

HUNKERING DOWN

seido shibus weekly e-zine



SEIDO SHIBUS WEEKLY E-ZINE - "HOPE"

"History with its flickering lamp stumbles along the trail of the past, trying to reconstruct its scenes, to revive its echoes, and kindle with pale gleams the passion of former days. What is the worth of all this? The only guide to a man is his conscience; the only shield to his memory is the rectitude and sincerity of his actions. It is very imprudent to walk through life without this shield, because we are so often mocked by the failure of our hopes and the upsetting of our calculations; but with this shield, however the fates may play, we march always in the ranks of honour." Winston S. Churchill

This final ezine is our collection of views and thoughts on 'hope', and also a tribute to our leaders; our Seido Karate leaders ... Kaicho, Nidaime, Hanshi Renzie Hanham and Hanshi Andy Barber, Sei Shihan karatekas, Jun Shihan Karatekas, Kyoshi, Sensei and Senpai...osu thank you!

Napoleon Bonaparte is quoted as saying "A leader is a dealer in hope." Emperor Napoleon Bonaparte was born on a provincial island, to a humble family, far from the centres of power. He became one of the greatest political and military leaders of all time, a brilliant military tactician and strategist. He was fearless in the battlefield and had enough charisma to draw people in with his words. The philosophy of leadership that enabled him to achieve this was very simple. He said: "A leader is a dealer in hope."

In the 1800's, an Italian intellectual, named Giacomo Leopardi, wrote about the overriding unhappiness of human beings, saying that "as long as man feels life, he also feels displeasure and pain." Hope is the one thing that lifts the human spirit and keeps us going in spite of our difficulties that we face. Hope looks beyond life's hardships to a better, brighter tomorrow. It keeps us believing and expecting that out of today's darkness, tomorrow's light will shine brightly. Hope is seeing the future; a future we can have if we keep moving forward and, as needed, adjusting and adapting. A leader's hopeful outlook enables people to see beyond today's challenges to tomorrow's answers.

Hope is essential in order to live our lives. The Roman statesman, Pliny, once said, "Hope is the pillar that holds up the world." He was correct. Without hope, society would collapse, as many would live their lives in despair. Hope enables us to believe that the future we envision is attainable, and to move toward our visions and goals while inspiring others toward those goals as well.

"Everything can be taken from a man but one thing: the last of the human freedoms — to choose one's attitude in any given set of circumstances, to choose one's own way" [Viktor Frankl, in Man's Search for Meaning, a meditation on what Auschwitz taught him about the primary purpose of life, the quest for life's meaning ... purposeful work, love, and courage in the face of difficulty].

We will finish with this ... at one of Kaicho's recent meditation lectures based on Hei, Joh, Shin he said **"We are karateka! It means not only a karate practitioner, your mind, spirit, technique, everything – keep it even, maintain good balance"**. Osu!

Lockdown, when first announced, was a significant shock for my family particularly after finding out there was no longer a need to go to school or work anymore and realising that the only reason to leave the house was to go grocery shopping.

After the first week of online school I discovered it was going to be much more difficult than I had expected. With only two online calls a week per subject, the workload got quite challenging especially if you didn't understand the tasks set.

To make the time fly by just a little bit faster, we had a cooking competition running in our house, and Mum, Dad and I got into the routine of going on family walks most evenings and trainings at the local park to have some fresh air. Also, to keep up with friends, family and others we used Zoom to call friends and have a digital catch-up.

My highlight of lockdown however was online karate! Taken by Sensei Cheryl and joined by many other kids and adults it was great to see some familiar faces and keep training over the long break. I feel like I have kept up with my syllabus and everything is still fresh in my mind, so thank you Sensei and others for taking the time out of your days and joining in. It made lockdown much more enjoyable, gave me hope, and kept me looking forward to being back to our normal lives soon!

Overall, being stuck at home with my parents for seven weeks wasn't that bad, I had a bed, food, water, and a roof over my head so I was very grateful for that as I know some people had a harder time during this lockdown. It definitely wasn't a part of my 2020 that I was expecting, but for my family I think it made us slow down and take a break from our busy lives.

It was a daunting yet fun experience and made me take a break from school and other activities and appreciate what and who are around me.

Osu

Maia Colombus

1st Kyu Youth [Senior Youth Student]



Hope.

You could write a book on it. It has so many connotations attached to it. A few years back when I was a young lad growing up, on occasions I heard the phrase "Hope springs Eternal".

For many years it meant nothing to me, but as I grew older and became more inquisitive, this is what I discovered. There are a few interpretations but the one that suits me is, "a person might be in a bad position, but they still believe there is a way forward, and they will keep working to achieve their goals". How true. We should embrace these words, but also realize to achieve these goals, we need to add other dimensions to suit. i.e. planning, commitment, fortitude.

Everything we attempt has the word "hope" attached to it. I hope to win. I hope it does not rain. I hope I'm not late. I hope we have overcome the virus. It is hard to imagine that we will never have a world as it was. There will be a different set of rules and regulations, for which we will have to accept and adhere to. Even with the dojo, we will have to prepare for massive changes. We are very fortunate to have acquired a substantial asset over the years through diligence and hard work, and this needs to be protected. Maybe now is the time for some of the younger students to come forward to show their passion and commitment. Now, more than ever, we need to pull together to savour the last fifty-five years of knowledge, dedication, blood sweat and tears.

I would also like to see more of our students make the trip to Honbu. I know it is expensive, but the pleasure and rewards gained far outweigh the negatives. To train with Kaicho and Nidaime is the ultimate. To be able to share your experiences with all other students, makes Seido Shibu something special.

Maybe something from the past. Where I grew up, where you didn't lock your cars at night, where you went out and left the house unlocked, where you knew all of your neighbours, where you made preserves and gave most of it away, where everyone was treated with respect, regardless of age.

Now it's all want, want, want, or in most cases take, take, take. How do we fix it? Well, they collected a lot of them in the recent buy back.

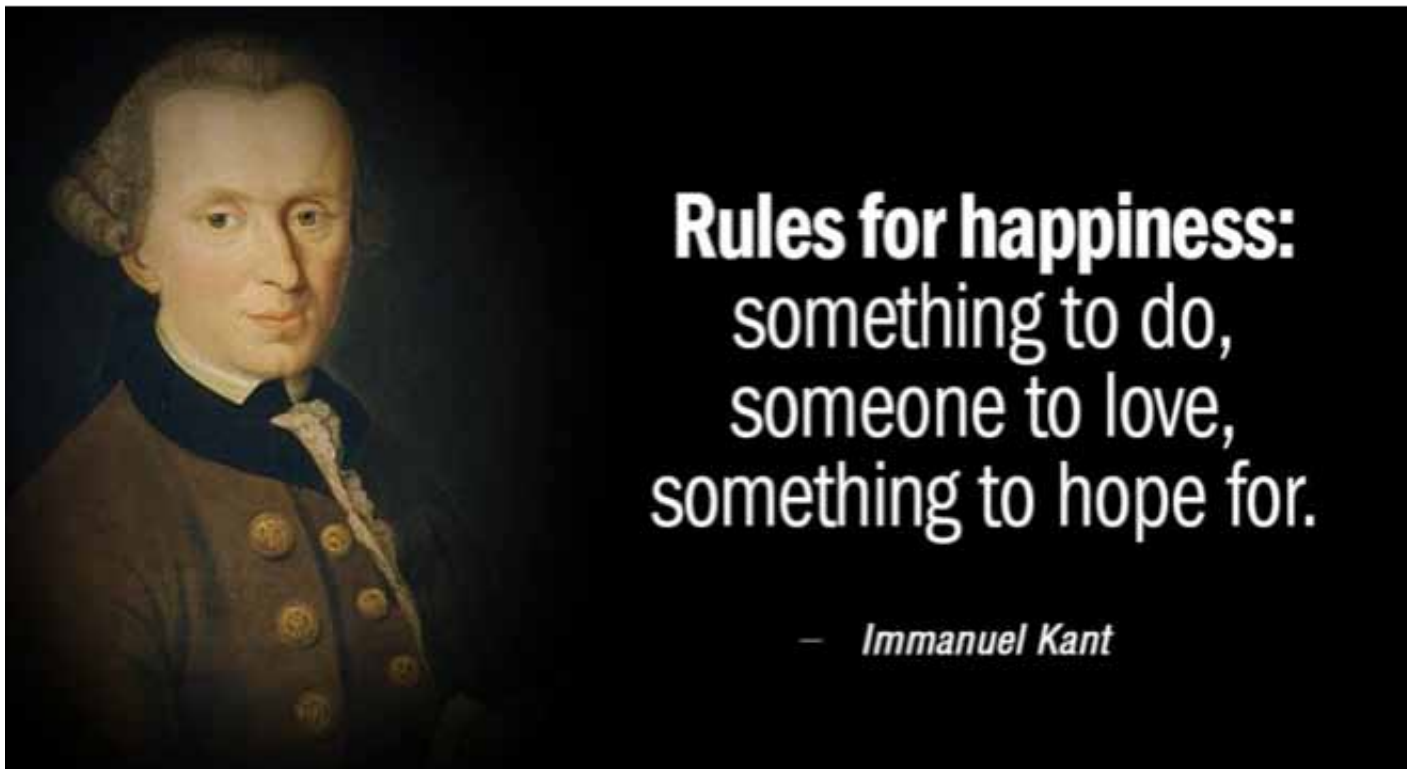
But now I hope for a long and healthy life, filled with happiness and laughter with all my friends and family, and of course, at the appropriate time, my telegram from Buckingham Palace! And to finish, a short story where "hope" was pushed to the limit. Enjoy.

