on the grassed areas around the camp. Again, this was quite unique to me having only trained in the Dojo. Your feet don't seem to slide the same on grass as they do on the wooden floor. It was a great session for us White Belts with Senpai Nihan (not sure on the spelling of his name sorry) from Auckland. **One of the great things that I took away from camp was learning that having different people training you is a good way to pick up different things.** It's easy to just take the same class week after week so I recommend trying some different classes if you get the chance.

Time for another great meal and a little rest before the afternoon's games session.

The games session was great fun. We split up into groups and spread out on the field for different games/activities. There was a mix of all grades in each team so it was a really good bonding session getting to know some of the other grades too. See, Karate camp isn't just about kicks and punches!

Dinner time next. **You may have noticed that I keep mentioning feeding times.** I can tell you this: it's probably the time you look forward to the most. A chance to refuel the tank in preparation for the next session and also knowing that the meal was going to be great.

Movie time after dinner showing a bit of history behind Seido Karate and Kaicho Nakamura. Also some clips from some events including a haka from a NZ team at some competition I think (sorry to those who put the video night together. I was tired so can't remember all of it). [It was from the 2006 Saiten celebrations].

Off to bed for another short nap before that *** bell rings again.**

Sure enough, around midnight, the bell went and it was into the training room for 1,000 Mae Geris, all with Kiais for good measure. This was pretty hard considering all the training that we had already done in the last 24 hours or so.

About now, I was really wondering what the hell I was thinking going running with Senpai Tony earlier that day. My legs felt like lead. Anyway, I managed to finish so I was quite proud of myself and my fellow White Belts. Come to think of it though, I vaguely seem to recall not seeing a couple of guys I know who apparently didn't hear the bell go. You know who you are so I won't do you in (this time)!

Another few hours sleep on my uneven bed and then up for another morning session at the beach. **To heck with Senpai Tony's run this morning, I'm not falling for that trick again.** I stuck with the more sensible bunch today. Interestingly Senpai Tony's group had shrunk; I wasn't the only one who had wised up.

Another awesome session on the beach with the sun having not long woken up. It was quite exhilarating with the waves crashing close by, the sun rising and all of us working hard.

Back to camp for some breakfast and a short rest before our grading started. Again, a new experience for me so I wasn't sure what to expect. We went through some basic punches, kicks and combinations with the Blue, Yellow and Green Belts before heading off with 3 Sensei's for a little more tuition.

Back to the training room after we had finished, to see the sparring for the Green, Brown and Black Belt gradings. I hadn't seen any sparring before so this was a buzz for me. It's something I'm looking forward to as I progress.

As far as I know, everyone that was grading was successful [they were - Ed] so congratulations to everyone.

There was one last meal to be had before we had to pack up and head home. Not surprising it was another great meal. **Many thanks to the ladies in the kitchen and everyone else who helped out.**

In some ways I was glad to be going home and in others I was sad. Although I worked hard all weekend (as did everyone at camp) and was absolutely shattered, I had strengthened some friendships through the camp. The support from my fellow White Belts (and everyone else) was awesome. Thanks guys (and gals for those of you who are PC). Being immersed in Karate for the weekend, I learned a lot, improved my techniques and became, I believe, a better Karate-ka. I can highly recommend camp for everyone (especially White Belts) and I hope to see more there next time.

Until then, it's Osu from me.
Happy training.

CHILDREN'S DEMONSTRATION

On Sunday 29th of October, the Seido Children put on a powerful demonstration in front of a large crowd at the annual City Council Children and Families Fun Day. Students from white belts through to black belts participated in the event, displaying what Seido karate is all about by performing a variety of syllabus from their respective grades, including kata, self defence techniques, kihon kumite and shiai. Congratulations to all those students who practiced so hard and made this demonstration such a success. Our thanks also to parents and guardians who helped make this possible.



T-shirts.

There are still plenty of children's Tee Shirts available from the office. Get in and purchase yours now.

CLASS PROFILE

Open to: Green Belts and above
Day: Wednesday
Times: 6:30pm – 7:30pm
Instructor: Jun Shihan Peter Searle

The 6:30pm class on Wednesday evening is specifically designed to address the needs of green belt students. This class focuses on building students confidence in their own abilities, encouraging students to become proactive in their approach to karate and eliminating bad or non-useful habits before they become ingrained.

3rd and 4th kyu syllabus is covered in class over a period of time, with emphasis on making techniques practical for every-day situations. Alongside syllabus, handwork and movement drills are used to develop skills and assist with the transition to free sparring. The class format is often changed to keep students alert and keep them interested in their training.

On the last Wednesday of each month, the green and brown belt classes are overlapped for half an hour, and students undertake sparring technique and are able to practice their freestyle kumite. Green belt students are encouraged to partner higher grade students during these classes, so they are kept safe but are still challenged while sparring.

Jun Shihan Peter is a long time student of karate, beginning his training at the Christchurch dojo in 1973, and carrying this on after moving to the West Coast 3 years later. He attained the grade of shodan in 1977. Training in Reefton in these early days, with only 4 black belts in the dojo, presented its own challenges. Jun Shihan would travel to either Christchurch or Nelson once a month to train, leaving Reefton at 3pm to arrive for a 6pm class, training for 2 hours, and then returning home the same night. That is dedication! The connections with both dojo's also meant attending 2 camps every year.

Jun Shihan Peter was a member of the team that visited New York in 1975 to train with the American and Japanese Kyokushinkai teams as they prepared for the first World tournament. Jun Shihan has also trained in Australia, England and Japan at various times.

