



Seiwakai - Europe Gōjū-Ryū Karatedō

European Seminar & 1st
European Championship

SEIICHI FUJIWARA - HANSHI • 8TH DAN

VASSIE NAIDOO - HANSHI • 8TH DAN

PAUL COLEMAN - KYOSHI • 8TH DAN

RASTISLAV MRÁZ - KYOSHI • 8TH DAN

GURMIT SINGH - KYOSHI • 7TH DAN

ABEL FIGUEIREDO - KYOSHI • 7TH DAN

PAL GILA - KYOSHI • 7TH DAN

DAN GRADING:

•JKF GOJUKAI

•SEIWAKAI



Seiwakai Portugal

Sesimbra • Portugal

2023: October 20th-22nd

Venue: Pavilhão Municipal de Sampaio

Rua Salgueiro Maia 23, 2970-158, Sampaio - Sesimbra

Organization: Seiwakai Europe + Seiwakai-Portugal

Logistics: Branch Seiwakai Lisbon Metropolitan: NKGR + AGOKAP
Câmara Municipal de Sesimbra



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Introduction

Dear Friends

We are pleased to invite you to come to Portugal – Sesimbra (in Lisbon Metropolitan Area) and take part in our Gōjū-Ryū Karatedō European Seminar (October 20th-21st 2023) and to the historical 1st European Championships of Seiwakai Europe (October 22nd 2023). In that way we will practice in a togetherness spirit leaded by Shihan Seiichi Fujiwara assisted by the Vice-president Shihan Vassie Naidoo and by the top Seiwakai Shihankai members in Europe, maintaining in memoriam the name of Shihan Paul Coleman with is previous consent. Also we will participate on the historical 1st Gojuryu Karatedo Seiwakai European Championships.

Starting in 1997, since 2001 Seiwakai Portugal organized technical seminars for Europe and it will be the first time that Shihan Seiichi Fujiwara will come to do a seminar in Sesimbra after being in various places such as Viseu, Tondela, Figueira da Foz, Porto, Gaia, Beja and Seixal. Also it will be first time that Shihan Vassie Naidoo, Vice-president of Seiwakai International, will be in Portugal.

We invite all the members and practitioners to train and learn, enjoying togetherness spirit, and visit Portugal, and Sesimbra in Lisbon Metropolitan Area. Sesimbra is a beautiful fishermen's town with significant historical, cultural and tourist attractions in Portugal. With the beaches bathed by the Atlantic and surrounded by the Serra da Arrábida, we intend to create a unique experience for all of you who visit us.

Sincerely Yours

Abel Figueiredo, 7th dan
Jorge Pimenta, 6th dan
Teofilo Fonseca, 6th dan
David Oliveira, 5th dan
Ruben Pedroso



About the Location



Sports Center:

Pavilhão Municipal de Sampaio
Rua Salgueiro Maia 23
2970-158, Sampaio - Sesimbra

Best Airport:

Humberto Delgado (Portela) – Lisbon

In Airport, you can take a transfer to Sesimbra.

A transfer company will work 24h for us, for quotes and booking please contact +351 910 933 300 (Bruno Santos) seiwakai.sesimbra.2023@gmail.com

Best Hotel: Hotel do Mar ****

<https://en.hoteldomar.pt/>

(special prices if reserved by organization)

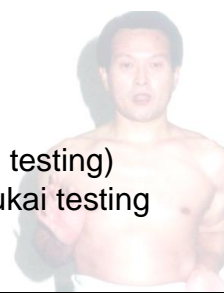
Rua General Humberto Delgado, Sesimbra

seiwakai.sesimbra.2023@gmail.com

Training Schedule & European Championship

Sports Hall – Pavilhão Municipal de Sampaio /
Rua Salgueiro Maia 23, 2970-158, Sampaio - Sesimbra

- Friday 20th 10.00 – 12.30 / 15.00 – 17.30 | 17.45 – 19.00 (Seiwakai testing)
- Saturday 21st 10.00 – 12.30 / 15.00 – 17.30 | 17.45 – 19.00 (JKF Gojukai testing)
- Sunday 22nd 09.00 – 17.00 (European Championship)



Registration & Training Fees For Seminar

The complete Seminar – € 90,00 (certification will be provided) - Deadlines:
90 EUR - Registration: 15th September 2023 (make reservation by e-mail & pay on place)
100 EUR - Payment without previous registration on Seminar

Ask registration forms for yourself or group: seiwakai.sesimbra.2023@gmail.com

Registration on the 1st Seiwakai European Championship

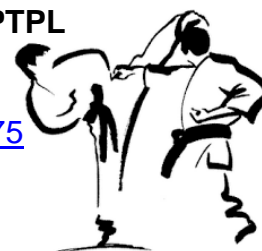
Championship (by category): 15€ (up to 15th September) | 20€ (after 15th September)
If you want to use bank transference for payments:

IBAN: PT50 0007 0000 0038 2233 4482 3 | SWIFT: BESCPTPL



Information and Registration can be made in
https://www.kimura.pt/eventos/eventos.php?&id_evento=75

Any other information or complication please contact by:
seiwakai.sesimbra.2023@gmail.com



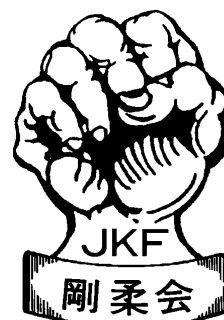
JKF Goju-Kai Dan Grading

For JKF Goju-Kai membership

- Application Form for JFK Gojukai membership registration
- 2 x passport photographs. Write name and date of birth on the back.
- 5,000 yen (JKF Gojukai registration fee)

Dan Testing for JKF Goju-Kai members

- Application Form for testing (form nº 5 of Overseas Rules) – Should be signed by the Head of Kai or Kan in Japan with a photo printed on form.
- Copy of the last JKF Goju-Kai Grade's certificate or it's number (if it's the case).



JKF Gojukai Fee (to be paid in yen only)

Attended	Examination	Certificate
1st Dan	5,000 yen	5,000 yen
2nd Dan	5,000 yen	6,000 yen
3rd Dan	5,000 yen	7,000 yen
4th Dan	10,000 yen	15,000 yen
5th Dan	10,000 yen	20,000 yen

Kata Syllabus

Sanchin, Gekisai 1 or 2 and Saifa
Sanchin, Tensho and Seiyunchin
Sanchin, Tensho and Sanseru
Sanchin, Tensho and Shisochin
Sanchin, Tensho and Seipai



Please have the certificate fee ready with you. If you fail the test, will be returned.

Kumite: All testing up to 5th Dan requires 3 rounds of Goju-Ryu Jiyu Kumite.

The examinees are expected to show a good level of both blocking and countering as well as attacking techniques. If blocking is not adequate the examinee is going to be unsuccessful.

Seiwakai Dan Grading

For Seiwakai membership (brown card)

- Application Form for Seiwakai membership registration
- 2 x passport photographs. Name and date of birth on the back
- 1,000 yen (Seiwakai registration fee)

Dan Testing for Seiwakai members









Seiwakai Examination Fee &

Seiwakai Certificate (Grade Registration): contact your country leader



Teachers

Assistant Teachers

	Seiichi Fujiwara : <ul style="list-style-type: none">- Seiwakai 8° Dan Hanshi- JKF Gojukai 8° Dan Hanshi		
	Vassie Naidoo : <ul style="list-style-type: none">- Seiwakai 8° Dan Hanshi- JKF Gojukai 6° Dan Kyoshi		Gurmit Singh <ul style="list-style-type: none">- Seiwakai 7° Dan Kyoshi- JKF Gojukai 5° Dan Renshi
	Paul Coleman (in memoriam participation)  <ul style="list-style-type: none">- Seiwakai 8° Dan Kyoshi- JKF Gojukai 7° Dan Kyoshi		Abel Figueiredo <ul style="list-style-type: none">- Seiwakai 7° Dan Kyoshi- JKF Gojukai 7° Dan Kyoshi
	Ratislav Mráz <ul style="list-style-type: none">- Seiwakai 8° Dan Kyoshi- JKF Gojukai 7° Dan Kyoshi		Pal Gila <ul style="list-style-type: none">- Seiwakai 7° Dan Kyoshi- JKF Gojukai 7° Dan Kyoshi

Accommodation – Official Hotel

Sesimbra has a wide range of accommodation options, from hotels to apartments and local accommodation. Organization provide special prices on the official hotel and you should registrate on accommodation registration file to ask organization:



<https://en.hoteldomar.pt/>

Special prices for room per night:

Single Room with breakfast: 70,00 EUR per night

Double Room with breakfast: 85,00 EUR per night

Triple Room with breakfast: 120,00 EUR per night

Ask organization the logistics registration for special prices:

seiwakai.sesimbra.2023@gmail.com

Transport from Hotel to Sports Vennue

Organization is providing transport from oficial hotel to the Sports Venue.

Participants should request this kind of transport previsiously on the registration file.

seiwakai.sesimbra.2023@gmail.com

Friendship and Sayonara Party

Saturday, 21s of October – 20h30

Sayonara Party will be held in a nearby restaurant, at a cost of 25 EUR and organization will provide more information about menu further in time.

