

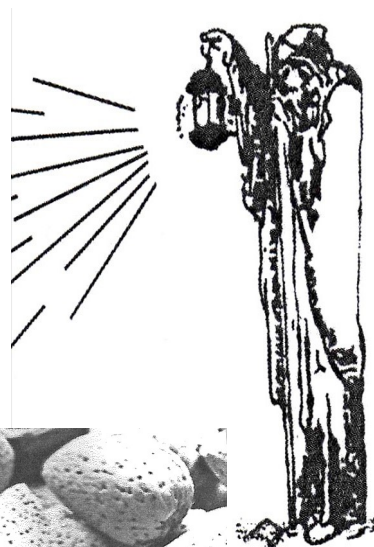
# 40<sup>th</sup> year

November 2015

## Birthdays

Sensei Eileen	August 15 <sup>th</sup>
Senpai Chris	September 9 <sup>th</sup>
Senpai Mark	September 23 <sup>rd</sup>
Sei Shihan Michael	September 26 <sup>th</sup>
Senpai Christine	September 30 <sup>th</sup>
Senpai Peter	October 1 <sup>st</sup>

Tomorrow seems  
real but it never  
happens



FULL OF GOOD FATS, PROTEIN, FIBRE  
AND ESSENTIAL NUTRIENTS – THERE ARE  
SOME GREAT REASONS TO GO NUTS

### 1 Pistachios

One of the nuts highest in fibre, these little green gems are packed with phytosterols, potent plant chemicals that are proven to reduce cholesterol levels. They are also the only nuts to contain significant amounts of the antioxidants lutein and zeaxanthin, which protect against the age-related eye condition macular degeneration.

### 2 Walnuts

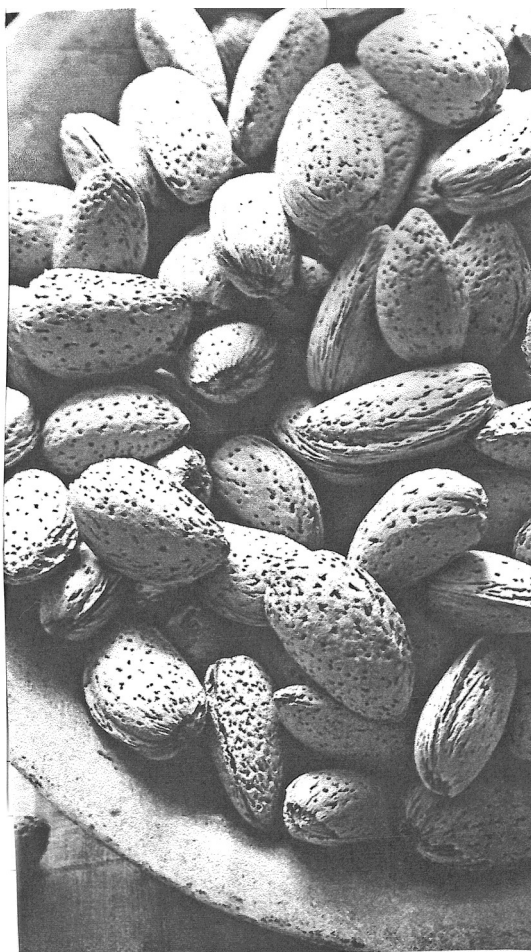
Not a fan of oily fish? Walnuts are another way to get your omega-3s, which are linked to everything from a positive mood and healthy skin to reduced risk of chronic disease. What's more, eating walnuts with a fatty meal – think tossed through a side salad – protects your arteries against damage, say Spanish researchers.

### 3 Brazil nuts

A highly concentrated source of selenium, just one Brazil nut is enough to cover your daily requirements. While we only need small amounts of the trace mineral, it's vital for regulating thyroid function and maintaining a strong immune system, and also reduces the risk of certain cancers by blocking tumour growth.

### 4 Hazelnuts

These sweet-tasting nuts are packed with plant chemicals called proanthocyanidins (PACs), which pack 20 times the antioxidant punch of vitamin C. This powerhouse nutrient improves vision and joint flexibility, and protects against heart disease and urinary tract infections. Leave the skin on to triple your dose.







Timaru Seido Karate Club's Bernadete van der Wielen, left, shows Arowhenua Whanau Services Diane Reid, front, how to break the hold of colleague Vanessa Cameron as part of a self defence karate session organised to help them complete the Sea2Sea Challenge.

PHOTO: MYTCHALL BRANSGROVE/FAIRFAX NZ

## Wellington Tournament

On Friday 23<sup>rd</sup> Oct, Sensei David, Senpai Chris, Tim & Michael went to wellington for the 2015 Wellington Tournament. Sat morning started with the weigh in for Mike & Tim. Then we all did the bow in with special guest Sei Shihan Ino from Sydney. Senpai Chris got 3<sup>rd</sup> in weapons Tim got 2<sup>nd</sup> in points & 2<sup>nd</sup> in semi contact. Mike got 2<sup>nd</sup> in Kata, 3<sup>rd</sup> in points & 3<sup>rd</sup> in semi contact.

