

ALL JAPAN  
SHITO-RYU KARATE-DO SEIKOKAI  
ASSOCIATION



INTERNATIONAL

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NEWS BULLETIN

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### Germany



2nd Shitoryu summercamp at Freizeitcenter Oberrhein from 1<sup>st</sup> August to 8<sup>th</sup> August 2009

Expectations were high among the karateka's from Löchgau and Beilstein and their families when they pitched their tents for the second Shitoryu Summercamp at Freizeitcenter Oberrhein (near Baden-Baden, Germany).

They reminisced about last year's strenuous training lessons, refreshing baths in the lake and delicious BBQs in the evenings. Once again, they were not disappointed. The capricious German summer seemed to make a real effort, and so the sunny weather contributed to everyone's high spirits. Old friendships were cemented and new friendships were formed when the karateka's heartily welcomed new participants from Beilstein, Ilsfeld and Hamburg.

Needless to say, training was not to be neglected during this week. Supported by his assistant instructors Jutta Fojkar (4<sup>th</sup> DAN)

from Beilstein, Jürgen Marber (2<sup>nd</sup> DAN) and Uwe Leder (2nd DAN), both from Löchgau,

Shihan Athula Minithanthri (7<sup>th</sup> DAN) had prepared a varied training program for beginners and advanced learners alike.

On the first day of training the Chief Instructor made his students practise basic karate techniques (strikes, punches, blocks and kicks). He made sure that they carried out these basics correctly by employing their whole body in order to maximize the effectiveness of their techniques. He also compared Shitoryu techniques with Shotokan and Gojoryu techniques in order to give his students an overview of different Karate styles.

In the course of that week the karatekas learned two very complex katas (*Kushanku Sho & Chinte*) and also practised the kata moves in pairs (bunkai).

Theory lessons were dedicated to competition rules in order to prepare the karate students for tournaments. Daily lessons of practical self-defence were greeted with enthusiasm not only by the karatekas themselves, but also by many of their relatives. They were all very glad to get valuable instruction on how to defend themselves against everyday attacks (holding, beating, choking, knife) and practised the new defences relentlessly.

It was, by way of contrast, an amusing yet instructive lesson of "Aqua-Karate" that completed the training week on a humorous note. Standing in the lake with the water reaching their necks, Shihan Athula Minithanthri and his students practised their techniques under water, fighting the water pressure.

For the kids, however, the highlight of the week were Friday's newly instigated "Kids Olympics". Here, young karatekas aged 4 to 12 demonstrated their speed, endurance and flexibility. They were all very proud to receive medals and certificates naming them "Kid Karate Warriors".

Far from being boring even during spare time, Shitoryu Summercamp had a lot of interesting

leisure activities to offer. Soaked with sweat after strenuous training, the karatekas went for a cooling swim in the lake or even learned windsurfing with Uwe Leder. But they also enjoyed calmer activities like trips over the Rhine to France, a "sandman"- program for younger and movies for older kids, or also music and singing with guitarist Jürgen Schwetz.

One evening, directed by Uta Baltus, the kids impersonated newsreaders and gave answers to questions that nobody has ever asked. Did you know how many calories there are in the glue on the back of a British stamp? (The answer is 5.7!) Friday evening's Sayonara-party with music and dancing crowned the week at Freizeitcenter Oberrhein.

Sure to meet again next summer, the karatekas and their families packed their tents on Saturday morning. In the end, all the participants were enthusiastic. To put it in a nutshell: Shitoryu summercamp is immensely valuable not only for the karatekas' progress in their sport, but also for the participants' social cohesion and friendship. This summer, it has become a tradition that will live on.

### German Shito-Ryu Cup

Athula Sensei is very proud to advise that they are holding their 10th year Karate Championship Anniversary this year in Germany on 21<sup>st</sup> November. Also the German Karate Federation has given them allowances to publish it as an official DKV event, The Shitoryu Cup.

For further information contact Dhammika Karate-Do.e.V [dhammika@gmx.de]

### Philippines



The Philippine Karatedo League(PKL) Inc. and Philippine Shito Ryu Karatedo Seikokai Union in cooperation with the City Government of Santa Rosa thru the City Sports Development Office and Department of Education- Division of CSR are proud to be the country host of the Annual International Karate Tournament, "**The ASIAN CUP SHITO RYU SEIKOKAI KARATEDO AND KOBUDO CHAMPIONSHIP and TRAINING CAMP**" to be held on November 6-8, 2009(Friday-Sunday) at the WBC San Lorenzo South, Balibago, City of Sta. Rosa, Laguna, Philippines.

This annual event aims to promote camaraderie and strong tight of brotherhood amongst the karate-ka from different cultures and parts of the world. It also promotes the Japanese discipline inculcated by and adapted to the whole nation. We appreciate your participation and support every step of the way.

Please contact Dennis Aquino Sensei [karatedopklway@yahoo.com] for further information.

### Canada

The British Columbia Shito Ryu Seiko Kai Association will hold its bi-annual Brown and Black Belt workshop on November 14 and 15, 2009 in Vancouver.

Sato sensei will conduct workshops and black belt tests will be carried out.

These workshops occur twice every year and the purpose is to ensure that the level of instruction throughout the B.C. association remains on the same high level.

### India

The 5th All India Independence Cup Karate Championship organised by Seiko Kai Karate Do India was successfully conducted at New Delhi (India) on 4th and 5th of October under the technical directorship of Sensei Bharat Sharma - Chief Representative of Seiko Kai India and Treasure/National Coach of All India Karate Do Federation.



More than 300 players from 13 states and para military forces took part in this championship.



15 members Indian Karate team under coach Bharat Sharma - Treasure All India Karate do Federation (Chief Representative Seiko Kai India) took part in 9th AKF Senior Karate Championship held at Foshan City, China.

### **Australia**

Suzuki Soke arrives here on 31<sup>st</sup> October for his first visit to Australia. We are looking forward to his visit and having the chance to show him a little of what Australia is all about.

Team Seiko-Kai attended the Mick Belletty memorial tournament. Mick was a person who Colin knew via his Kobudo study. This tournament is held annually by Seikukan Shotokan in his memory.

Our team consisted of 13 competitors and a group of loyal supporters. Every competitor

placed in the top 3 gaining medals with some placing in multiple events.



Special mention to our 3 Synchronised Team Kata groups, getting 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.



A great day for Team Seiko-Kai.

**Seiko-Kai International**  
**Japan, Canada, Argentina, Venezuela, Ghana, India, Sri Lanka, Nepal, Macau, Chile, Philippines, Australia, Iran, Saudi Arabia, Germany, Portugal, USA, Switzerland, Bangladesh,**