



Kiai

Seido Karate Dunedin

Kia ora

If it is a Tuesday night then I'll be sitting on the sidelines of a karate class in what feels like the coldest building in Dunedin. My son, Chris, does Seido Karate and I'm his taxi driver. I'm often worried about how people will react to Chris but here in the dojo, I feel that I can relax. What I love most about Seido is its supportive and accepting atmosphere.

A lot of my time revolves around supporting Chris, and in doing so I get to meet people, go places, and do things that I might not otherwise have experienced. I chat to lovely people on the sidelines at karate and we have a lot of fun watching the students. I have travelled to interesting places, just a few months ago walking the Portuguese Camino (260km) with a group of carers from New Zealand. The walk was to highlight the importance of having a break and taking a bit of time for your self. It was a fantastic experience, and one that I only had because of Chris. The only unfortunate thing was that Chris completed his 5th kyu grading while I was away.

My next new thing to do is assembling this newsletter – again, a new experience, thanks to Chris! I volunteered to take over writing the *Kiai* from Jo (a hard act to follow). My

problem is that I don't know much about karate. What I do know, after all my years of watching, is that karate looks deceptively easy. Over those years I have watched several people start and finish; one dad, joining his son, had to lie flat on the floor after his first class! Much too difficult for me to do! But I look forward to putting together your club news and learning a little more about Seido as I go along.

Vivienne Tavite (Chris's mum)



Seido Karate Dunedin

In this this issue:



Go-En

Kelvin writes about his experience in New York participating in Go-En, the 40th anniversary celebrations of Seido Karate.



Possibilities and Opportunities weekend in Timaru 1819 June 2016

Melissa's experience of a winter's training weekend.



Black Belt Grading

Amy reflects on her recent Black Belt grading

Summer Camp December 2015, Yondan Grading

Sensei Don and Sensei Steve's training journey to their 4th Dan Grading



Recipe

Biscotti – perfect with your after training coffee.



Junk Classes & Mindfulness

Senpai Jo has a think...

The World Seido Karate Organisation Celebrated its 40th Anniversary from 1st to 8th July 2016

The anniversary celebrations took place under the banner of Go-En.

The two Japanese characters that comprise “Go-En” translate to “opportunity” and “destiny” respectively. Combined, these ideas embodied the spirit of this week-long event that celebrated students, family, and friends, all of whom have been integral to building and supporting Seido Karate over the last 40 years.

Representing the Dunedin Dojo at the anniversary were Jun Shihan Kelvin Wilson and Senpai Jo Bailey. If you had thought about attending but did not and were wondering what you had missed then the following is a day by day recap!



One of these people needed to do their hair!

Go-En was based at the State University of New York, more commonly known as SUNY Purchase or Purchase College. SUNY is located in a small suburban area called Purchase, New York. Purchase itself is located 40 minutes north of New York City with the nearest city of White Plains 15 minutes away. Unlike the University of

Otago, the Purchase College campus is housed on its own grounds of 550 acres with accommodation, lecture theatres, gymnasiums, sports grounds, a swimming pool, even a Starbucks.

Day 1: 1 June 2016

Go-En opened its doors to Seido members and non-Seido members from around the world. People attended the celebrations from Australia, Brazil, Canada, Chili, China (Hong Kong), India, Israel, United States, Japan, Italy, Jamaica, Korea, New Zealand, Indonesia, South Africa and the United Kingdom.

Check-In was the same for everyone, you received your dormitory and room keys, linen, itinerary, event tickets plus any pre-ordered merchandise, and perhaps most important you were also organised into a team so you could compete in team challenges, the idea of this was so you would mix with other Seido members from around the world.

Once settled into a room we were then free to explore the campus and meet other Seido members before the official opening ceremony.

The official opening began with everyone making a guard of honour through which Kaicho, Nidaime and other seniors members passed. Everyone then assembled in the gym where upon Nidaime declared the anniversary open.

