

# Noho Tutaki Taki

NEWSLETTER  
SEPTEMBER  
2010

Stay In Touch



TEMUKA SEIDO KARATE

## TIMARU WINTER BEACH TRAINING

For myself this year winter beach training brought a new experience to add to the mix. An early 7am start at the Timaru Dojo for black belts which Senpai Aaron and I experienced for the 1st time. Also it was a first year reunion for Senpai Cheyanne (Timaru), Senpai Lorna (Dunedin) and Senpai Aaron and I as it was one year since our shodan grading—which has just flown. At 9am we met everyone else at the beach—for this year a whole lot of fun and games. We started with a run with Shihan Michael, Shihan Lance and Kyoshi Kelvin leading the way. Then games galore, which were a mix of speed, team spirit and balance. Our team in particular had a lot of smaller sized people in it, so when it came time to pass each team member over, Kyoshi Kelvin told us not to worry about the little ones lifting the bigger ones and just to crawl underneath everyone. Sensei Dave presented us with a dead fish to pass over our heads instead

(yuck) !!! The balance game left me slightly “off the ball” and toppling onto Sensei Gary, who was standing nowhere near where I was (sorry Sensei). Spinning obviously isn’t my forte. Then after the games and some syllabus we had a warm dip in the sea (yeah sure) which topped off a wonderful weekend, that I must say held a very special significance for me. I would like to congratulate firstly my “amazing” sister Senpai Christine, who I love, admire and respect dearly, and also Senpai Mark Crowe. They both have worked so hard, constantly for the past 6 months for their shodan grading (that’s after all the other years of hard work towards it of course) and both showed great mana on the day.

*Osu, Senpai Paula*



## WELCOME TO OUR NEW STUDENTS

After completing our 12 week beginners course under Senpai Paulas instruction and then going on to grade under Shihan Lance we welcome 17 new members to Temuka Seido Karate. Well done, great work, great spirit.



### END OF THE YEAR BREAK-UP

Our end of the year break-up will be held on:

- Wednesday
- 8th December 2010
- 6.00pm

so make sure you put this date on your calendar.

We will be having a pot luck dinner (further details will be given to students/parents later in the year).



# SENPAI PAUL SEWELL

## PROFILE



*Date of Birth:* 28 February 1968

*Wife:* Robyn

*Children:* Oliver and Alana

*Q: How long have you been married?*

A: 15 years (just seems like yesterday haha!)

*Q: Where were you born?*

A: Geraldine

*Q: Where do you work?*

A: Our farm at Mayfield

*Q: How many brothers/sister do you have?*

A: One Brother

*Q: What are your interests outside of karate?*

A: Hunting, fishing, water-skiing (badly), jet boating and squash (have represented Midlands at National Level in squash. Was Mid-Canterbury Champion for 10 years.



*Q: What are your favourite foods?*

A: Scallops and calamari.

*Q: Why did you start karate?*

A: It always interested me

*Q: Where did you start karate and who was your instructor?*

A: Temuka -Jun Shihan Lance

*Q: Have any of your family studied karate or martial arts?*

A: Senpai Robyn, Oliver and Alana

*Q: Did you start with Seido karate and have you done any other martial arts?*

A: Started with Okinawa Te for short time, hmmm very different

*Q: What is your most memorable moment in karate?*

A: Meeting Robyn

*Q: What injuries have you had from karate?*

A: Broken foot, broken ribs (x2), haematoma of bicep (6 weeks to straighten arm), ruptured tricep

*Q: How has karate changed from when you first started?*

A: Not as hard, discipline less strict - Bring back the shinai — lol



**Success isn't built on success;  
It's built on failure, frustration and sometimes catastrophe**



## OKINAWA GOJU-RYU SEMINAR (TAIRA BUNKAI)

A weekend with Sensei Taira. Senpai Donella and I attended the Friday night session at Mountainview Stadium where we spent the evening watching and discussing the different styles of kata that the Goju-Ryu students were displaying. Some names and patterns were very similar to Seido, with their own differences. Sensei Taira arrived late in the evening. Saturday, I met Senpai Aaron for a day of training at the SBS Centre. The warm-up was unique and I was amazed at the exceptional hip movement that Sensei displayed (Senpai Aaron and I did our best - with a few sly glances at each other!) The day consisted of

Bunkai (which is an exchange of techniques from each kata broken down into sets of offence/defense) Bunkai is part of the syllabus. Sensei Taira was here to display his own unique style of Bunkai. The meaning of Goju-Ryu is hard/soft (school/style). It was an interesting experience to give something new a go. Shihan Lance attended Sundays Seminar also. I encourage everyone to branch out at different times — whether it be a different dojo or style. It is always inspiring taking part in new ideas or other ways of looking at things.

*Osu, Senpai Paula*





## PETER AND GRACE MARSH'S TRIP TO THE UK



Both Grace and I travelled to the UK last November and stayed there for 2 months visiting family in Manchester and in Cornwall. It just so happened to be one of the coldest winters on record but we still had an enjoyable trip even in the -10°C and thick snowy conditions.