I think the year was 1984. I was living 12 miles north of Springs Junction near a place called Station Creek. I had just had a visit from Sei Shihan Neil and at that time he was driving a Toyota Landcruiser. It was a beauty. A big four-wheel drive machine. Well of course that kindled my desire to own one. I could go shooting and all sorts of things in it. So, in May, Mother's Day weekend, I set off to Christchurch to buy one, and duly came back home with a Morris Mini 850cc. Life is full of surprises. In those days in Reefton, on a Friday night we trained from 7-9 pm, then, to recover and cool down had a compulsory stop at one of the local establishments. Well, this night it was raining, typical West Coast, thunder and lightning, and everything else the sky could throw down. After the usual glass of cordial, I headed off home. It was blowing a gale, the water was splashing up all over the front of the car, and at this stage I was starting to get a bit concerned. If the water gets into the electrics I'm shot. I had about 8 miles to drive past open paddocks before reaching the tree canopy. If I got that far I knew I would be



okay. Next minute the car was on three cylinders, then two cylinders and I'm thinking about spending a cold night in the bush. By then I had my fingers crossed, my legs crossed and probably my eyes were crossed as well (I think there was something wrong with the cordial). I called on all the divine resources I could think of and thankfully they answered my call. I reached the treeline and was soon back on four cylinders and about an hour later was safely home.

Osu – Sei Shihan Peter Searle

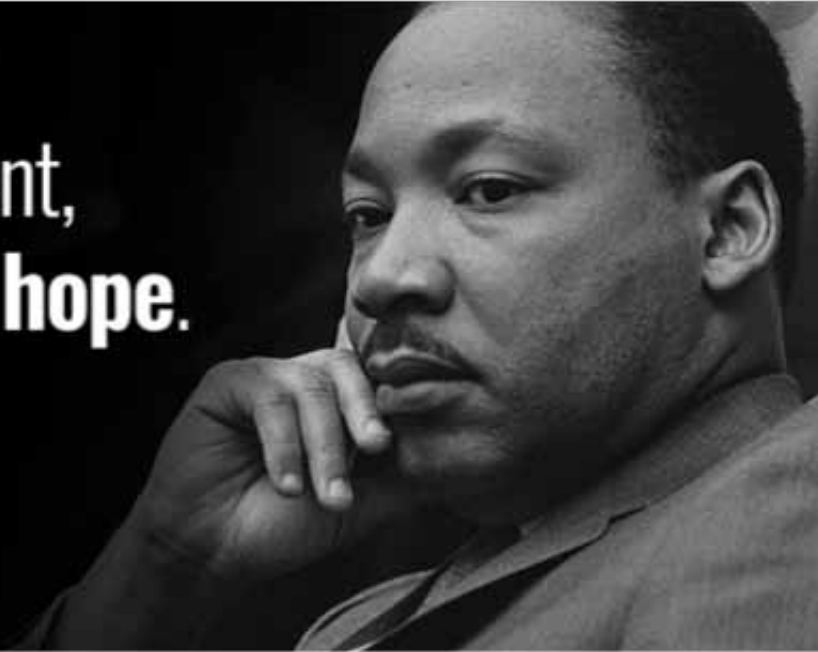


Osu.

There is no greater advocate for hope than Dr. Martin Luther King Jr. He offered us guiding principles to live a 'good life' in an increasingly diverse world.

We must **accept**
finite disappointment,
but never lose **infinite** hope.

- Martin Luther King Jr.



I thought I would share some thoughts around this and share his daughter's comments on how she has embraced her father's hope for the future during recent years.

On the 4th April 2018, on the 50th anniversary of Dr. Martin Luther King's assassination, Bernice King laid out three actions that she thought her father would offer today. She reminded us that humanity will, in her father's words, either "live together as brothers"—and sisters—"or perish together as fools." She went on to say that "now more than ever, I believe that my father would encourage humanity to join together in love, commit to assisting people around the globe, and travel the path of nonviolence toward the "beloved community"—a society, as he envisioned it, of justice and equal opportunity". Bernice quoted her father in saying that "true peace is not merely the absence of tension; it is the presence of justice."



Bernice A. King, the youngest child of Dr. Martin Luther King Jr. and Coretta Scott King, was 5 years old when her father was assassinated. A mediator, orator, and minister, she has been the CEO of the Martin Luther King Jr. Centre for Nonviolent Social Change, in Atlanta, since 2012.

Bernice believes there are three actions that her father would articulate today to help us harness redemptive goodwill and live a peaceful existence.

The first action is a refusal to adjust to ideals and policies that crush families, lay waste to communities, and yield refugees across the globe.

The second action is to serve as a force of light. Martin Luther King often stated, “darkness cannot drive out darkness; only light can do that.” When we show up as light in dark places, the darkness must depart. If we become darkness in response to darkness, then we perpetuate a descending spiral of hate and hopelessness.

The third action is to understand that we inhabit what Martin Luther King described as a “world house”—a diverse, multicultural, dynamic house in which each nation represents a room.

Bernice King said “I am hopeful. I have no doubt that my father, too, would be hopeful, even as our nation and our world grapple with a resurgence of divisive discourse and polarizing policies. As he told us, “The believer in nonviolence has deep faith in the future.”

Dr. Martin Luther King, Jr. taught us many lessons. One lesson was the seeking of clarity around what we represent. As dojo leaders, we need to be clear about what we stand for going forward. Who do we represent? What are our core values? When we can answer all of these questions clearly and in alignment with Seido Karate core values we are more likely to devote our time and energy to the nurturing of our dojos.

Kaicho reflects this sentiment in saying “what matters is the way you dedicate your training and study of karate-do and dedicate yourself, how you help your community, how you contribute to your country or society”.

Osu.

Sei Shihan Harry Roelofs



Sei Shihan Harry at their Gore Bay Property

NEVER GIVE UP HOPE

Hope is a nondescript word usually used without thought and too much concern. Generally, it is a word that is used with expectation and desires for a final outcome of something pleasant to happen. But, unknowingly, the word when used indiscriminately, can lead to the opposite of the intention and a result that has been "hoped" for.

As an example, what might be said, "we live in hope". But! Hope for the what? Hope in this instance is not specific leaving whatever the decision asked of Hope to be made by the universe. If the decision is not to the liking, the common excuse is stated by terming it as "Karma".

It is common belief that if anything is required, and for it to be granted, is to think of the need in a positive manner, then the universe is asked, and thanked for the receipt of the need. This now is the process for the Hope which is forgotten or ignored whenever a statement or a "throw away" comment is made;

Hope you are well.

Hope you have a good day.

Hope you enjoy

So, to live in hope is like playing a game of chance. Again, as with all things of life, choices are given. Each choice has a final outcome dependant on the "Hope" (choice) chosen.

Final words from the floor would be, every thought has a positive and negative, and each action has an equal and opposite reaction. Simple laws of nature but remember that every action that is done and said, all start and begin with a thought. Then "Hope" comes into play after the initial process had been carried out and committed by the subconscious mind.

So, Hope is a simple word, but when analysed has powerful connotations. **When Hope is used, be careful because Hope might provide more than what was bargained for.**



Sei Shihan Gavin Lowe



*Sarah Skinner [2019]
Comedy Wildlife
Awards winner*

HOPE

What an interesting state of mind to be in when you either hope for something to happen or live with a "hope" of things getting better. As an individual, hope seems to be a situation where you are waiting at the bus stop in the rain hoping for the bus to arrive soon; what if the bus doesn't arrive?

As a young fella I did a lot of hitch-hiking, it was a cheap way to get around and you got to travel with some very interesting people, and may I add, sometimes filled with surprises; both good and not so good.

On some trips the rides didn't come, especially when it was late in the day and sometimes well into the night. The last thing you need is to be well out of town on a wet and cold night.

We would never "hope" for a ride. In advance of getting that late out on the road we would walk to the nearest town or keep an eye out for a barn, hayshed or some form of shelter for the night. Take action and set a plan in place if you want to move forward.

I guess I view hope as an aspect of "wishful" thinking.

Many will say that they have a plan "B", you can only have a plan "B" if you had a plan "A".

Those of us who don't have a plan, and Covid-19 has been challenging, will find that if you don't have a plan, someone else will have one for you.

Perhaps, hope is a bit like a rocking chair? It has a lot of movement, however, is it going anywhere?

I do buy Lotto Tickets, go figure?

Sei Shihan Danny Watson, Head Instructor, Devonport Dojo



Hope for Humanity

With the current Covid19 environment, there is a lot of kindness and compassion among people. The Covid19 message of "be safe and be kind" was well received and practised by many people. Where I did my lockdown in our batch at Waitarere, people waved and said 'hello' every day.

Hope is our optimistic state of mind that is based on our expectation of positive outcome with respect to events in our lives. This is important because it allows people to approach problems with a mind-set and a strategy-set suitable to success. It also leads to reaching goals which are conducive to growth and improvement.

Hope allows us to believe that things will work, and it helps us to stay calm and peaceful when something less than desirable emerges. With this belief, we will get through it.

Hope also teams up with faith and believes in the impossible. When people have hope, they have faith. While faith without hope is possible, hope without faith is not. So, my hope for humanity is through compassion – a sense of caring for others. We can't have compassion when we have destructive emotions which are related to ignorance, short sightedness and being narrow-minded. Around us, there is anger, jealousy and fear which can be dominant emotions, but these can be overcome through the use of compassion.

Genuine compassion has no attachment and is based on the rationale that all human beings have an innate desire to be happy with no suffering. So, let us be happy, safe and compassionate so that there is hope for humanity.