The first order of business was a team challenge, Nidaime asked a question and if you knew the answer you had to run to a circle to give your answer, if you were correct your team scored points. Team challenges popped up throughout the anniversary, one challenge was catching a water balloon thrown by a team member without it breaking, another was to do a calligraphy which Kaicho judged and each win earned team points, the team with the most points at the end

of the anniversary was declared the winning team

Day 2: 2 June 2016

It started bright and early at 5.30am with an outdoor Sunrise Meditation lead by Kaicho. This was followed by a general 45 minute workout. Breakfast was next and then at 10am the first of the days seminars started. These pre-booked seminars started on the hour and ran for 45 minutes throughout the day until 5pm, and with only a fifteen minutes break between each seminar this meant there was a lot of running from one seminar to the next.

The seminars on offer were: Combat Self-Defence from Israel, Rolling & Falling 101, Gyrokinesis, Point Fighting Workshop, Point Fighting Workshop spectator, Bo/Jo Technique, Chokes & Strangles-An Introduction to the art of Shime Waza,, Teaching Karate to the Visually Impaired, Seido Intermediate Self-Defence, Kata, Native Language Karate Classes in Jamaican, Japanese Italian, Hebrew and Polish, Basic Kumite, Empowerment Self Defence, Zen Combat, Knife Self Defence, Enhancing your Kicking, Meditation, Cardio Kick boxing, Close Quarter Combat, Pressure Point Techniques, Point Sparring, also available was, Swing Dancing, Shiatsu Massage, Performance Under Pressure, Drum Circle, Origami, Photography, Yoga and Children's Obstacle Course.

When evening arrived everyone put on their finest cloths and attended the formal dinner.

Day 3: 3 June 2016

This was another day full of seminars. The day finished off in the gym with a Seido History Roundtable, where Kaicho, Nidaime, Hanshi's Charles , Renzie and Andy, in addition to the Shuseki Shihan's, all answering a wide range of questions including; when and why they started

Karate, when they first met Kaicho, training under Kaicho and even their favourite ice cream flavours.

Day 4: 4 June 2016

On this day the 40th Anniversary Benefit Tournament was held. Adult members competed in kata and points sparring before finishing with breaking boards. That evening we had a choice of either watching a movie (Finding Nemo) on the big screen around the swimming pool or taking a bus trip into White Plains to enjoy the night life.

Day 5: 5 June 2016

The juniors competed in their own tournament. Like their adult counterparts they also competed in kata, point sparring and the breaking of boards. After the juniors had finished competing the winners were presented with a trophy or medal

Next was a demonstration by Taiko Drummers then Kaicho catching a sword wielded by Nidaime and finally Nidaime breaking four huge blocks of ice with a shin kick. Later that afternoon we were all assembled back in the gym where exactly 600 Seido members in their gi performed Taikyoku sona ichi together. This was established as the record for the most Seido members completing a kata at once. This was followed by post tournament dinner and celebrations.

Later that evening we had a choice of either a movie (Jaws) or a bus into White Plains to carry on with where you left off the night before.

Day 6: 6 June 2016

By this day the anniversary was beginning to wind down, the closing ceremony was first which ran from 10am to 12 noon. The ceremony began with Kaicho creating a giant calligraphy while Taiko drummers performed in the back

ground. Kaicho also demonstrated a kata on his own and was then joined by Hanshi's Charles, Renzie and Andy in demonstrating another kata together. Nidaime gave a speech thanking those who helped organise and run the anniversary and a collage of photos taken by Seido members during the anniversary was shown.

At 3pm that afternoon it was off to Yankee Stadium where Kaicho, Nidaime and Seido Karate were honoured at a pre-game ceremony at home plate. Then over 500 Seido members, family and friends in their specially designed yellow tee-shirts watched the New York Yankees take on the Anaheim Angels.

Day 7: 7 June 2016

This was the chance to go sightseeing in New York City, or, if you wanted, to relax around the campus. Some participants headed home early.

Day 8: 8 June 2016

On this final day the remaining guests departed Go-En. Throughout the day there was a steady stream of Seido members checking out, each person taking away with them their own special memories of the anniversary.

