



# Gōjū-Ryū Karatedō

## Seiwakai Top Training Seminar

### Europe • Portugal

PAUL COLEMAN - KYOSHI • 7<sup>TH</sup> DAN  
RASTISLAV MRÁZ - KYOSHI • 7<sup>TH</sup> DAN  
GURMIT SINGH - KYOSHI • 7<sup>TH</sup> DAN  
ABEL FIGUEIREDO - KYOSHI • 7<sup>TH</sup> DAN

ASSISTANT TEACHERS:  
KYOSHI • 6<sup>TH</sup> DAN

DAN GRADING:  
•JKF GOJUKAI  
•SEIWAKAI



*Seiwakai Portugal*

Lisbon • Portugal  
2018: June 29-30<sup>th</sup> July 1<sup>st</sup>

Pavilhão Acácio Rosa (Restelo)

**Organization:** Seiwakai - Portugal (all branches)

**Sponsor / Lisbon Branch:** AGOKAP - NKGR

**Local Partners:** Belém City Hall Council  
CF "Os Belenenses"  
Belém Clube

**E-Mail:** [seiwakailisboa2018@gmail.com](mailto:seiwakailisboa2018@gmail.com)

Version 1.1 – March 2018



## Introduction

*Dear Friends*

*We are pleased to invite you to come to Lisbon and take part in our Gōjū-Ryū Karatedō European Training Weekend Seminar (June 29-30<sup>th</sup> July 1<sup>st</sup> 2018) in Lisbon – Portugal and to practice in a togetherness spirit assumed by the top Seiwakai members in Europe that will train together for a better preparation to Seiwakai World Seminar in Omagari – Japan on the end of July.*

*This event was first prepared with Shihan Leo Lipinski during November 2017 as a Seiwakai European Seminar. Now, that he passed away we decided to continue the event, making it as a special meeting time with European Seiwakai top members.*

*We have confirmed presence of Kyoshi Gurmit Singh, Kyoshi Rastislav Mráz and Kyoshi Paul Coleman, all 7<sup>th</sup> dan Seiwakai. Also we have confirmation of some 6<sup>th</sup> and 5<sup>th</sup> dan that will be present, making this event a special European meeting that you are invited to participate.*

*Since 2001 Seiwakai Portugal organized international technical seminars and it will be the first time in Lisbon, in a particular and very interesting region of the city: Belém. Belém is the western part of the city of Lisbon with the biggest cultural heritage and largest concentration of museums in Portugal. Its historical and artistic heritage made it a cultural and monumental centre and today's most popular touristic areas of Lisbon.*

*We will do all the necessary efforts to make your presence pleased on the fantastic practice on great sport facilities, and we will also make you believe that the recovery is important regarding friendship and togetherness spirit.*

*Organization is preparing good easy ways to pick you from airport to hotel and helping you to create a good and warm reception.*

*Sincerely Yours*

*Abel Figueiredo, 7th dan  
Jorge Pimenta, 6th dan  
Teofilo Fonseca, 6th dan*



## About the Location



**Sports Center: Pavilhão Acácio Rosa –  
Estádio do Restelo, 1449-015 Lisboa**

**Airport: Humberto Delgado (Portela) – Lisbon**

*In Airport, you take Metro to Marques de Pombal and you can ask for the Bus station and take the Bus to Belém or you take Taxi to Belém.*

*The organization can handle transportation from airport/Hotel and hotel / airport by getting the Belem 2018 package (see page 3).*

*Please contact us: [seiwakailisboa2018@gmail.com](mailto:seiwakailisboa2018@gmail.com)*

## Training Schedule

Sports Hall – Pavilhão Acácio Rosa – Estádio do Restelo, 1449-015 Lisboa

- Friday 29<sup>th</sup> 18.30 – 20.30
- Saturday 30<sup>th</sup> 10.00 – 12.30 / 15.00 – 17.30 | 17.45 – 19.00 (Seiwakai Dan grading)
- Sunday 1<sup>st</sup> 10.00 – 12.30 / 15.00 – 17.30 | 17.45 – 19.00 (JKF Gojukai Dan grading)