Sei Shihan Ben Otang, Head Instructor, Wellington



**"A rock pile ceases to
be a rock pile the
moment a single
person contemplates
it bearing within them
the image of a
cathedral."**

Antoine de Saint-Exupéry



Hope is for my daughters that they can deal with what's to come, trust that we are standing closer, communicating not by devices. Hope that they can look to the future for love, friendship and employment, and trust their decision to step outside and embrace what may come their way. Hope for all of us to make our connections stronger, this world has changed us. Trust I find people are standing apart, no eye contact, no nod, are you ok?

It's back to school for me and my daughters. They talk to me every night on how they think they will handle this. Both have not stepped outside in over 9 weeks. My oldest believes a law has been passed and you must abide by it. She intends to become a Police Officer. My youngest is just too scared, not handling this lock-down too well. Even today, first day back at school, she wants to pull a 'sicky', scared obviously that she hasn't done her home assignments.

Hope for me is to travel again and look around NZ, train at each and every Dojo, meet and greet any and everyone I bump into, and listen to their story.

Sei Shihan Lance Puhirere, Head Instructor, Temuka



Yank Watch

As our state "reopens" in time for the Memorial Day weekend and all that entails, our numbers seem to be levelling out. Though, this could be due to conflicting information or lack thereof. For example, I learned this week that two major groups in our state do not, will not, or cannot give Covid-19 case information. The first is the Native Americans living on tribal lands. There are 21 tribes that live within the state of Arizona. 19.8 million acres, or 27.1% of the area of Arizona, consisting of 296,000 people. Any information on cases is currently being "suppressed".

The second, military bases, ports, forts, and installations. Arizona has 22 of these, 7 are bases which have 5,000 to 7,000 military personnel each. If you total the area these cover it is 54.7% of Arizona. Hard to find exact numbers here. On March 31st the Pentagon ordered all military bases to stop reporting the number of cases. Now we do get some numbers in total, but they are not allowed to tell us which base or where or how many.

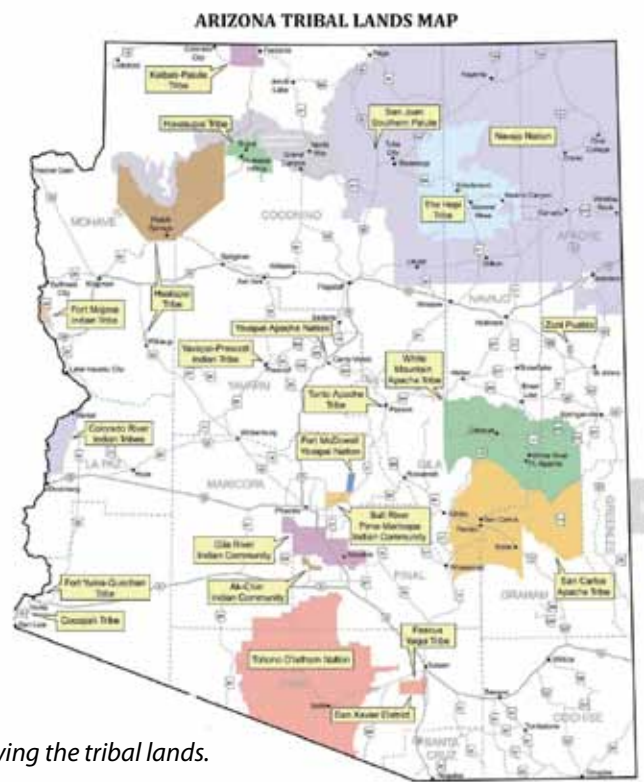
As I mentioned many weeks ago, the town of Sierra Vista, the largest town in our county, is the home of Fort Huachuca (pronounced Wah-Choo-Ka), between active duty and veterans, they make up 23% of Sierra Vista's population. Compare the Arizona website with the CDC website's numbers and there is always a discrepancy. So, getting GOOD, accurate information is, at best, a guess.

Our county has seen our second-largest spike and our first death due to the virus. Many of the larger city's mayors are trying to keep restrictions in place, but, unfortunately those same cities are filled with....well, Yanks, so....we shall see!

	28-Mar	4-Apr	11-Apr	18-Apr	25-Apr	2-May	9-May	16-May	23-May	30-May
# Cases AZ	919	2,019	1,100	1,374	1,326	1,561	2,360	2,320	2,671	2,408
# Deaths AZ	17	52	35	56	69	96	89	170	147	120
# tested AZ	13,712	27,160	13,448	13,370	10,515	11,463	18,611	128,940	65,564	59,285
# Cases Cochise	3	7	4	13	22	36	14	39	46	58
# Deaths Cochise	0	0	0	0	0	0	0	0	0	1
# tested Cochise	258		425	541	116	687	146	841	154	1,189
# Cases USA	122,653	267,436	144,783	525,704	258,268	690,714	165,010	895,766	205,052	1,092,815
# Deaths USA				35,443	50,439	14,996	64,283	13,844	77,034	12,751
# States "Widespread"				27	36	33	35			
# Cases Worldwide	571,659	1,051,697	480,038	1,610,909	559,212	2,160,207	549,298	2,719,896	559,689	3,267,184
# Deaths Worldwide	26,493	56,986	30,493	99,690	42,704	146,088	46,398	167,705	41,617	229,971



Row and Sensei Murray Creighton



This week I have attached a map of Arizona showing the tribal lands.

Hope - a feeling of expectation and desire for a particular thing to happen.

Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

We all live with crisis bubbling just below the surface, whether it impacts us directly or just causes us inconvenience. These range from family disruptions, natural disasters (fire & flood), economic changes (loss of job or medical bills), community resources or lack thereof, life events - births & deaths or any disturbance to our daily activities.



The COVID19 crisis is something entirely different. It is asking us to do something quite out of character. It is separating us from the very people who in other times of crisis & stress are there to help us through – our family, our friends, our neighbours, and our community.

Instead we are locked away in our homes, sometimes alone, often lonely, and fearful, relying on telephone calls and Zoom meetings for a chance to speak to or see the people we love. Unsure when or even if we might be able to hold them close again.

The entire world is experiencing a crisis that has not been seen since WWII. There are so many people suffering, so many jobs lost, so many sick and dying, and the worst part is, we have no idea when this will all end.

In this dark time, it is too easy to get lost in the terrible statistics, the constant feed of frightening news. Like being told that the loss of human life is an acceptable outcome to keep a business or an economy or country running!

But there are other stories to be told...

Stories of compassion, of people helping one another. Stories of generosity, companies retooling to make lifesaving equipment and sending to other countries who need it. Stories of hundreds of individuals working around the clock to help develop the medicine & technology in an effort to combat COVID19, to protect us or to help make our time in isolation better or more tolerable. These are the stories we should tell; they give us hope and make us more resilient. We are all in this together. Together we are going to get through this, and we will celebrate all the wonder of humanity along the way.

There is hope! Osu.

Jun Shihan Allan Lambert, Geelong, Head Instructor, [HEAD INSTRUCTOR - AUSTRALIA]

Ten HOPEs I have for our future

I hope we remember the lessons we've learnt.

I hope we remember to keep taking care of one another and continue to look out for our elderly and vulnerable.

I hope we remember how good it felt, to offer our support, to anybody who needed it, to ensure our friends would never go without.

I hope we appreciate our freedoms but exercise them with a greater degree of care and consideration and never again fight over rolls of toilet paper.

I hope employers, businesses and corporations remember to put people before profit and no longer think any one employee is so vital that a sick day is out of the question, at the risk of others.

I hope we remember to stay prepared, keep plans in place to respond against catastrophe and have patience and trust in our preparations and response units to safely steer us through the next challenge.

I hope we remember those world leaders whose inaction or poor handling of the crisis has cost countless lives and cast our votes accordingly.

I hope mothers and fathers who've spent so much time with their children in recent weeks, remember that they can keep doing that.



I hope we remember the connections we made with our neighbours next door, our mates across the ditch and our family on the other side of the world.

And of course, I hope that we appreciate our karate, our dojos and our fellow karateka, live in the moment and train hard!

OSU

*Senpai Sam Gray, Head Instructor, Sunnybank Dojo,
Brisbane*

Hope is so important – it is both the destination that we run towards, and the determination to keep us running on that journey towards said destination.

As a social person who enjoys the comforts of routine, I have found it difficult adjusting to the new 'normal' of a combined health-economic crisis, and the need to be in isolation from others. In fact, it would be an improper expression of ego if I lied right now and said that from the beginning I was never nervous, stressed or scared. And I'm sure that many of you may have experienced the same emotions, albeit in varying degrees and for different reasons.

My years of training in Seido – I recently celebrated my 20 year anniversary in isolation – have shown me that the lessons we learn on the dojo floor, supplemented by Kaicho's many lectures seamlessly apply to our everyday life. I think it is very easy to lose hope when we feel out of touch with information or out of our depth. Many of us find it easy to have hope in situations where the light is easily visible at the end of the tunnel.

I think the Covid 19 situation is getting much better here in Tasmania – there are even rumours that we are just behind the amazing progress that New Zealand has made. But I do not know for sure. I think my job is stable and safe. But I do not know for sure. I think all my family and friends back in Sydney and Melbourne are fine and safe and will continue to be until this epidemic is over. But I do not know for sure.

Instead, I choose to hope, and choose to know that this will eventually be over. I know that I can log into a zoom class the same time every Tuesday and Wednesday night and that I can train for 2 hours and forget about everything else. I know I can call my Kyoshi and speak with them whenever I need reassurance. I know that I can participate in class with Kaicho and Nidaime, or sit in meditation with Hanshi Andy, or listen to Hanshi Renzie deliver a lecture on the importance of staying calm under pressure. I know I can be patient with myself and with others, because I have affirmed this out loud thousands upon thousands upon thousands of times before.