In summary you may notice the week was divided with arrival day, two days of seminars, two days for tournament, two days for yourself then departure day. There was no pressure to participate so you could be involved as much or as little as you wanted. I would like to congratulate Kaicho, Nidaime and the Honbu team for an enjoyable well organised and well run event.

Osu, Jun Shihan Kelvin W

Possibilities and Opportunities Weekend

Timaru 18-19 June 2016

By Melissa Wilkinson



Each year Timaru dojo host an annual winter training weekend. Attending this year I was excited to meet up with familiar friends.

On Saturday we trained in the dojo, using our karate syllabus in a more practical sense. This year we disabled opponents with rubber knives! Yoga and meditation was also a highlight for me. To rest the mind and body—away from phones and internet.

We were also privileged to take part in the emotional journey of two people— aiming for black belt promotion. To see people both mentally and physically challenged is inspiring, for me it's a reminder that people can achieve a lot more than we think. The mind is a powerful thing.

On Sunday the black belts had an early start to attend a nidan grading, joining the rest of us at Caroline Bay to take part beach training. This involved fun games, partnering up with new and old friends and finally punching and kicking into the surf. The thought of hot soup and fresh bread back at the dojo even had some submerging right into the surf.

It is rewarding to see a different karate community that opens up opportunities for all to develop karate skills, also to make new friends and learn about health and well-being.

Osu

Amy's Black belt grading



A new belt: 14 August 2016

It actually happened, I have my black belt! Wow, what a feeling and what an experience.

I found out the date of my grading when we were in Timaru for winter training, exactly two months before the big day. I was already training regularly with the knowledge that the day would soon come but it was time to amp things up. In those two months I thought I had covered all things possible. I went over all of my syllabus to the left, to the right, backwards and with my eyes closed more times than I could count. I picked up my my previously slack attendance at sparring classes and I focused hard on my fitness. However the thing about shodan gradings is that no matter how much you

prepare for there is always a curve ball. Mine was the many mental challenges that Sei Shihan Michael put to me over the course of my grading. This came in the form of crazy long combinations, mixing katas together and focusing on application of kata. Sei Shihan Michael started me off with some skipping to clear my head then a small but tricky combination to make sure I was in the moment. This I am grateful for. I had no choice but to channel out everything and everyone around me, listen to Sei Shihan's instructions and focus on the task at hand. Time flew and all of a sudden it was sparring time, eeeek! It's exactly as everyone says, the first few and the last few fights are the toughest and you seem to slip into autopilot for the rest.

The support I received from my family, friends and fellow karateka during my training, at my grading and after my grading has been one of the most humbling things I think I will ever experience. I am very lucky to have such wonderful people in my life.

I look forward to getting back into training.

Osu, Senpai Amy



Sensei Don and Sensei Steve's Yondan Grading

SUMMER CAMP DECEMBER 2015

My journey from 3rd dan to 4th dan began a long way in the distant past, it was 19 years between gradings and to be honest I had no intention of ever grading to 4th dan. But for my good luck, or misfortune, Sensei (or Senpai as he was at the time) Steve Eaton gave me the incentive to do this grading. He had a wealth of knowledge that I could call upon, so I could brush up on all that I needed to know.

I began to start training at the very start of the year, with the prize at the end being the successful completion of my grading. So, I pulled my Rover from the garage dusted away the cobwebs and began my journey. Rowing endless miles and listening to music. I started at level 2, rowing $\frac{1}{2}$ - $\frac{3}{4}$ hr and by the end of the year I was at the top of the level, training six days a week $1\frac{1}{4}$ to $1\frac{1}{2}$ hrs. It was hard at the beginning and was just as hard at the end. Meanwhile Steve had his own method of training and this entailed running up and down a set of stairs near his place, up and down more times that he cared to count.

The problem you have with gradings 3rd dan and above is that you have no idea what the grading entails, very much a mind game. The only thing I could control was how fit I can be and the syllabus I needed to know. Fitness was the easy part for me and I think I was the fittest I have ever been. My biggest concern was learning all the syllabus from beginner to 3rd dan, but to my own amazement by the end of the year my knowledge was at a very high level

thanks to a lot of help from others. So, yes, you can teach an old dog new tricks.