## Registration & Training Fees For Seminar

The complete Seminar – € 50,00 (certification will be provided) - Deadlines:  
50 EUR - Registration e-mail: 31<sup>st</sup> May 2018 (make reservation by e-mail and pay on place)  
60 EUR - Payment without previous registration on Seminar

Ask registration form to registrate yourself or group: [seiwakailisboa2018@gmail.com](mailto:seiwakailisboa2018@gmail.com)

## JKF Goju-Kai Dan Grading

### For JKF Goju-Kai membership

- Application Form for JFK Gojukai membership registration (form n<sup>o</sup> 1 of Overseas Rules)
- 2 x passport photographs. Please write your name and date of birth on the back.
- 5,000 yen (JKF Gojukai vitalising fee)



### Grading for JKF Goju-Kai members

- Application Form for testing (form n<sup>o</sup> 5 of Overseas Rules) – Should be signed by the Head of Kai or Kan in Japan
- 2 x passport photographs. Please write your name and date of birth on the back.
- Copy of the last JKF Goju-Kai Grade's certificate and it's number (if it's the case).

### JKF Gojukai Fee (to be paid in yen only)

Attended	Examination	Certificate	Kata Syllabus
1st Dan	5,000 yen	5,000 yen	Sanchin, Gekisai 1 or 2 and Saifa
2nd Dan	5,000 yen	6,000 yen	Sanchin, Tensho and Seiyunchin
3rd Dan	5,000 yen	7,000 yen	Sanchin, Tensho and Sanseru

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

Kumite: All testing up to 5<sup>th</sup> 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 (new card)

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

### Seiwakai Examination Fee &

**Seiwakai Certificate (Grade Registration):** Please contact your teacher





## Accommodation – Official Hotel's

Good facilities and staff, highly recommended by the organising committee!  
Located in Belém and less than 500 metres walking to training hall.

TO GET SPECIAL PRICES IT'S NECESSARY TO MENTION THE "KARATÉ SEMINAR" ON E-MAIL TO HOTEL

### Residencial Setubalense

Rua de Belém, 28, 1300-084 Lisboa

Phone: +351 213 636 639 / +351 213 648 760

E-mail: [reservas@setubalense.pt](mailto:reservas@setubalense.pt)

web page: [www.setubalense.pt](http://www.setubalense.pt)

(Single – 40 € / Double – 46 € / Triple – 60 € / 4 persons – 76 € - No Breakfast)



### Hotel Jeronimos 8 (\*\*\*\*R)

Rua dos Jerónimos, nº 8, 1400-211 Lisboa

Phone: + 351 213 600 900

E-mail: [E.jeronimos8@almeidahotels.pt](mailto:E.jeronimos8@almeidahotels.pt)

Web page: [www.jeronimos8.pt](http://www.jeronimos8.pt) (details of location)

(SINGLE – 160 € / DOUBLE – 170 € / BREAKFAST BUFFET INC.)



*the organization created for your comfort the*

**Belém2018 package – 140 €**

***Includes: fee for the seminar + Sayonara party + seminar t-shirt +  
transportation from airport to Hotel and Hotel to airport***

***Contact us to reserve your package / Email: [seiwakailisboa2018@gmail.com](mailto:seiwakailisboa2018@gmail.com)***

## Friendship and Sayonara Party

Saturday, 30th of June – 20h30

In Restaurants - Near the River / 17,5 EUR per person (registration before June 2018)

## Teachers – 7<sup>th</sup> dan in Seiwakai - Europe



**Paul  
Coleman**

7th dan  
Kyoshi



**Rastislav  
Mráz**

7th dan  
Kyoshi



**Gurmit  
Singh**

7th dan  
Kyoshi



**Abel  
Figueiredo**

7th dan  
Kyoshi