

ALL JAPAN  
SHITO-RYU KARATE-DO SEIKOKAI ASSOCIATION



INTERNATIONAL  
[www.shitoryu.net](http://www.shitoryu.net)

**NEWS BULLETIN**  
Volume 4 Issue 5 May 07

*Español: Por favor usa un traductor de la Red para traducir este boletín. Se puede someter información en Español*

You can submit items about karate news from your organization or country to Colin Punyer at

[seikokai@ozemail.com.au](mailto:seikokai@ozemail.com.au)

1) Ghana

Sensei George Aiduenu has published the first ever Ghana Seiko Kai Newsletter. This picture is of the front page of the new Newsletter.

*The answer is:*

**AREWA SUNSHINE HOTEL**

This is rated 2 star ultra-modern hotel which is located in the quiet executive residential suburb of Tamale called rice city residential layout, near Gumari. It is about 20 minutes drive from the airport.

It has 12 executive rooms lavishly furnished to cater for all varied tastes in comfort. Each room has been personalised in the choice of colour, tapestry and design.



Front view of Hotel Arewa Sunshine



Bedroom Bathroom

**Living Facilities**

- The ADGA restaurant offers our guest mouth watering/charismatic and continental dishes.
- Large wine list and repair services in a romantic setting.
- You can also have the choice of an open air effect by dining and drinking at our open zuma bar/restaurant.
- Sit seat capacity conference hall.
- State of the art business center.
- Laundry services.
- International direct dial.
- Satellite tv.

**Room Facilities**

- Split air conditions
- Direct dial telephone
- Colour television with satellite tv channels
- Well stocked mini bar
- Complimentary tea/coffee self serve
- In-house movie programme
- Stand-by generator.

*COME LETS TELL YOU JUST A LITTLE*

Contact:  
Arewa Sunshine Hotel  
P.O. Box TM 1875, Tamale  
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**Newsletter**



Some Style Ryu Karatekas With George Sensei

Hello World!  
here  
comes our first  
Newsletter

Waste no time getting a copy now!  
the stuff inside is  
educative and entertaining

**Why train in  
Karate-do?**

Learn martial self defence  
improve physical condition  
Realize your true potential  
Join a competitive sport  
Build new friendship  
Develop inner peace

Reach millions  
of customers by advertising  
in our Newsletter

\* Did you know that there are five main  
traditional styles of karate!

Style Ryu Karate-Do Seikokai May - December November 2007

## 2) Iran

Iran Shito Ryu Seiko Kai sent a strong team to take part in the Fourth Annual Shito Ryu Seiko Kai championship in Sri Lanka and collected numerous medals. One picture shows the Iranian team that went to Sri Lanka and the other shows them working out on the beach in Sri Lanka. The Iranian are looking forward to participate in tournaments all over the world. If you want to invite them make sure they have plenty of time to make the financial arrangements and to get all the paper work done. To invite them write to sensei Abdolreza Allahyari at [vahid@iranshitoryu.com](mailto:vahid@iranshitoryu.com)



## 3) Middle East Appointment

Sensei Abdolreza Allahyari has been appointed as the representative for Shito Ryu Seiko Kai for the Middle East. His job will be to promote Shito Ryu Seiko Kai in the Middle East and stimulate and coordinate activities by our members in that area. Sensei Allahyari is an Iranian Canadian living at present in Teheran in Iran. Picture attached.



#### 4) **International Website.**

There are still many Chief Instructors who have not forwarded information for the website. Please send this ASAP as I am in the process of finishing the written content. Please email your information to [seikokai@ozemail.com.au](mailto:seikokai@ozemail.com.au). If you are unsure of what is required just let me know and I will send you the format.



5) **Australia.** Colin Punyer was invited to attend a special Instructors training night conducted by Yamada Hanshi, Head of Shito-Ryu Shuko-Kai Union Japan. The evening consisted of Kihon and various Kata. While the Kata had minor differences to those of Seiko-kai the principles remained the same. All the Shito-Ryu groups in Colin's home town are good friends and the evening highlighted this.