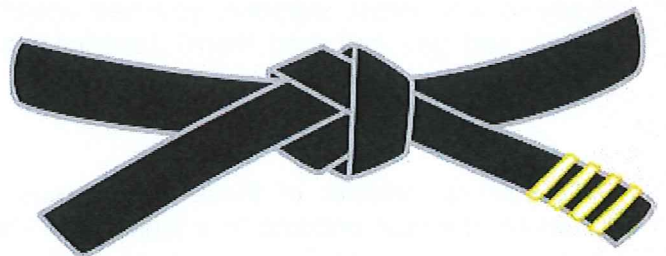
In Steve's case he was, I think, the other way around; he had an excellent knowledge of the entire syllabus but he had a breathing issue (now surgically corrected) that made the task of getting fit a far harder task for him. Also, an added stress of having all of his karate gear stolen, one week out from our grading date, did not help matters at all!

So, by the time summer camp (December 2015) rolled around I felt I was at an all-time high and to be honest 90% of the grading was behind me and now all I had to do was put the icing on top of the cake to finish off what had been a demanding year of training and knowing that yes, you can achieve the impossible.

To those who are coming up through the grades, I look forward to seeing your progress and, maybe in the years to come, talking about those gradings that you can only discuss with members who have done that grade.

I thank you for all that you have done to help me where I am today and will go in the future. To Sensei Steve and Sensei Suzana, there will always be a bond that we will share for the rest of our lives. Thank you for being a part of that.

Osu, Sensei Don Paterson



Junk Classes - anyone?

I heard a new phrase the other day – from Senpai Zoë – junk miles – those miles that runners do ‘just because’. Because they feel like they should, because it looks good on their app, to reach a random distance that’s only in their head, or because they might feel bad if they don’t run that day. But there’s no real plan or goal for doing those miles.

Of course as with all things food, exercise, and health related there are varied, usually opposing, viewpoints. One side saying that every mile run has value, the other that extra miles just ups your chances of an injury without actually improving your running.

However the ‘junk’ concept stuck in my head and I thought of other ‘junk’ things that we (I) do. Junk workdays, junk nights at home, and the biggie for this newsletter, junk classes. Those classes when you turn up to the dojo, put on your gi, do some ‘stuff’, and go home. There’s no intent, no learning, and you’re really just coloring in-between the lines.

I’ve done this, haven’t we all? And, as with junk miles, there are times when a junk class can be OK; you might be supporting another karateka, you might be injured and just marking time, or you might just be needing some Seido love – and to spend some time with mates. But just imagine if at every class you attended you were imbued with intent, purpose, you had specific goals and you achieved them? Imagine your progress!

Mindfulness, another of those ‘in’ phrases is possibly the best antidote to a junk class. Use those quiet minutes in seiza, eyes shut, just being; and separate your daily life from your dojo time. Engage mindfully, commit to a goal, a purpose, and don’t allow your next hour to be a waste of time.



Jun Shihan Kelvin & Senpai Diane (Christchurch) practice mindfulness at a Go-En origami session

A karate blogger that I follow suggests that now and then we conduct an entire class in silence. He calls it “Shut up and train!” He suggests listening to the music of karate:

- The snapping of punches, blocks and kicks
- The swoosh of stepping, shuffling and sliding
- The ambience of concentration, ambition and effort

And just see what happens...

Osu, Senpai Jo



Hanshi Renzie talks about Control of Attention during his seminar on Performance under Pressure at Go-En

Biscotti

So here's a traditional Italian biscotti recipe that uses egg to bind the ingredients instead of oil. Biscotti is crispy, crunchy and stands up well to a good dunking in your tea or coffee after a training session.

To make Almond Biscotti, you need:

- 1 cup sliced almonds
- 3 eggs
- 1 teaspoon vanilla essence
- 1/2 teaspoon pure almond extract
- 2 cups all purpose flour
- 3/4 cup raw sugar
- 1 teaspoon baking powder
- Pinch of salt

How to:

Preheat oven to 180 C. Toast the sliced almonds for a few minutes so they're golden and fragrant. Set aside to cool.

