

**ALL JAPAN  
SHITO-RYU KARATE-DO SEIKOKAI  
ASSOCIATION**



**INTERNATIONAL**

[www.shitoryuseikokai.com](http://www.shitoryuseikokai.com)

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**NEWS BULLETIN**

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**Germany**



**Shitoryu Kata Seminar and Dan Test with Sato Shihan**

It was a very exciting training for all the members who attended the seminar on the 27th March in Beilstein and 28th March in Triberg.

Sato Shihan showed very special kihon, how to use inner energy to improve techniques better and powerful way to use for everyone. He was explaining its using some big and strong member's power against his inner energy. Using members who were more than 90kg and with bodily more than 1,90 tall only through his breathings which was very interesting for all to see.

Also the way to learn proper breathing was explained. The group did a very advance breathing exercise which was very helpful for practicing karate as well as for meditation.

Sato Shihan taught Kata bunkai from Tomari Bassai in Beilstein and WKF Shitei Kata Bassai-Dai and Seienchin in Triberg. Also we learnt two ways of doing kata bunkai, old traditional way as a real martial arts which is still practising in Okinawa to damage the opponent in very dangerous way and also just to avoid the opponent taking down. It was nice to see in both way of bunkai in same kata.

During the explanation in bunkai Sato Shihan showed a demonstration against Athula Shihan using Japanese sword, several times taking him down very effectively saying normal Kata bunkai is not only with bare hands, but can be used against opponents with weapons.

On the 26<sup>th</sup> of March Sato Shihan was taking only Brown and Black beltters for special training to give some input to develop and enhance their karate. The key point was to have good strong basics.



After the seminar finished Sato Shihan & Athula Shihan conducted the German Karate Federation in Baden-Württemberg Shitoryu examiner's meeting

After the meeting all the Dan test candidates started their tests from 1<sup>st</sup> Dan to 4<sup>th</sup> Dan on this day. After the tests each candidate was individually spoken with and were given feedback on what areas required some work etc.

The following Seiko-Kai members were successful:- Topkaya Meva, Uli Pahari Shodan, Jürgen Marber, Uwe Leder and Holgar Obergöll Sandan and Nader Suleymani Yondan.

### **Trip to Denmark and Hamberg**

Sato Shihan has always shown an interest to visit Hamburg and Denmark, so on Monday 29<sup>th</sup> March Athula Shihan with George Sensei (who is teaching in there) they flew to Hamburg. Accomodation was provided at Sensei George's place.

The next morning they all drove to Denmark. Sato Shihan had a good time in Denmark and next day they visited Hamburg City. During this time took a nice boat trip around the Hamburg Harbour, Sato Shihan then decided to make a surprise visited to George Sensei's dojo.

George Sensei was a former Wado-ryu instructor but changed to Shito-ryu in 2007. At the end of his visit Sato Shihan stated that even though he had only a few members on this day in this dojo, they were showing good technique and enthusiastic to learn.

Finally George Sensei was given a little job for to find some dojo's in Denmark and Sweden who would like to join Seiko Kai.

### **Athula Shihan 40 years of Karate**



During the seminar on the 27<sup>th</sup> of March in Beilstein Kyoshi Sato Shihan made a presentation to Athula Shihan for 40 years of Karate.

Athula Shihan was presented a certificate which was signed by Suzuki Soke and Sato Shihan with a Shitoryu Seiko Kai Black belt for him.

It was a great honour for Shihan Athula to received such a presentation in front of all the attendances in this day.

### **Bhutan**



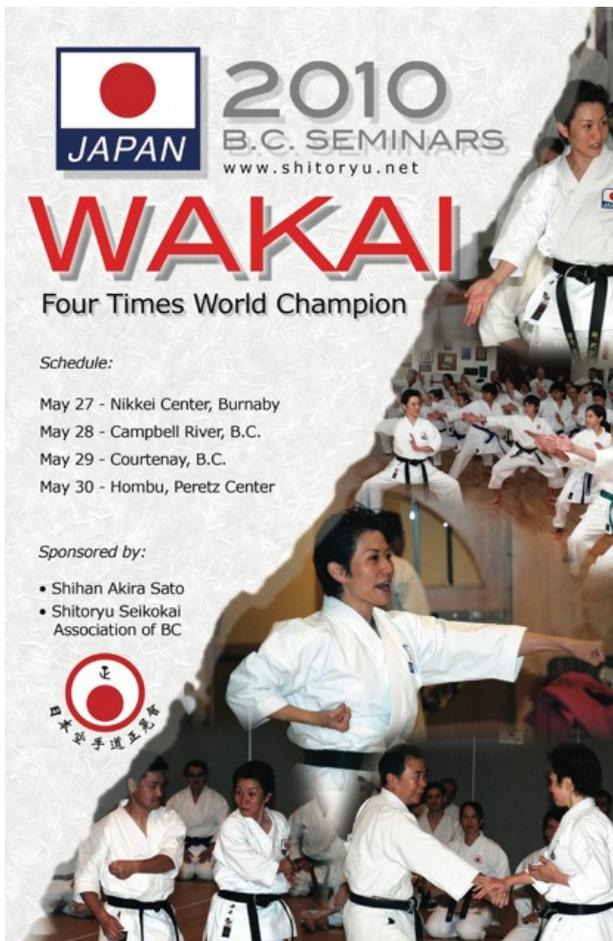
Sensei Ugyen Wangchuck has been appointed as Chief Representative for Seiko Kai International in Bhutan. Bhutan is a kingdom at the foot of the Himalaya Mountains, north of India and east of Nepal. (picture attached)

### **Sri Lanka**

The third Seiko Kai Asia Cup will be held in Colombo Sri Lanka August, 2010 and will be organized by Ruwan Sensei and his karate organization. Exact dates will be advised shortly.

### **Canada**

Atsuko Wakai has been invited to come again to Canada by Sato sensei. She will visit Canada May 26 to May 31, 2010. This is her third visit to Canada. Wakai sensei has been four times kata World Champion and is an excellent and dynamic karate teacher.



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### Australia



### Australian WKF Open Champion

Congratulations to Melanie Drew on her success at the Australian Open in Melbourne in April. Melanie spent the morning fighting and winning her way through the heats to advance to the final which was held at nearly 11pm at night.

The final was a draw at the completion of the match so an extension was required. After the extension the result was still a draw with the decisions being left to the Referee's and Judge's.

Melanie was awarded the match 3-2 and achieved one of her dreams that of Australian Champion.

Melanie is now off to the Australian Institute of Sport in Canberra in May in the hope of being awarded a spot in the Australian Team to compete at the WKF Oceania Karate Championships in Tahiti this September.

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

### **Yearly Membership Fees**

If you have not done so. please send in your membership fees. If you pay through the Seiko Kai International TD Bank Account send an email to Wim Tewinkel, to let him know the date and the amount. Wim can check the account to see how much and when money was sent but do not get any information on who sent it. So please let him know and for all payments make sure that he sends you a receipt.

You can pay it into our bank account (see details below) or by Western Union to Wim Tewinkel.

The fees are US \$ 50.00 if you have one dojo and/or less than 50 members or else US \$ 100.00.

The details of our bank account are:  
 Toronto Dominion Trust Institute :  
 TDOMCATTOR (all letters)  
 International Swift Number:  
 BOFAUS3NXXX  
 Branch number 047