

ALL JAPAN
SHITO-RYU KARATE-DO SEIKOKAI
ASSOCIATION



www.shitoryuseikokai.com

NEWS BULLETIN

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Japan

First Seiko-Kai World Championships

The first Seiko-Kai World Championships will be held in Tokushima on Saturday 24th November.

We ask all countries to get a team together to make the tournament a success.

Information packs have been sent by email to all Country Branch Chiefs. If you did not receive the email please email Colin Punyer seikokaikarate@yahoo.com.au

Canada

Beach Practice

For 42 years in a row Sato sensei has let a group British Columbia karate students for a workout on the sea shore of British Columbia in January of each year. He has not missed one single session.



Sounds kind of good a workout on the beach?



It is winter; the average temperature in Vancouver in January is 4.8 degrees Celsius. Maximum average daily temperature 6.8 degrees and minimum average daily is 2.7 degrees. Extreme maximum temperature is 15.6 degrees and extreme low temperature is **minus** 13.3 degrees. Average rainfall in January is 143.6 mm and average snowfall 15.3 mm.



Seawater temperature is 7 to 8 degrees Celsius and we always go for a swim in the frigid water after the workout. Taking a dip in the winter in the cold water of the ocean or a lake is called "Polar Bear Swimming"

Come and join us next year.



Nepal

Students were selected for 6th National Games



Girls kumute 55 k.g. 50 k.g 45 k.g. boys 50 k.g.5.5 k.g. 75 k.g. 84 k.g. Girls Team Kata.



Canada

This year, the Sato Cup will be held two weeks later than usual, as the local Karate calendar is busy in the early months of 2012. This marks the 13th Annual Tournament for Sato Shihan. We are expecting athletes from throughout Canada and the United States, as well as England, Venezuela, and perhaps a few other nations as well.

We are always keen to hear about what is going on with Seiko-Kai in your country. Please send any news no matter how small it is.

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, Hong Kong, England, Kuwait, Palestine, Israel,