Seido karate has helped me realise that I do not need to learn how to have hope in new and challenging times, because I have already learned that there is always hope:

Nana Korobi – Ya Oki

Fall down seven times, Get up eight times

Things may change but that is not a bad thing. It is just different. In many ways, it reflects the nature of Seido Karate – an ever changing and evolving art form.

Sensei Jonathon Papadopoulos, Head Instructor, Tasmania

Ironically, since my husband and I moved to Hobart from Sydney 3 years ago, I am still the only active Seido Karateka in the whole of Tasmania, and I have become more than accustomed to training in isolation. But now that dojos have been training online through zoom, I am actually connecting more and more with my fellow Karateka! Just holding onto that knowledge is enough for me to remain hopeful – even certain – of the fact that once all this is over, I will again get to share the dojo floor with the many people whom I love and respect.

Osu

Sensei Jonathon Papadopoulos, Hobart, Tasmania (Australia), Formerly, Kazoku Dojo, Sydney



Reflections on Hope

Dum Spiro Spero - While I breathe, I Hope

My family motto. I am still breathing. I hope, therefore I am.

I used to write Dum Spiro Spero at the bottom of my exam papers when I was a student hoping for a pass. I don't recall the context of a speech when President Obama used my family motto, but I do recall my flush of pride. Bringing hope to a higher place in my consciousness has made me aware of how much of my life is spent hoping. Mostly over situations that I have no control over. I hope it won't rain. I hope he/she is alright. I hope that we can beat Covid 19. Sometimes my hopes are linked with the karate maxim of don't quit, never quit, be strong. I first encountered this when I developed rheumatoid arthritis in the 1990's. Convinced it was a dietary issue, I had some success at relieving the symptoms and the dojo culture helped overcome the pain and stiffness and produced a louder kiai. My hope that this was the end was dashed when a flare not long before my san dan promotion saw my first introduction to the steroid prednisone, which I hoped, was going to solve my problem. Now my hopes rely on a fortnightly injection, Humira.

Some people of religious persuasion may call hope prayer and attribute the outcome of hoping to a higher being. I wish, could also be substituted for, I hope. Hoping can be powerful. The collective power of my family's hope was fulfilled when we hoped beyond hope that my granddaughter would win her fight against meth addiction, she has Dum Spiro Spero tattooed on her arm.

Thinking about hope has made me realise how many times a day I hope for positive outcomes in all facets of my life and in the strange new world in which we live.

Two Months Locked Down

My first trip in a car
People-watching the day before announcement
Level 2 to be or not to be
People hoping queue not going to be too long
People hoping there will be no shortages
People hoping there will be good news tomorrow
Sparrows and gulls hoping to score
People hoping masks work
People hoping no need for masks
Osu Senpai Marcia, how are you?
Hope you and yours are safe and well
Hope to see you back in the dojo before too long

Sometimes things seem beyond hope
It's hopeless...

Nothing is hopeless there is always a glimmer of hope the slightest breeze can fan like a glowing ember and turn it into a forest fire of positivity.

Still I live in hope. "In ya dreams" my alter ego says. I will beat this; I will be back in the dojo. Dum Spiro Spero!

Osu. Jun Shihan Mary Bell Thornton, Nelson Shibu

Hope is a wish on wheels.

Hope is the halfway house between a wish and a goal. A wish relies on a genie and a lamp - it's a whimsically passive pastime. A goal is an active planned-for outcome - the end product of a series of deliberate steps. Hope is somewhere in between, it's a wish on wheels. Hope has a destiny in mind - it's heading somewhere, but unlike a goal, the pathway is often uncertain.

Hope needs a helping hand. Hope is future focussed and can envision an outcome. But arriving at the outcome often requires navigating an Indiana Jones-like landscape with pitfalls and problems to be navigated every step of the way. Enter the helping hand. Leaping chasms, warding off repulsive snakes and beetles, and solving riddles to open secret passageways - all without knowing exactly where the secret passageway leads, is best done with a band of trusted companions.

Hope needs help and help means people, trusted companions who have your back, are in your corner and are there with the safety net or sticking plaster. They help read the map and steer the wish on wheels in the right direction. They are the faces of friends and family, heroes and helpers, children and students. They are the reason we carry on with the adventure.

And when the going gets tough, they are the hope we hold on to to throw us a lifeline. They are us, us is we, we is me. Sometimes we need hope, sometimes we provide hope.

This story illustrates it well. One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up, and the tide is going out. If I don't throw them back, they'll die." "Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said... "I made a difference for that one." Loren Eisley

Sometimes you're the starfish, sometimes you're the boy. Give hope.... Receive hope.... Wax on.... wax off....

Jun Shihan Bu



'Skinny-dippin' way down South ...



"I hope this goes well!"

Where are your 'steel cap' boots now Jun Shihan Andrew?

This photo captures a story of hope, love and survival!!!!

Jun Shihan Andrew 'tippy toed' [without his boots] into the icy waters of Lake Dunstan without a care in the world and full of hope and happiness on a sunny-ish day in March 2008! We believe Jun Shihan Andrew may have had a rose between his teeth at the time, but we can't quite see that in this photo! *Hold on a minute – nope – can't see it!*

Little did JS Andrew know that within ten and duly resuscitated by his beautiful serious event and he spent time in

Hope and love prevailed!!! The moral of ya snorkel?



minutes he would drown and be rescued by his beautiful wife, Kyoshi Nicky! It was indeed a very hospital afterwards.

the story? You want to skinny-dip? Where's

What is Hope?

ANTICIPATION, ASPIRATION, BELIEF, CONFIDENCE, DESIRE, FAITH, PROSPECT, WISH...

HOPE allows people to approach problems with a mindset and strategy-set suitable to success, thereby increasing their goals.

HOPE related cognitions are important.

HOPE leads to learning goals, which are conducive to growth and improvement.

HOPE is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

The Swallow has been a symbol of HOPE, in Aesop's fables and numerous other historic literatures. It symbolizes HOPE, in part, because it is among the first birds to appear at the end of winter and start of spring. Positive thinking and believing in good, would give you a hope in life. Learning, reading and knowing something new. Helping others when they are in need gives you a good hope in life.

The Benefits of Hope.

Hope can bring us joy and peace in the midst of turmoil.

Hope can give us courage, strength and boldness instead of fear.

Hope can offer confidence in the face of doubt.

Hope can motivate us to get up and seize each day and not just go through the motions with no expectations of change.

Hope can keep us positive, in an oftentimes negative world.

Jun Shihan Richard Phillips



"Yep, I've got this!" Thomas Mangelsen 2019 Comedy Wildlife awards

HOPE

H - Hope – feeling of expectation and desire for a particular thing(s) to happen

O - Optimism - hope and confidence about the future

P - Positive – being optimistic and confident

E – Expectation – strong belief that something will happen

Hope is about having a positive outlook on life. The cup half full approach.

My hopes are our efforts and sacrifices over the past 7 weeks have made a difference. That we end up with a better world to live in.

Hope that we continue the good habits developed over lockdown: our connections with our friends and family, appreciating what we have, our fitness regime, etc

Hope that soon we can open the dojo and train with fellow students.

Hope we obtain our freedom to follow our dreams.

Hope that we are all safe and well.

Osu

Jun Shihan Sandra Wiggins, Timaru Dojo



**We must accept finite
disappointment, but never
lose infinite hope.**

Martin Luther King, Jr.

Hope

Have you ever felt despair? When it feels as though there is nothing to look forward to and things are not going to change for the better anytime soon? Everyone has likely felt this way at some time. Despair may result from a major event like the death of a loved one, or from a seemingly smaller incident. No matter what the event, it will feel like a tragedy if this is the worst thing that has ever happened to you. Now imagine how you might feel if the same tragedy you are experiencing is also being experienced by those around you, and is ongoing, lasting months or even years? Sadly, it does not take much imagination. But consider the impact on an individual when the whole of society, and even the world, appears to be in a state of despair?

When you feel great despair, and you wonder how things could ever improve, have you ever noticed that sometimes they just do? Despite being aware of sorrow all around you, things just seem to get a little bit better. You are not even aware of this until one day you wake up and feel like something has changed, something is different in a positive way. It now feels that, despite any negative emotions you feel, there is something to look forward to, however small. You might wonder - how can anything possibly be better when the tragedy still exists? How could I possibly feel better when there is so much despair around me?

What has changed is that somehow from somewhere, a spark of hope has been ignited. When you were not looking, a glimmer of hope has taken up residence inside yourself. Thankfully, it is human nature to feel hope. It is one of our most useful emotions as hope has the power to override and counteract other human emotions, like despair. Sometimes it is easy to find and the fact that the sun will rise again tomorrow is enough to spark some hope. But sometimes it feels out of our reach and, regardless of any well-intended advice we receive, our sorrow will not shift. We may attempt to nurture hope by trying to remain positive, forcing ourselves to do things we know are good for us, having compassion for others, and, importantly, by connecting with other people and opening the doors to their feelings of hope. Luckily for us we live in a society of people who all have the human capacity to ignite hope in themselves and in each other. By staying connected with others, no matter what else we do, one day hope will appear. Because that is our nature as human beings, and that is the nature of hope.

Osu!

Kyoshi Catherine and Kyoshi Glyn, Head Instructors, Seido Brisbane





Sei Shihan Michael Higgs

The Spiritual Warrior [Native American Poem]

The sun breaks through the clouds; the birds begin to sing
their sweet melodies. There is a change in the energy.

A deep change within the self.

The warrior has fought the courageous fight.

The battle of the dark night of the soul is won.

New energy now fills the Warrior.

A new path is now laid before them.

A gentler path filled with the inner-knowing
of one who has personal empowerment.

With their personal battle won, they are filled with joy.

A new awareness that they are one with the Spirit beams
as they go forth to show others the way.

They are not permitted to walk the path for others.