T Shirt & Sweatshirt

Organization is providing an oficial T Shirt (10 EUR) and Sweatshirt (25 EUR) about the event in diferent sizes.

Special Packs of Services (advantage prices all in one)

Advantage prices that will include extra services to the Seminar and Tournament fees.

AVAILABLE PACKS			
	PACK 1 Person	PACK 2 Persons	PACK 3 Persons
HOTEL ROOM (one night)*	✓	✓	✓
TRANSFER FROM HOTEL TO SPORTS VENUE (3 DAYS)	✓	✓	✓
T-SHIRT	✓	✓	✓
SAYONARA PARTY	✓	✓	✓
TOTAL	115€	170€ (85€ p/person)	250€ (83€ p/person)

All accommodations have breakfast included in official hotel.

Ask organization the file for logistic registration: seiwakai.sesimbra.2023@gmail.com

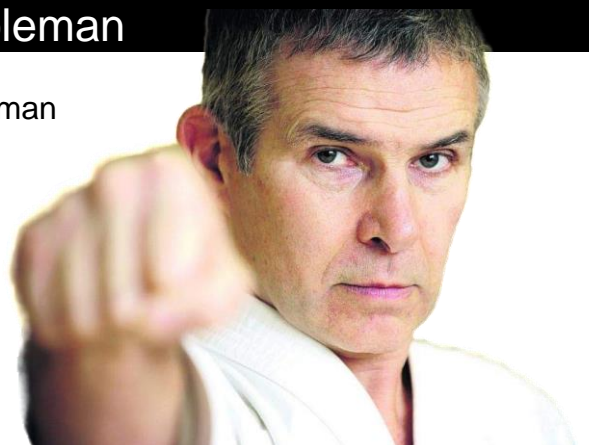
Upgrade for sweatshirt can be made on every packs for 15€ extra p/person.

Triple Room is a double Room with an extra bed.

*Ad the amount of each extra night as you need (check prices on the accommodation)

Special Cerimony – Shihan Paul Coleman

A special ceremony in memory of Shihan Paul Coleman will be prepared and included during this European event.





SEIWAKAI CHAMPIONSHIP



EUROPE

1st Gojuryu Karatedo Seiwakai European Championship

COMPETITION RULES

*The 1st European Seiwakai Championship will be held on **October 22, 2023** starting at 9:00 a.m. and ending at 5:00 p.m., and will take place at the **Pavilhão do Grupo Desportivo de Sesimbra** in Lisbon Metropolitan Area - Portugal*

- 1. The **1st Seiwakai Championship** is for Seiwakai Members and will comprise individual Kata and Kumite competition at all levels, and also with team events at senior levels only.*
- 2. All rules will be in accordance with the **WKF** (World Karate Federation) regulations with the exception of some parameters mentioned in these rules for the event.*
- 3. **All referees elected** to the panel should hold the official course of the National Federation of Karate linked with **WKF** in order to ensure a quality tournament.*
- 4. All referees wishing to participate in our event should contact previously the organization.*
- 5. An entrance fee will be charged to the public in the value of 1 “Kiai” and will have the offer of 1 bottle of water; participants registered on the European Seminar and Championship have free admission.*
- 6. **Registrations** will start at 00:00 hours on August 08, 2023 and close at **23:59 hours on October 15, 2023**, they will be made on the Kimura platform:
https://www.kimura.pt/eventos/eventos.php?&id_evento=75*
- 7. For the entries to be **validated**, the payment of the fees must be settled within **24 hours** after their registration, or **contacting by phone or e-mail the organization for any other methodology**.*
- 8. The value of the registrations is:*
 - Until September 15th | 15€ per individual and category;*
 - Between 16 September and 15 October: 20€ per category;*
 - Coaches: 1 – Free | More than one: Add 5€*

9. *Any change after the end of the registrations will have an administrative cost of 25€.*

10. *The mentioned amounts must be settled by the deadline of each deadline by bank transfer to the **NKGR from Lisbon Seiwakai Branch in Portugal** by IBAN: **PT5000 0700 000038223344823**, and asking the validation of the registration.*

11. *The draw of the tournament will be held on October 16, 2023 by the kimura platform, it will be announced on October 17, 2023 with the respective provisional program **sent to all registered clubs.***

12. *Complaints must be made between October 17, 2023 and October 19, 2023, the final draw of the categories where changes have occurred will be sent and exposed on the event.*

13. *The organization will provide the medical support compatible with the tournament, but is not responsible for the accidents that occurred during the tournament, and it is obligatory that individuals have sports insurance for the expenses and risk of the individuals participating on the tournament.*

14. *Counts the age of the athletes at the time of the tournament (22 October 2023)*