Jun Shihan also won his division at Seido's first World Champs.

In addition, he has extensive experience as in instructor, teaching 3 classes per

week at the Reefton dojo for many years.

2006 has seen Jun Shihan return refreshed and enthusiastic to teach class once again. He is keen to pass on skills and knowledge to other karate-ka within the club, motivated more by helping others rather than training for its own sake. Because he has received so much enjoyment out of his own karate over the years, he is keen that others also enjoy their karate journey.

When asked why he still trains after so many years, Jun Shihan Peter replies that he "likes the people" and has made some "very good friends" through the dojo. "People have a positive frame of mind".



Jun Shihan Peter demonstrates his bo work at camp.

**The three R's
according to the
Dali Lama.**

- Respect for self
- Respect for others
- Responsibility for your actions

**A
closed
mouth
gathers
no feet.**

NEWSLETTER

ARTICLES

If you have any items of interest (articles, photo's, cartoons, etc) that you think other Seido karata-ka might be interested in, then you can:

1. Email them to sfoster@jadeworld.com

2. Leave a copy with Shane at the Office.

3. Pass a copy to Senpai Steve Foster.

Likewise, if there are items of interest

that you'd like to see included in the newsletter then please let us know.

GUESS WHO?



The editor would like to encourage adult students to consider including a bequest to the Seido Scholarship Fund when you next review your will. There is no doubt that your own family should be adequately provided for before considering this option, but if you are able to help out someone less fortunate than yourself then it would be appreciated.

The scholarship fund provides assistance to students who would not otherwise be able to train at Seido Shibu.

NAGOYA TOURNAMENT – AICHI, JAPAN

So you really want to avoid Camp in 2007. What better excuse than being 9437km away in Aichi, Japan for the World Seido Karate Tournament.

WORLD SEIDO KARATE
INTERNATIONAL TOURNAMENT
CHIKUSA SPORTS CENTER
AICHI, JAPAN
NOV. 30 – DEC. 2, 2007
For more information please contact:
2007international@seidojapan.com

A collage of images related to Japan and Seido Karate. It includes a blue and white castle (Himeji Castle), the Japanese flag, a sunset over a mountain (Mount Fuji), a modern building at night, a person in a kimono cooking, a person in a kimono, and a traditional Japanese bridge. The text at the bottom provides details for the World Seido Karate International Tournament.

SONG4SEIDO

What can I say? Held at Al's Bar in Dundas Street, the evening was an outstanding success and showcased the multi-talented karate club that we are.

The opening act was Christchurch's very own Jon Hooker along with James Wilkinson, who blew us away with an amazing blues guitar performance, just to get us all relaxed and in the mood.

Next to entertain us was our very own Shuseki Shihan Renzie Hanham, who had obviously done this sort of thing before judging by the casual ease with which he faced his audience [I'm not sure that is exactly how Shuseki felt at the time – Ed]. It is always fascinating to see the diversity of people – in this case from martial to minstrel! And the man can sing.

This was followed by a new theme along the lines of 'Riverdance'; only the Seido version was much better, of course, with a karate flavour to enhance the movements. I can personally vouch for the hours of practice the participants put in to bring us their rendition, which had us all in stitches. The costumes were just great and Senpai Meshell's Irish accent would have fooled any Leprechaun, to be sure. It took me a while to figure out who one of the lasses was, turned out to be Senpai Spider with hair and makeup - very pretty Senpai. Well done to the girls of O'Tamaguchi – their act was certainly a highlight of the evening.

Bill Jang provided us with a solo set of traditional blues songs, with a mix of guitar and harmonica accompaniment.

Finally my own contribution to the gig in form of the five piece band I play guitar with, called 'Little Sister'. We finished off the evening with classic through to modern rock.

I'm sure everyone who attended had a great time and for those who couldn't, you missed an excellent party.

Osu. Senpai Colleen.

The dojo would like to thanks all those people who contributed their time and energy to making Song for Seido such a success. Your efforts were greatly appreciated, resulting in a wonderful evening for everyone.



CALENDAR FOR 2007

January	Various	Classes begin back
February	3rd 15th 22nd	2:00pm Kagami Biraki 8:15pm Committee Meeting 7:00pm General Black belt Class Kaicho's Birthday
March	15th 22nd 25th 31st	8:15pm Committee Meeting 7:00pm General Black belt Class 8:45am City 2 Surf Fun Run 09:00 General Grading
April	19th 26th	8:15pm Committee Meeting 7:0pm General Black Belt Class
May	17th 24th	8:15pm Committee Meeting 7:0pm General Black Belt Class
June	21st 28th 23rd	8:15pm Committee Meeting 7:0 General Black belt Class 09:00 General Grading
July	19th 26th	6:00pm Dojo AGM 7:0pm General Black Belt Class
August	4th 16th 23rd	Black Belt Dinner 8:15pm Committee Meeting 7:0pm General Black Belt Class
September	15th 20th 27th	09:00 General Grading 8:15pm Committee Meeting 7:0pm General Black Belt Class
October	18th 25th	8:15pm Committee Meeting 7:0pm General Black Belt Class
November \ 30th – Dec 2nd	15th 22nd 30th – Dec 2nd	8:15pm Committee Meeting 7:0pm General Black Belt Class Nagoya Tournament – Aichi, Japan
December	30th – Dec2nd 8th	Christchurch Camp – Woodend 09:00 General Grading