They can only love, guide and be a living example
of the Truth of their being. *Always in our hearts Sei Shihan ...*

We are NOT in the same boat.

Let's be clear.

We are all on the same sea - but different parts of the same sea. Some parts have huge swells strong winds and currents, while some are calm.

Some of us have better boats. And know how to sail in rough conditions. But some of us struggle against the elements, just trying to keep afloat.

The boats we have built for ourselves depend on our belief system and mindset, and that's where hope comes in. From the beginning, my life was a challenge, obstacle after obstacle. Growing up in Poland, under the Communist regime in a state of war. Escaping Poland to a refugee camp in Austria, where I didn't speak the language or know anyone. As a child, I'd faced homelessness more than once. I know what it's like to not know where (or when) your next meal will come from.

But I ALWAYS had hope. Hope that I will be OK. That things will work out. And they did. Somehow, there was always a meal and a roof over my head. Over time, hope became a sense of knowing. A steadfast belief that things will be OK. That whatever happens, I will be OK.

Today I hope that people will look out at the sea, reach out to those in rafts and give them a helping hand. I hope we can hang on to each other and cherish everything we have. And most of all, I hope that you are OK today.

*By Kyoshi Darek (Polish, South African, Australian with an accent)
Head Instructor, Bayside Seido Karate, Melbourne, Australia*



Hope

In this short interpretation I will cover how hope is developed in a therapeutic sense and also through your continued training in Karate.

My approach as a therapist is called Solution Focussed, in that I only spend a brief time talking with clients about their problems and issues (what they don't want), and as soon as possible start to have them focus on what they do want. I also take care to reframe their language so that what they want is not represented as just not wanting what they now have. So, if they are in pain and I ask them what they want and they answer, "less or no Pain", then we work to reframe this into Wanting to be Comfortable. This focusses their mind on what comfortable might be for them rather than keeping pain in mind as the focus, albeit being less or none. As they start to imagine what being comfortable will be like and what that will change in their life this starts to develop hope. We continue to develop the context around being comfortable e.g. what will they be doing, seeing, feeling differently when they are comfortable and note the presupposition 'when they are comfortable'. As this becomes more concrete in their minds, it is easier to develop useful strategies that will take them to this goal.



One of the great structures in Seido Karate and martial arts in general that sets up Hope is the grading system. As a blue belt for example you can and do hope to become a yellow belt. This is being forward focussed with the solution of changing your current state of Blue Belt being the future state of being a Yellow belt and so on. The grading system also allows you to accept your current state and the challenges within it and keeps you focussed on becoming something more. You don't wish you were a white belt ever again so your past is appropriately left behind and your future hope and dreams are what you want to have, believe you can have, and will have. As you immerse yourself in Seido you will find the whole system supports your continued forward movement with new challenges in the form of new Katas, various technical patterns, weapons training and sparring that all builds your confidence and fuels your hope to become the best you can be. Enjoy your training and continue to strive to be your best.

Osu

Shihan Geordie Thompson

Shihan Geordie is a much-loved son of Christchurch Shibu, training at Shibu in the early days before moving to Australia. Shihan is a Clinical Hypnotherapist and NLP Master Practitioner based in Perth. His business is Hypnologic Solutions. Please contact SeidoShibu_sec@outlook.com should you want Shihan's contact details.

I would like to share a little on my thoughts on Hope. The first thing I did was googled the word “A feeling of expectation and desire for a particular thing to happen”

Up until March of this year, Hope, for me was not something I actively used in my thoughts, my thoughts of the word Hope feels like you sit still and wait for something to happen or hoping it will happen. Get off your butt and make it happen, if you want it, work hard and get it. After a 17 year break away from Seido Karate and coming back I had no expectations of remembering a great deal or having the body strength to do more than 5 press ups. There was no hope that I would be at the same level I once was. Thanks to Facebook three other ex and current Seido Karateka got together to start a new branch in Tauranga. We all decided that rather than starting a club straight away we would rather train together and work at getting back to a good level. Well, on the first training night we had two new students walk in the door (which are both still training). Well, OK, looks like we are starting a new chapter in Tga. To be honest as I sit here typing this, I see more hope in my dog's eyes hoping something in the food category falls onto the floor.



Now with the new world that has been forced upon us I see hope everywhere, all the uncertainty that now surrounds us in everything we do. Having been told over the radio that we were all to be prepared as of Wednesday 11.59pm to not leave our homes for a minimum of one month (four weeks)... these were the most absurd words you could ever hear, unheard of. I felt 'I have now lost control of my environment', a feeling that I do not like.

The week leading up to this we had our eldest daughter and her partner staying with us for a week's holiday. They had a wedding in the Bay of Plenty where Mark was to be the best man, really exciting times, best man, what an honour. All of a sudden, the world started changing and panic started, airlines were stopping, places were shutting down, what's happening? Should they stay for the wedding? Should they get back to their home in Sydney? What if they get stuck here? What about their dog back at home? A phone call to the travel agent with the reply, if you can get a ticket home take it. It was a quick pack of bags and in the car to Auckland airport. OMG, I hope we get there in time. I hope the plane is still in operation. I hope they get back to their home in time, hope hope hope. I was sweating hope and of course throw in a bunch of anxiety. As they were about to go through customs the departure display board was full of cancelled flights. Not theirs and they made it safely home but missed the wedding. Time for my wife and I to relax knowing that our kids were safe and well. The next day our youngest daughter who also lives in Sydney felt uncertain of her future as New South Wales started turning into a virus hot spot. We did not sit back hoping she would be fine if she just hunkered down. We got her on the first plane out, the flat was packed up and on the plane to NZ. Me? well back in the car and up to Auckland airport at midnight to bring her home. The next day was lockdown.

Sitting at home with the news on all day keeping an eye on the spread of this horrific world terror had me watching in shock and horror, the word Hope was front and foremost. Questions pouring through my mind. HOPE we all get through this in one piece, HOPE all our family and friends are safe, HOPE we can pay our bills, HOPE I have a job at the other end, HOPE there is the other end of this. Time to go into my garage and do a big hard work out with my upright bag, punching and kicking this thing with some loud music until I couldn't hit it anymore, this will help my head, go on then, take your bag

gloves off and hit it again, yip straight through the padding into the steel pole that holds it together and break a few bones in my fist why don't ya. A new hope came about, I hope I can use my hand again.

Now that we have started our new normal, I am finding the word "Hope" is fading and focusing more on my old saying "if it's going to be, it's up to me". For the friends of mine who have either lost their job, their business or the company they work for or their own company is struggling, these are things that I have no control over, the word HOPE is as big as it can get. I really hope things work out for them. As they know my door is always unlocked, my phone is always on for them to talk or ask for help. As a close friend reached out to me yesterday, he was about to end it all, the lockdown was his final breaking point, he is now doing better. Never feel too proud not to reach out. You are loved.

OSU

Sensei Rick Harding, Head Instructor, Tauranga



Nidaime and Sensei Rick - 2019

Solitude makes us tougher towards ourselves and tenderer towards others. In both ways it improves our character. *Friedrich Nietzsche*

A realist and an optimist

Submitted by Sei Shihan Neil [Extract drawn from LawTalk 939 – May 2020]

What gives the Stockdale Paradox its strength is that Stockdale was both a realist and an optimist at the same time. That is the paradox. We need to be optimistic about the future while also being realistic about the present. Optimism takes us forward to a better future. Realism grounds us in the current situation and makes us focus on what lies ahead of us. It helps us to prepare and face whatever obstacles we will be confronted with.

Stockdale became a professor of Stoicism later in life and said this to his students at Stanford University: "The optimist that says everything will be alright and does nothing is the same as the pessimist that says nothing will be alright and gives up." It was the teachings of the Stoics (Seneca, Epictetus and Marcus Aurelius) that prepared Stockdale for his ordeal. As he was parachuting into enemy territory having been shot down, he said to himself that he was entering the world of Epictetus.

Epictetus was born a slave and in early life became crippled - possibly from a beating from his master. Once freed from slavery he became one of Rome's greatest Stoic philosophers. He was one of the original Stoic teachers and many of his lessons were recorded by a diligent student. He told his classes that they lived in an uncertain and hostile world (sound familiar?) but that they alone were responsible for their happiness - as each of them was free to choose and to judge. As Epictetus told his students - the keys to this paradox, and the key to having power over our intentions and our attitude was: "Even in a world that feels out of control, take responsibility for something."

Rear Admiral James Bond Stockdale, was an aviator and senior naval officer.

[An interesting fact, many supporters of Stoicism were born in December and January].

In a business book by James C. Collins called *Good to Great*, Collins writes about a conversation he had with Stockdale regarding his coping strategy during his period in the Vietnamese POW camp. When Collins asked who didn't make it out of Vietnam, Stockdale replied: Oh, that's easy, the optimists. Oh, they were the ones who said, 'We're going to be out by Christmas.' And Christmas would come, and Christmas would go. Then they'd say, 'We're going to be out by Easter.' And Easter would come, and Easter would go. And then Thanksgiving, and then it would be Christmas again. And they died of a broken heart. Stockdale then added: This is a very important lesson. You must never confuse faith that you will prevail in the end—which you can never afford to lose—with the discipline to confront the most brutal facts of your current reality, whatever they might be.

Observing evidence of duality, Collins went on to describe Stockdale's comments and life mantra as the Stockdale Paradox. An interesting youtube clip here where Collins discusses the Stockdale Paradox. <https://www.youtube.com/watch?v=GvWWO7F9kQY>



*Rear Admiral James B. Stockdale
[23 Dec 1923-5 July 2005]*

The first person who, having enclosed a plot of land, took it into his head to say this is mine and found people simple enough to believe him was the true founder of civil society. What crimes, wars, murders, what miseries and horrors would the human race have been spared, had some one pulled up the stakes or filled in the ditch and cried out to his fellow men: "Do not listen to this imposter. You are lost if you forget that the fruits of the earth belong to all and the earth to no one!"