15. *The organization reserves the right to cancel an event if it does not have the sufficient number of registrations.*

16. *If the control table so requests, the identification of the competitors will be made through the citizen card or passport.*

17. *The organization does not provide the proof sheets so each club must have the proof sheets printed **and sent previously.***

18. *In case of protest, the intention must be communicated to the table as soon as the event in question is finished, you will have to ask the table for the official form of the protest. It will have a cost of € 50, value that will be returned back if the protest is accepted and the given reason to the protester.*

Any doubt or interpretation, not included in these Regulations, will be clarified and/or resolved in a timely manner through the following contacts:

- David Oliveira tel. (+351)966635875 e-mail: direccaonkgr@gmail.com

- Ruben Pedroso tel. (+351)968401084 e-mail: secretariankgr@gmail.com

KATA RULES

Kata categories - Male and Female

<i>Children (- 9 years)</i>
<i>Kids (10-11)</i>
<i>Mini Cadets (12-13)</i>
<i>Cadets (14-15)</i>
<i>Junior (16-17)</i>
<i>Senior (+18)</i>
<i>Veteran (+40)</i>
<i>Team Senior Mix (+16)</i>

In all classes the events will take place by the point system following the WKF rules, except for the following exceptions:

- ***Only Goju-Ryu-style katas listed in Annex 1 will be allowed in all Kata categories.***
- ***In the Children and Kids categories:***
 - *Athletes may present any Kata listed in Annex list.*
 - *Children can repeat the Kata in every round*
 - *Kids will be able to alternately repeat the Kata*
- ***In the MiniCadets to Veteran categories***
 - *They will have to present a different kata in every round.*
- *If a tiebreaker is required, it will take place according to the parameters described in the rules in force (WKF) and adaptation by the rules here.*
- *Classes with fewer than four athletes join the men's series with women's in Kata.*
- *The use of glasses is allowed in all kata categories, however we recommend that from the Cadet level contact lenses or sports glasses are used.*
- *Each club can have one team only registered, teams can be of 3 or 4 elements, can have Male and Female athletes at the same team. Senior team can have 16 years old athletes and up.*

KUMITE RULES

Kumite categories - Male and Female

CATEGORY	m/f	WEIGHT
Children (- 9 years)	Female	-27Kg; -32Kg; +32Kg
Children (- 9 years)	Male	-27Kg; -32Kg; +32Kg
Kids (10-11)	Female	-37Kg; -45Kg; +45Kg
Kids (10-11)	Male	-37Kg; -45Kg; +45Kg
Mini-Cadets (12-13)	Female	-42Kg; -48Kg; +48Kg
Mini-Cadets (12-13)	Male	-44Kg; -50Kg; +50Kg
Cadet (14-15)	Female	-47Kg; -54Kg; +54Kg
Cadet (14-15)	Male	-57Kg; -70Kg +70Kg
Juniores (16-17)	Female	-53Kg; -59Kg; +59Kg
Juniores (16-17)	Male	-61Kg; -76Kg +76Kg
Seniores (+18)	Female	-55Kg; -68Kg +68Kg
Seniores (+18)	Male	-67Kg; -75Kg +75Kg
Veterans (+40)	Female	-1.60m ; +1.60m
Veterans (+40)	Male	-1.70m ; +1.70m
Team (3+1)	Female	-
Team (3+1)	Male	-

In all classes, the races will take place by the points system following the rules in force in the WKF regulations, except for the following exceptions:

- *Kumite classes with less than 4 athletes join the next or previous series in the case of the higher categories.*
- *Teams can have a minimum of 2 elements, in that case if a 3rd match is required the team with 2 elements loses the match. A substitute could be registered in each team.*
 - ***Kumite duration:***
 - *Children (≤ 9 years): 1 minute;*
 - *Kids (10/11 years): 1 minute;*
 - *Mini-Cadets (12/13 years) 1:30 minutes;*
 - *Cadets, Juniors and Seniors: 2 minutes.*
 - ***Mandatory Protections:***
 - *Mouthpiece, Gloves, and leg protection of the color AKA or AO are mandatory in all levels.*
 - *Optional Chest Protection Vest only in the Infant, Senior and Veteran classes.*
 - *Optional Cokeel and Mask in all categories.*
- *Any other change or request must be communicated before the category starts to the organization.*

Additional Information

Annex 1 – List of Kata:

- 1. Sanchin**
- 2. Gekisai Dai Ichi**
- 3. Gekisai Dai Ni**
- 4. Saifa**
- 5. Seiunchin**
- 6. Sanseru**
- 7. Shisochin**
- 8. Sepai**
- 9. Kururunfa**
- 10. Sesan**
- 11. Suparinpei**
- 12. Tensho**