We took the opportunity to visit and train at one of only three Seido Dojo's in the whole of the UK. One is based in London and another in Dover. The third was situated in a tiny Cornwall town called Padstow, just 10km from my brother-in-law's place.

We met up with Senpai Jonathon Yorke, a third dan black belt who ran the Padstow dojo on his own. We travelled down to train at a small church hall where we were greeted by Senpai Jonathon and the small group of kyu grades who trained there.

We were treated like honoured guests and we were made very welcome. Senpai explained to the class that we had travelled from NZ to visit family but more importantly we had travelled the enormous distance of 10km to train with them. Senpai Jonathon said he was struggling for members because Cornish people do not travel and they were finding it difficult to get new members to join!!

The training was very physical with a lot of bag work and physical training. Interestingly all the commands were spoken in English including counting. That felt strange. Senpai Jonathon said that the London and Dover branch were full of Kiwis and Aussies who were on their OE! He was really interested in how we were taught Seido in NZ and how there were subtle differences in the self defences,

yakusokus and kihon kumites etc. He also could not believe that we had three dojo's so close together in our part of NZ, which Grace and I could train at. The Padstow club made sure that they visited one of the other two clubs in the UK once a year, to keep up with any changes to the syllabus.

The highest kyu grades at Padstow were 4<sup>th</sup> kyu (green belt) and both these students had trained for 6 years to achieve this! The 8<sup>th</sup> kyu (blue belt) had taken just over two years to achieve this grade.

At the end of the session we were treated to a trip to the local pub and spent the evening chatting with the members. The social side was just as important as the training. It was worth taking our gi's round the world to train!!!

*Osu, Peter (1st kyu)*

**Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals**

## CONGRATULATIONS NEW SENPAI'S

When I started karate I used to call black belts "The Mighty Ones". However, mighty seems too much of a word for those that are supposed to learn humility and to be humble. Nowadays I call black belts "The Hard Workers" since no one can ever achieve the prestigious belt without years of hard work, commitment and discipline. On the 19th of July in Timaru, we had the privilege of watching the Shodan grading of Christine and Mark. Under the command of Kyo-shi Kelvin much has been learnt from this grading. They both were pushed way back to the first steps, then forward to the new steps. They displayed their skills and technique with confidence and kept strong until the end. Christine and Mark showed great courage and perseverance specially during sparring. What a fight! What a day! I left the dojo elevated in spirit.

*Osu, Bernadette (2nd kyu)*



Saturday the 19th of June will be a day these two hardworking Senpai's will never forget. For many it was a chance to catch up with old friends. It was also very hard for Senpai Paula and myself to believe that only a year ago we were the ones up there. Both Senpai's had trained very hard up to their shodan grading. They both showed a lot of guts each Sunday when they were doing some of their extra training with Senpai Chris — there is a lot of hard work put into the training for this grading, it's a huge step up. Both did extremely well and showed true spirit for



the whole 3 hours. Mark showed amazing control and Christine was unstoppable. Senpai Paula was very proud of her big sister, and Mark had a lot of support from family and friends, as did Christine. Well done Senpai's and I look forward to training with both of you in the near future.

*Osu, Senpai Aaron*

## SENIORS TRAINING

Seniors are to attend Monday night classes in Timaru under Jun Shihan Michael on a regular basis before they will be looked at for further gradings. It is also necessary for 1st kyus to attend at least 2 classes in Christchurch during 2010.

It is important for all students that you are attending the majority of your classes under Jun Shihan Lance. If (as some of you have been doing) have been attending most of your classes outside of Temuka these classes will be considered, but will not be counted towards your grading.

FOR GENERAL INQUIRIES  
CONTACT:

**Senpai Donella**

Phone: 684 3919

Mobile: 021 101 3741

E-mail: temukaseido@yahoo.co.nz

## WOODEND CAMP 2010



Temuka Students at Woodend Camp 2009

Now is a good time to start thinking about Christchurch Seido Shibu's end of the year camp which is being held, as usual, at Woodend Christian Camp. It will be from Friday 3rd December to Sunday 5th December 2010. All seniors are expected to attend. It is \$130 for adults and \$90 for children 16 and under.

*Registration forms will be available shortly. Please see Senpai Donella for any further details.*

## JULY TRAINING WEEKEND



Beach training is getting better by the day, I mean by the year. It's not only about getting wet and cold — it's also about having fun, learning and also getting cold!!! It's good to meet instructors from different dojos, like this year we had Kyoshi Kelvin joining in the local fun and the cold (oops I mentioned it again). This fantastic occasion was held by Jun Shihan Michael. A very funny game was given by Sensei Dave. It was about getting dizzy and falling

over while doing kata. My brother Cassidy tripped over his own (big) foot. It was a big and great weekend. We started on Saturday morning at the Timaru Dojo with 2 hours of training, then the grading of Senpai's Christine and Mark, after that a yummy dinner at a Chinese restaurant and then back on Sunday for the beach training. I felt tired, but happy.

*Osu, Jordan van der Wielen (2nd kyu)*



TEMUKA SEIDO KARATE DO