Jean-Jacques Rousseau

Archbishop Desmond Mpilo Tutu summarised Ubuntu referencing the ancient Vedic story of the butterfly

submitted by Senpai Charles Powell

"Growth happens through obstacles and only with resistance. A tree must push up against the dirt, the solid resistance of the ground, in order to grow. Muscles grow when we apply a counterforce of resistance against them, but first they tear apart and break down, only to become stronger in the rebuilding. A butterfly struggles against the cocoon that surrounds it, and it is this very struggling that makes it resilient enough to survive when it breaks free."





Paraphrasing Rebecca Solnit,

- Hope is a gift you don't have to surrender,
a power you don't have to throw away.

The past is set in daylight,
and it can become a torch we can carry into the night
that is the future.

For the love of life, let us hope.

-Senpai Bernadete van der Wielen

HOPE

I hope we do not forget how to be kind
I hope we remember how strong we are,
I hope we do not push our "togetherness" away
No matter if we must go or here we stay.

I hope the things we decided that matter Still matter, with or without the bug,
Like a kiss or the handshake of a gentleman Or just a warm and quiet hug.
I hope we can understand the longing Of doing things on our own will,
I hope we remember the hurt the heart feels In the absence of freedom,
I hope we always will.

I hope this unwanted spiky nasty
Stops robing our elders of their precious golden years, Pushing the walking sticks
behind the closed doors
And ripping away what they hold close and dear, I hope it stops. Oh! I hope it stops
right there.

I hope it stops the killing and the hurting
And taking from the young ones a bit of fun and a little flirting.
I hope it will never take away from us
The resilience to keep going and never give up the fight, Hoping for better days and
a walk towards the future,
A future we must strive to make it good and make it right.
I hope that wisdom, we take plenty,
I hope we all learn from two thousand and nineteen And two thousand and twenty.

*Senpai Bernadete van der Wielen
Kakahu, South Canterbury*



Hope

“When everything in life seems like there is no way out, that is when we need Hope”

As much as we all need hope, we also need to make sure that in our daily lives that we give hope to others, it may just be a kind word, an act of kindness or helping someone.

As Instructors we need to be supportive of our students and give them hope and direction to enable them to push through and meet challenges head on, both in the Dojo and carrying our learning through into everyday life.

As much as we need Hope to get where, we want to get to, it also requires faith.

Faith in our ability to get the job done, push through barriers both personal and physical to achieve our goals

Hope gives us the tools to approach problems positively, looking at setbacks as things that make us stronger, increasing the chances of achieving our goals. It is about seizing each day, not just waiting for change to happen.

Hope is practicing gratitude being grateful for what we have, the small things, the important things. Hope allows us to be ready to adapt and be flexible so if something isn't working, we don't give up, we try something different, it gives us courage and strength to push through and achieve our goals.

Jun Shihan Eric, Head Instructor, Blenheim, Nelson Shibu

“Be like the bamboo and know when to bend, not rigid like the oak”



Hope

Hope's the thing that lifts us up,
When your down and in despair,
It really is the only thing,
That's stronger than your fear.

Hope looks at the bright side
Looking for the best each day
Challenges become opportunities
And the troubles melt away

Storms may come, they always pass
Making chaos of our lives
So be the calm within the storm
To push through and survive

Hope lives in a smile, a laugh,
Or a special place you go
The things that make you happy
Like entering, the Dojo

Hope sees through the darkness
Lighting up to show the way
Lifting up the fallen
Giving strength to face the day

Make sure you learn from Yesterday,
Always, Live for today
Hope is for tomorrow
That is the Seido way



Hope in a time of coronavirus

Tough times aren't the same 'tough' for everyone. I've been very lucky through the lockdown, safe and secure in my home and in my country, sharing a comfortable house with an accommodating wife and step-son. Communication technology has enabled me to keep in touch with loved ones, whether near or far, and has given me virtual access to entertainment and information to an incredible degree. I've also been gainfully employed and able to carry on that work from home.

Meanwhile, someone very close to me has had a much harder time of it, physically isolated and suffering a significant depression. Their sense of the future has been robbed of hope and a pervasive feeling of despair has made them miserable, anxious, and struggling to find a way forward. It's been hard riding (virtual) shotgun with them from a distance, difficult to know what to say that might lift their eyes up towards the light. That remains a work in progress.

So where do I find hope? For me, personally, hope is always anchored in my religious beliefs and the symbol of the cross – at once a representation of the most disgusting and cruel Roman method of execution, and at the same time a sign of new life through the mystery of the resurrection. For believers, there is no more profound expression of the deepest of deep hopes – new and eternal life from a catastrophic and hopeless death.

This year we had to celebrate Easter – the most important week in the Christian calendar – alone in our bubbles, worshipping together virtually via Zoom or Youtube. There was nonetheless something profound about that experience, a reminder that we are all one across time and space, despite physical distancing. And that we can go through pain and grief and struggle, even in lockdown, and in the end not be thrown by them. Because our hope isn't in us, our hope isn't in what we can do, our hope isn't in our resources. It's in something beyond, greater, other – whatever you might want to name that 'other' as.

Most Seido people won't share my specific religious perspective but I think that a sense of something 'other', something deeper and beyond our own limitations is nonetheless intrinsic to what we do and experience as karateka as well. Our training pushes us towards our personal limits relentlessly, especially in the intensity of gradings. And butting up against those limits – physical, psychological, spiritual – drives us to a richer appreciation for the mystery at the heart of existence. Being knocked down seven times, we get up eight. We keep going, no matter what, until finally we just can't. And accept that too.

That's why Kanku and its interpretation as "Rising Sun" is my favourite kata name. Forming a triangle above my head to frame the notion of a rising sun at its beginning, has a double meaning for me – the Trinity framing the Rising Son. But I also love how Kaicho explains what the kata should represent to us, especially applicable to our lives in times of doubt and struggle. "No matter what problem or dilemma you may face, each day the sun rises anew, and the universe is before you. Nothing is so terrible that it affects the basic reality of existence. As long as you are here and the sky and the sun are before you, you are never defeated."

To get closer to that sense of detachment, it might pay to turn down the noise; maybe switch off from the media (especially social media) for a day. Likewise have a coronavirus free day, don't let the shadow of worry about what might happen overwhelm you but quietly put that to one side and focus on something closer to hand. Breathe. Do a kata, any kata, and enjoy the sense of purposeful movement, the extension of your limbs, the focus of your blocks and strikes. Think of five things to be grateful for. Sit outside and feel the sun on your skin. Try and really feel it and be in that moment. Put all cares and worries to one side and savour the gift of just being.

For those who have been on the frontline of the pandemic, or who have suffered its severe consequences, maybe loss of income, even worse, loss of a loved one, it will be harder to pull away from worry and grief. I don't want to presume to tell anyone how to find hope when things feel hopeless. But with a historian's perspective, I can tell you that things have been worse, and they will be better. A century ago, New Zealand also suffered from a worldwide pandemic. After four years of a war that had cost this country over 18,000 lives, news of 'peace' in November 1918 was followed immediately by two months of a pandemic illness that killed over 9,000 New Zealanders.

Translated for today's population size, the equivalent would be some 45,000 COVID casualties. Our grandparents or great grandparents lived through those dark times, then a worldwide Depression, and another world war just twenty years after the first. But all through the ups and downs, they laughed and loved, and experienced personal joy and sorrow. Good times lie ahead for us too, as well as further challenges and setbacks. That is the nature of life, the rhythm of existence. If we quail before possible futures, if we lose touch with hope, just consider the rising sun and remember Kaicho's words: "each day the sun rises anew, and the universe is before you."

Jun Shihan Seán Brosnahan, Dunedin



Source: Honbu Website - <http://www.seido.com/photo-galleries/2018/2018-0805-beach-training>

Hope

In 1979 while at Otago university in Dunedin, after being fascinated with karate and having done judo while at boarding school in Auckland, I ventured one day in November to the YMCA and started karate in Kyokushinkai. I started at exactly the same time as Steven Cope who then pestered his way into my life and never left. Steven was seventeen at the time had seven assault charges against him as well as being on probation for riding a motorbike reaching speeds of 160km through the Octagon, with the policeman chasing him having a reasonably serious accident. Steven was something this private school boy from Auckland had not encountered but we brought the best out in each other in karate, and perhaps the worst in each other outside the dojo.



At the end of 1980 I attended the Christchurch Blue Skies camp with a severely cut foot because I was so determined to grade. I would not get stitches. It impacted upon my performance and Sei Shihan Danny Watson, Sensei Steven Cope and others were all double graded and I wasn't. I was gutted. When I looked at Hanshi Renzie the first time I went [to training], "I wanted to be you" and the next 30 years and beyond have been about doing my version of that.

I moved to Christchurch in 1981, lost to SS Danny Watson in double extra time in the Seido Tournament and got my Black Belt at the end of 1982. I was a bad student really; I just loved the fighting and I got a lot of people offside, including Hanshi Renzie, so when I left for Australia at the end of 1986 there weren't many people wailing. I then proceeded to thoroughly annoy Shihan Mervyn Nelis, Head of Australia Seido, so I took up some kickboxing in Melbourne and Sydney before being coaxed to New York by JS Meredith where I annoyed Kaicho at Honbu by blatantly going uptown to the infamous Friday fight nights at Shuseki Shihan Oliver's dojo. Senpai Michael Drew once described travelling as "the best of times and the worst of times" and I couldn't agree more. I spent part of the winter at Christmas 1988 in a construction trailer with no heat or power guarding the Roebling Rope from the Brooklyn Bridge and yes, we were selling the Brooklyn Bridge "kind of" but that's a big story in itself. While in New York two New Zealanders tried to get me killed at separate times. Sensei Roger James and Hanshi Renzie got me so drunk then put me on the train to Brooklyn whence I fell asleep and woke up on the way back from Coney Island. In 1989 Coney Island was not a place for white boys in daylight, let alone drunk in the middle of the night.