Just to mention there was a lot of comments how Michael had done so well as he was the smallest in his semi contact weight class so weldone Mike.

We all went to Sei Shihan Ino's Seminar on Sunday which was very god and we all learnt a lot, so well done to Senpai Chris, Tim & mike "OSU"



# Couple plan big wedding day fight

Usually the fights don't start until after the wedding, but this couple is starting at the altar.

When Pepe Becker and Jonathan Kingston-Smith tie the knot on November 15 they won't have the traditional first dance to a romantic tune. Rather they will perform three karate katas, or patterns of kicks, blocks and strikes.

Becker said each one represented sincerity, fighting, peace and harmony.

"It's like a short version of a marriage," she said. It's all because of a dream Becker had.

"At the beginning of this year I had a dream we got married in the dojo. It was a really vivid dream.

"I jokingly said we should do it."

But joking aside, the Island Bay couple decided the South Wellington Seido Karate dojo, where they spend a lot of time together, would be the best place to get married. The location and dance are not the only break from tradition.

The bride will also be singing herself up the aisle.

Becker, a green belt, said she convinced Kingston-Smith to learn

karate with her soon after they started dating.

"It was music and astrology that got us together, but karate is the thing we do together."

The loved-up pair met 12 years ago when Becker, a musician and music teacher, had her photos developed at the Newtown lab Kingston-Smith works at.

In 2014, after a friend of Becker's started working with Kingston-Smith, they reconnected.

A few visits to the photo lab, a trip to the opera and an astrology reading later and the two started dating last June. Kingston-Smith popped the question on their first anniversary.

Becker has been married before, has three children and is 12 years older than Kingston-Smith, but she said it had never bothered them.

Her vocal group, Baroque Voices, and a guitar-playing black belt member from the club will perform at the wedding. Becker will wear a concert dress for the formal part of the wedding, but the bride and groom will change into their karate gis for the katas.

Fairfax NZ

In sympathy for Jun Shihan Sandra and her family. Her Father passed away recently.



# SEIDO CHRISTCHURCH CAMP



Friday 4<sup>th</sup> to Sunday 6<sup>th</sup> December

# 2015

To register by post please send to: **NZ Seido Karate Shibu**

**P O Box 13318, Christchurch 8141**

**Registrations close THURSDAY 26<sup>th</sup> NOVEMBER - Late entries not accepted**

**Don't forget the camp, going for Godan will be Sensei David Martin. All the best Sensei "OSU"**

## END OF YEAR BREAK-UP GRADING

**SUNDAY 13<sup>TH</sup> DECEMBER  
CLASS STARTS 11AM**

**SATURDAY 12<sup>TH</sup> DECEMBER  
NIDAN GRADING 11AM  
SHODAN GRADING 2.30PM**

**Shared Lunch  
Bring a Plate**

# 2016

**Start back for New Year**

**SUNDAY 17<sup>th</sup> JANUARY**

**10.30 Beach Training**

**North End Caroline Bay**

January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

March

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April

S	M	T	W	T	F	S
③	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# 2016

July

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

October

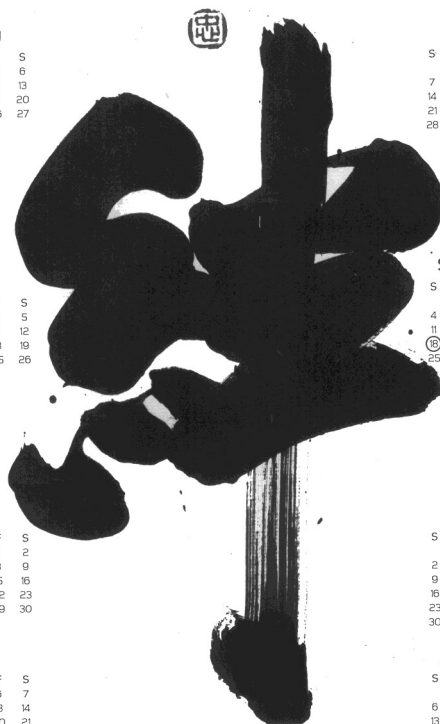
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



"Bond"

Calligraphy by

Kaicho.T.Nakamura



**Calendars on sale now**



## 50<sup>th</sup> Shibu Anniversary

Held on the 25<sup>th</sup> 26<sup>th</sup> & 27<sup>th</sup> September. Friday evening starting at 7.00, an informal get together was held at the chateau on the park. Many students attended some from far away especially Kaicho and Nidaime from Honbu.

Saturday morning a general training class was held by Kaicho at the Christchurch Girls High School gym. So many coloured belts (kyoshi and above Ceremonial belts Black and Red.) After the Normal warm up (kaicho doing side spits) we went into the punching Hijis, kicking on the ground and different pressups. Speeches afterwards were also presentations from Hanshi Andy, Sei Shihan Eno and many more seniors. Saturday was the main event with some 400 or so people coming together at the Addington Events Centre at 7pm or so. Many attending not training but still came for the special event. Kaicho presented Hanshi with Special banner and much talking about Seido.

It was good to see so many coming for Sei Shihan Michaels 65<sup>th</sup> Birthday. "OSU"