Reduce oven temperature to 150 C and line a baking tray with baking paper.

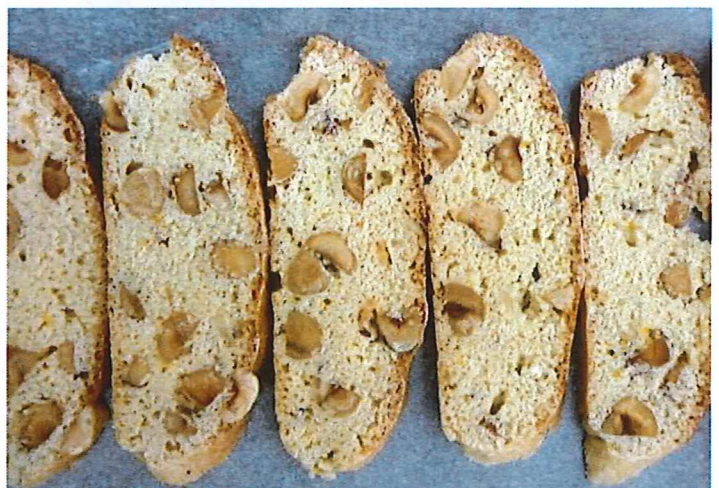
In a small bowl lightly beat the eggs and add the essences. Set aside.

In the bowl of your electric mixer, or with a hand mixer, combine the flour, sugar, baking powder and salt. Mix until blended, about 30 seconds. Gradually add the egg mixture and beat until a dough forms, adding almonds about halfway through.

With hands divide dough in half. On a lightly-floured surface, roll each half of the dough into a log about 25 cm long and 5 cm wide. Transfer logs to the prepared baking sheet, spacing the logs about 7.5 cm apart, and bake for 35 minutes, or until firm to the touch (logs will spread during baking). Remove from oven and let cool on a wire rack for about 10 minutes.

Transfer logs to a cutting board and, using a serrated knife, cut log into slices roughly 1 cm thick, on the diagonal. Arrange evenly on baking sheet. Bake 10 minutes, turn slices over, and bake another 10 minutes, or until golden and firm to the touch. Remove from oven and let cool.

Osu. Enjoy!



Recent Gradings

On Sunday 8 May 2016

General:

8th Kyu - Julian Burns Brensell

7th Kyu - Jack Bredenbeck

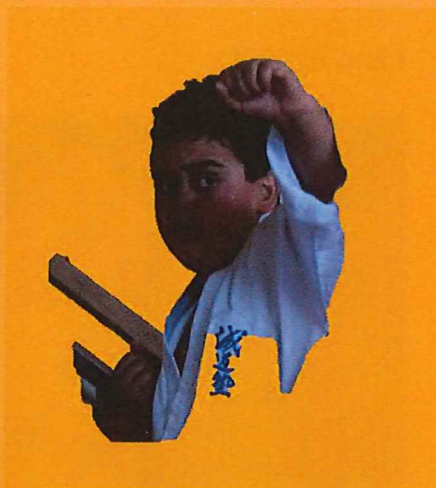
6th Kyu - Melissa Wilkinson

5th Kyu - Chris Tavite

Junior Grading:

9th Kyu – Nathan Day, Skylar Peters, James Freeman, Aubrey Alsop Mackie, Erasmus Alsop Mackie, Ellice Lawrie, and Ashleigh Thompson

10th Kyu – Max Kirkwood, William Dearden, and Mathew Campbell



Senior Gradings since last newsletter:

Sensei Don Paterson – Yondan, 6 December 2015

Sensei Steve Eaton – Yondan, 6 December 2015

Senpai Jo Bailey – Nidan, 12 December 2015

Senpai Amy Pearce – Shodan, 14 August 2016

Seido Dunedin Contacts:

Jun Shihan Kelvin Lewis: 027 4327 630

Jun Shihan Kelvin Wilson: 027 4545 230 or 471 0462

Websites

www.seidodunedin.co.nz

www.facebook.com/seidokaratedunedin