In 1989 after trying to get work in computers in Manhattan to no avail I was offered a contract back in Sydney and the moment I accepted, I got offered work in New York but I had accepted so let the winds of change decide my destiny. The other part of it was JS Sean Beehan saying let's start a Seido in Sydney and that's what we did. Being who I was I was impatient and so by 1992 we had a full time dojo and in 1997 I purchased the studio where I am now all the time not really knowing how to make this happen but my wish to be a poor imitation of Hanshi Renzie seemed to know no limits.

For the next 10 years we grew the dojo and were the largest dojo student wise in Australia for quite some years. But in 2007 when the Global Financial Crisis hit, it was a perfect storm of bad timing for me. I lost hope and fell into depression and then after not sleeping virtually at all for six weeks I took around 25 sleeping pills and ended up in a psychiatric ward. I woke up to a scene from 'one flew over the cuckoo's nest' and thought 'I don't belong here' but just like McMurphy, I slowly came to love each of my inmates. The bulimic girl whose chair I accidentally took the first day, much to her chagrin, the schizophrenic that checked himself in when the voices became too loud and finally the beautiful lady with a seemingly perfect life who had taken rat poison not once, but twice. By the end of my stay, they were my friends and I had so much empathy for them.



It was a big fall Seido wise though. I had been somewhat of an anti-hero and I had failed, and it wasn't long before it became obvious it was no longer tenable that I stay with Seido. Only one of the black belts, who I proudly called my "son" stayed with me while most of the students dispersed into other dojos in Sydney. I was left with a smoking ruin and a small boxing program that one of my boxing students had kept going while I was away sick and who I am eternally grateful too. But throughout this horrendous period, one non-judgmental voice gave his unquantified support to me, and that was Hanshi Renzie.

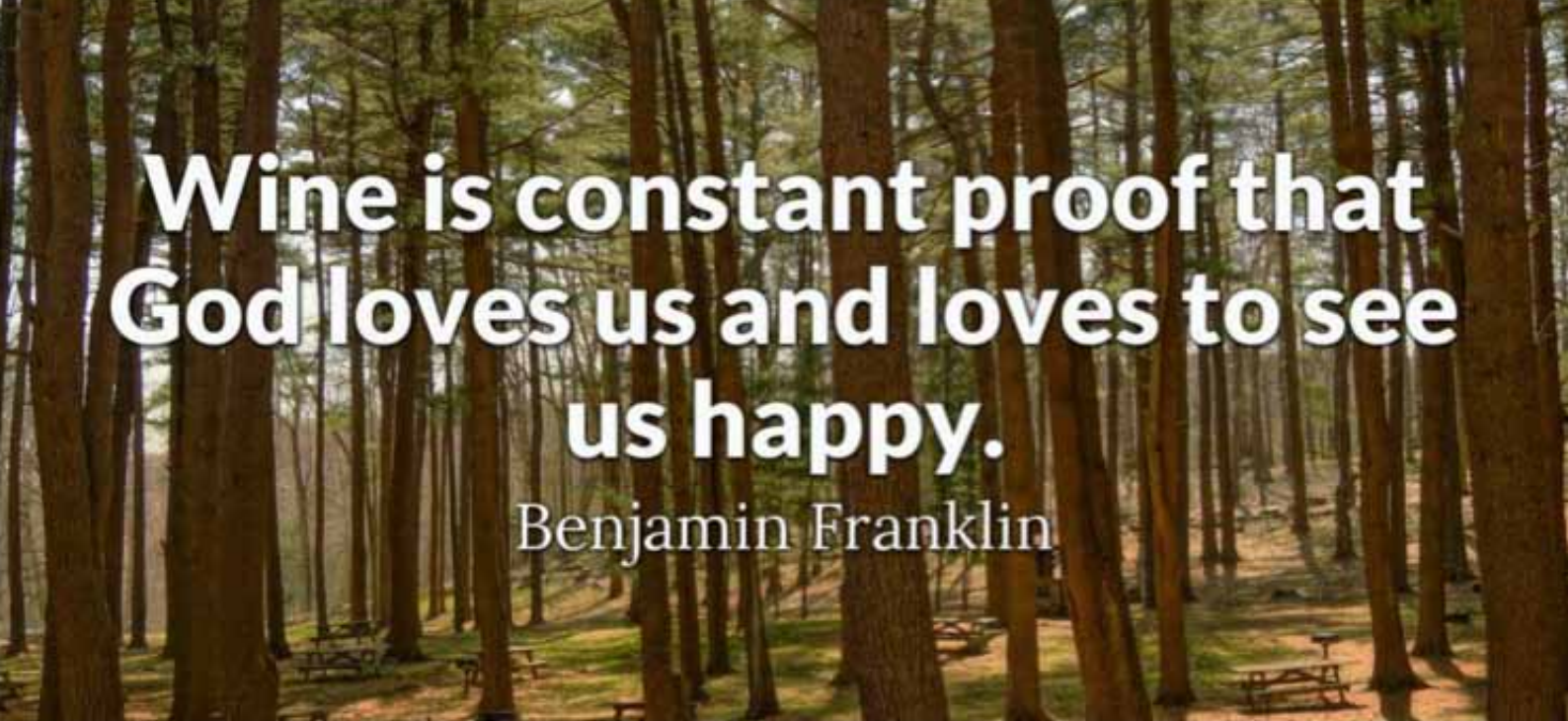
But then something magical started happening. I ran into an old student who was a two-time Olympian in boxing for Australia and we formed a coaching partnership that endures to this day. The school started growing and although the culture wasn't Seido it was as close as you get without the OSU. Every day, instead of hiding under the covers, I was waking thinking what on earth is going to happen today? And I mean that in a good way. Fast forward 12 years and our boxing school is large by numbers and we have had our competitors reach Commonwealth Games trials and a former student will hopefully make the Olympics for her home country, Germany. But the lessons I learned from Seido, especially from Christchurch, and also Shuseki Shihan Oliver's dojo are very much a part of what we do here. I am not bitter and am really grateful for the friendships that have endured from my time in Seido.

In October 2008, I flew to Auckland to attend my mother's 90th birthday. My mother had been very religious as she grew up with much hardship in her life, starting from the year she was born was the time of the Spanish flu which killed 16,000 of a population of probably less than a million at the time. But as she got older, she became known somewhat in the neighbourhood as a "mischievous" saint who would happily listen especially to the young people about their problems, offering sage advice. As the party drew to a close she suddenly said "I should say something" and went on to say "I was thinking what I would like to say to young people – If everything has gone bad just sit down, take one day at a time, and the universe has a way of righting itself". I was astonished I had never heard my mother speak publicly ever and then another part of me was going, "thanks mum, information that could have been useful 18 months ago"!

So, if one day we can travel again, and you are in Sydney, please come and be my guest for a night in Five Dock. Just type Joe's Boxing or even Boxing Sydney in google and you are bound to see us. Trust in the Universe and I "Hope" to see you sometime.

Kyoshi Joe Walker, Sydney





**Wine is constant proof that
God loves us and loves to see
us happy.**

Benjamin Franklin

Franklin's wisdom shared by Sei Shihan Neil

Jun Shihan Richard – a collection of 'hope' quotes

You may say I'm a dreamer, but I'm not the only one.

John Lennon

When we love, we always strive to become better than we are.

When we strive to become better than we are, everything around
us becomes better too.

Paulo Coelho

Hold fast to dreams,

For if dreams die

Life is a broken-winged bird,

That cannot fly.

Langston Hughes

I like the night. Without the dark, we'd never see the stars.

Stephenie Meyer

Be an optimist and see the positive side of life.

Keep smiling.

Do not miss any opportunity.

Grab all those you get and move on the path
of success,

As life is a long race that begins with a
Single step.

And now these three remain:

Faith, hope, and love. But the

Greatest of these is love.

Senpai Di delights in telling her speaking audiences that I'm a rock – one face for happy, the same face for sad, same face for joy, etcetera. She's right, I'm not particularly expressive outwardly. Nor am I wildly passionate about many things in life. It's not even that I've got the best poker face in town, I just prefer keeping my business to myself.

All of this doesn't mean that I don't have hopes and dreams, however. It's just that I don't go around shouting them to the world.

I am a bit hesitant when it comes to 'hope' however. 'Hope' on its own seems a bit sad; limp. Hoping that something will occur is no more than wishing; it may or may not happen. Relying on 'fate' or 'chance' or 'the will of the universe' seems a poor strategy to me.

Taking action to achieve your desired outcome is another matter. Influencing the universe or changing up your chances of success, seems a far better approach.

In her book 'Hope in the Dark', Rebecca Solnit describes it like this - "Hope locates itself in the premises that we don't know what will happen and that in the spaciousness of uncertainty is room to act. When you recognize uncertainty, you recognize that you may be able to influence the outcomes".
So, hope + deliberate action = a greater chance of success

What I have called deliberate action requires us to make conscious decisions and then follow through on these by our actions. Ultimately, it is the action that is important; that makes a difference. The best of intentions are no more than intentions until you act upon them.

We are reminded of this in our karate training whenever we use the word 'Osu'. Osu is commonly believed to be a contraction of the term 'Osu shinobu'. Shinobu is translated as patience, but also infers perseverance. Hence, we are patient while still working or striving or persevering or 'taking action' to achieve our goals.

