

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



INTERNATIONAL

www.shitoryuseikokai.com

NEWS BULLETIN

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CANADA

Granville St, festival Karate Demonstration



Campbell River Branch, Canada

one of the members of Campbell Rivers, Emma Hunchak entered a contest on the Family.ca site for the karate kid movie. Emma had to get her best move and send in and she could win a prize. Emma won first place and was awarded \$1000 towards karate dues. Emma's video is being broadcast on July 20th on Family.ca so check it out

Canada – Sato Cup February 5, 2010 check out www.shitoryu.net for tournament information.

Bhutan

Bhutan conducted their 2nd karate grading ceremony and most of the students are being upgraded to green and blue belt. guest of honour on that program was Dasho Kunzang Wangdi, Chief Election commissioner of Bhutan.

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 ASIA PACIFIC SHITO RYU KARATEDO SEIKOKAI AND KOBUDO CHAMPIONSHIP and TRAINING CAMP”** to be held on November 12-14, 2010(Friday-Sunday) at the City of Sta. Rosa, Laguna, Philippines.

This annual event aims to promote camaraderie and strong tight of brotherhood amongst the karatekas 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.

India

The month of July was with full of Karate activities in India conducted by Sensei Bharat Sharma - General Secretary of All India Karate Do Federation and Chief of Seiko Kai for India and South Asia.

Bharat Sharma has been appointed as the Treasurer of South Asian Karate Federation (Member Countries are India, Sri Lanka, Pakistan, Bangladesh, Bhutan, Nepal, Afghanistan).



A training seminar for Asian Games Indian Karate team probable was conducted by Mr. Tommy Morris- Presidential Adviser- WKF (former WKF Referee Commission Chairmen) and Sensei Ehsaani from Iran.



Sensei Bharat Sharma also conducted Advance Karate and self defence training seminar for Indo Tibet Border Police and CISF Soldiers for Commonwealth Games.



On 30th July Sensei Bharat Sharma leading the 34 members Indian Karate Team for 10th Asian Junior and Cadet Karate Championship to be held at Hong Kong from 1 to 8 August, 2010

Germany (from Athula Sensei)

It is a time for everyone to enjoy the summer time. All the children are like to play outside. But Karate training is not like any other sports. Have you ever seen a person who is over 50 or 60 year old playing Handball, football, Basketball, etc.

But in Karate our Japanese Master Akira Sato is 67 years old and still in good condition. Grandmaster Kenei Mabuni will be 92 years old and still practising Karate.

So Karate is not just a sport. It is a physical and mental development medicine. Karate practise develop body, mind and spirit together which no any other sports do.

What are the benefits practising Karate:

* **Mental development to have good concentration.**

Lots of school kids can't concentrate their school work properly and therefore have lots of difficulties during their school time. Some do not wants to continue higher education and some are having too much stress and problems within the school teachers. But learning Karate is the best medicine for such kids to develop their mental power to concentrate their daily studies to make the better future.

* **Keep active and healthy in daily lives.**

To be active need to be bodily in good health and fit. Otherwise people are very lazy to do the daily things and therefore always miss a lots of necessary thing to do daily for the better future. Some kids are very lazy to do even their home work for the school and to help family matters, etc. Because laziness coming through unfitness body. To be fit Karate practise is very important than other sports. Because through karate training we practise to develop all the part of body strong, fit and healthy. Even for the blood circulation to the brain and also to the heart we do some exercises in Karate. To develop strong muscles to protect the spinal cord and hips born we are doing some exercises. One Professor was informing his interview to the world media, Karate practise is the best

medicine to be healthy and not to have any serious sickness such as back pain, hip pain, any knee problem or even not to have any inside the body sicknesses. Because taking some tablets always can be side effect can come and through practising karate only can take the better benefits to the whole body without having any side effect after words. Therefore Karate practise is a life time development medicine to everyone.

*** Self confidence and awareness to be strong and protect from dangerous situation**

Through practising karate your kids are doing partner training with the members who are in all deferent ages. Therefore without knowing them they all will improve their awareness and the self confidence practising self-defence to face the dangerous situations. Therefore your kids are mostly protected through practising this great sport.

*** Discipline**

For my long term karate practise I have founded Karate is like a best medicine to have a healthy life and also it's like a religion. Once you start to practise karate gradually you are become a very quiet and silent person. Through such a behaviour person do not harm anyone in the community. Think very deeply and see very far future. Through this behaviour and intelligent you are becoming automatically like a priest. So what else we need to have better life for living.

Dear parents.

Therefore please think twice about your kids. If you love your kids please try to help them to make their better future. Regardless which sports they would like to practise, please you as a parents should see the benefits taking up karate. It is life time practising medicine for everyone. Therefore once your kids are in the karate training then please support and encourage them to continue its for their better future. It is not just a sport. If you read this news letter I hope you should think very seriously to take biggest benefit to your kids through karate.

Your better understanding about karate and encouragement toward your kids is very important to have successful and happy future for your kids. Have a enjoyable summer.

Venezuela

The Venezuela branch has a new website www.seikokaikarate.com.ve Check it out when you have time.

Venezuela will also hold its 17th National tournament on Saturday 23rd October 2010. Please email Lopez Sensei kunshinoken@cantv.net for entry forms and any information requests.

Sri Lanka

The 7th Annual Seiko-Kai Cup & Asia Seiko-Kai Tournament will be on 25th & 26th September 2010 in Colombo Please contact Ruwan Sensei at ruwan@seikokaisl.org for information.

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