So, be clear about the outcome you wish to achieve, identify what you can do to move towards that and then act.

Of course, we are all different and so too are our hopes, dreams and desires. It's not uncommon that other people act in ways contrary to our hopes. This is most likely not personal; it's just they may prioritise things differently or they could desire an entirely different outcome. This is where you must turn to persuasion and compromise.

In the same way that our Seido values of love, respect and obedience can be applied to different groups (I think of these as things that affect me personally, things that affect my immediate peer group such as family, friends, workmates, fellow karateka and then things that affect our wider community), so too we can have hopes for these different groupings.

As I write this, I hope for myself, my peers and the wider New Zealand community that we all stay safe and well from the SARS-CoV-2 virus. How do I take action to improve the likelihood of this occurring? Perhaps that's where my new-found obsession with hand washing comes into its own. Perhaps I need to work harder to stop touching my face. Perhaps I should continue to maintain some physical distancing, even as we begin to come back together.

What is it that you can do to make your hopes and dreams come true?

Kyoshi Steve Foster

Hope

Every aspiration we have, and everything we dream of, begins with hope; we live in hope. If we raise our heads and look around, we see the seeds of hope everywhere. We hope for better jobs and better cars, and maybe a new home, we hope to lose weight or get fit. We hope we get a black belt. I hope my kids will get better at tidying their room. We all hope.

For things we can control, hope helps us. Hope focuses our attention and becomes a catalyst for change. It's through hope that we find ways to improve our lives in any way we wish, indeed in any way we hope. Hope is the source of our inner strength. Hope is gunpowder. Hope is the Guns of Navarone. Humans need hope.

But hope alone isn't enough. Sometimes our hope can get crushed. Pressure can squeeze the life out of hope and pressure can bear down on us in ways we don't expect. Pressure is the cold winter night that stops us from going to training. Pressure is the wind that cancels the morning walk, pressure is knowing the tough guy will be coming to sparring class.

For every meaningful thing we hope for, pressure can come to test our will. When pressure comes discomfort can stop us in our tracks and destroy the very things we hope for. Pressure can kill hope. For some, pressure is a hope serial killer.

But not for everyone. Not for Nelson Mandela, not for Sir Edmund Hillary and not for many who face pressure in the pursuit of things they hope for. Some move towards pressure, accepting it; they break through it. And for those who do not yield to pressure, they deliver us the piano player and the athlete, the black belt. They bring us the 100-year-old man who walks 100 laps of his garden. They present us with the engineer and the builder, and the kid who gets up early to distribute papers to save for a new bike. They bring us the ballerina. They turn a walk into a run.

To find those special people breaking through pressure we just need to look around. They are in our schools and community, and in our neighbourhood. They are in our clubs and sports teams; they are in our family. They stand next to us. We find them practicing at lunchtimes and training in the rain, they work harder and longer in the gym, and we find them practicing their music alone. Some take on two jobs and others study late into the night. Some get up early to make school lunches. Hope drives them, hope motivates them, sometimes it consumes them. These ordinary people are resolute when the pressure comes; they are tough; they stay the course. They are resilient under pressure.

We all hope. We need hope. But pressure can kill hope which is why resilience under pressure is the key to attaining the things we hope for. For our children we hope to nurture and build resilience in them for times of pressure.



Kyoshi John Esposito, originally a Nelson student who moved to the UK and was the co-founder of the first Seido dojo in London. Established in 1991, almost thirty years ago. He now lives in Nelson.

Hope... The hope of getting back safely to training and being with our Seido friends, and seeing members use the return to inspire themselves to even greater performances.

Some history:

As a 17 year old I started Seido in early 1983 with friends, and by the end of the year I had achieved my 9th kyu (we started with no belt back then and had to earn our first grade 10th kyu white belt) and I'd survived my first karate camp too, which was in Glen Tui in those days..

December 23rd as I rode my motorcycle home from work I ran straight into the side of a car that did a U-turn in front of me and instead of flying over the car, the driver door wing mirror skewered my lower leg such that I bounced off the windscreen pillar before face planting the bonnet and sending me to ICU..... having severely broken my arm, hand, wrist and leg, plus severe amnesia. The picture shows my sorry condition with one of my older brothers.



So why is this relevant? Well after a long recovery I then had to start from scratch in my training both physically and mentally.

It was the first of many forced breaks from Seido which left me back at 'square one' each time for syllabus, fitness and stretch.

Roll forward another 20 years and by then I had backpacked around the globe, had various operations to have my knee ACL rebuilt, remove bone fragments from my elbow, and 3 separate hernia operations.... each time needing another long build up time to return to training (...and of course sparring).



While I laughed and labelled myself during this period as the "come back King", it taught me how easy it was to take training for granted and how appreciative I was to return. It also made me painfully aware of the effort required to build back up my fitness and skills, but that it was very do-able, and very worthwhile.

All of these musings bring me around to my point.... that regardless of the breaks we have in training (i.e. COVID-19), that we can get back to it and go on to do even greater things with effort. It's up to us.

So, I hope:

- that we can soon return to training in the dojo and seeing our friends there
- everyone who was previously training will find their way back to classes
- members will plunge ahead with the sometimes-difficult task of returning to prior form
- people are inspired to want to push themselves further and elect to compete in tournament opportunities as they arise
- our dojo grows and we see a new wave of amazing karateka's and "champions' coming through which may come about from those with a renewed appreciation of Seido karate, having had to make do without access to the dojo and the many other challenges in that period.

I look forward to seeing you all back training
Kyoshi Kim Moore, Christchurch

What is Hope?

ANTICIPATION

ASPIRATION

BELIEF

CONFIDENCE

DESIRE

FAITH

PROSPECT

WISH

HOPE allows people to approach problems with a mindset and strategy-set suitable to success, thereby increasing their goals.

HOPE related cognitions are important.

HOPE leads to learning goals , which are conducive to growth and improvement.

HOPE is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

The Swallow has been a symbol of HOPE, in Aesop's fables and numerous other historic literature. It symbolizes HOPE, in part because it is among the first birds to appear at the end of winter and start of spring.

Positive thinking and believing in good, would give you a hope in life. Learning, reading and knowing something new.

Helping others when they are in need gives you a good hope in life.

The Benefits of Hope.

Hope can bring us joy and peace in the midst of turmoil.

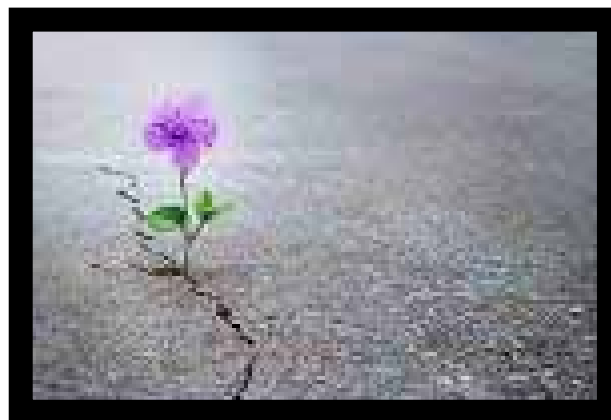
Hope can give us courage, strength and boldness instead of fear.

Hope can offer confidence in the face of doubt.

Hope can motivate us to get up and seize each day and not just go through the motions with no expectations of change.

Hope can keep us positive, in an oftentimes negative world.

Jun Shihan Richard Phillips



Push-up Challenge

Over the shut-down period, Sei Shihan Kelvin Lewis, Head Instructor of Dunedin Seido Karate dojo, was nominated by Steve Murray and Stu McCormack to a '25 push-ups for 25 days' challenge to raise awareness for PTSD (Post Traumatic Stress Disorder), anxiety and depression that drive people to commit suicide. Many of us were seriously impressed, with the kettle bell effort taking the vote for 'most challenging' push-up, possibly ever? We stole a few pics from Sei Shihan's evidence videos to share. This is the stuff grading nightmares are made of!!!

Well done Sei Shihan!!!! Osu!



Being in Spirit



I bought this poster a few years ago and framed it and it has always been hung in a prominent place in our home.

Currently in our home it lives in our garage which is where we work out.

I purchased it because the words Inspired me, and I feel that they really sum up what I believe we all strive for as Karateka; to be better than we were the day, month, year before.

Kaicho talks about this in his meditations and it is written on our Black Belt certificates and I quote "Hereafter the Student promises to continue to improve physically, spiritually, and morally through the daily study and practice of this martial art."

I am grateful for the Warriors that Inspire or have Inspired me and keep me In Spirit in my life. Among many

have been my Father and one of my brothers who served overseas representing our country, both went to fight wars at the age of 18. The Seido Warriors who have been and still are so influential in my life are Hanshi and all the senior Sei Shihans, and of course, all my close friends that have shared my journey and they all know who they are. Collectively we are all family.

The last few months have been tough for everybody around the world on so many levels, yet we are here, and it is now.

Finally, among all the waffle is my message and that is 'look for someone or something to Inspire you and keep you In Spirit'.

Osu.

Sei Shihan Murray Stewart



You will never reach your destination if you stop and throw stones at every dog that barks.

Winston Churchill

ZOOM



Osu

I thought this time I would share my experiences of zoom classes over the lock down.

After weeks of nagging from one of my seniors, I gave in and ran four zoom classes during the Level 3 stage of lock down. My initial thoughts on zoom classes was 'it's a bit too airy fairy for me', but anyway, at Level 3, I extended my bubble and set up in my senior's lounge, as I did not have the tech at home to do it properly.

I decided to do the classes as technical as opposed to a physical work out. This worked extremely well with a good video link and camera it was easy to check student's technique, and demonstrate with a partner. Students were able to easily see me and hear instruction.

Now one of the unintended benefits of zooming was that we had students from all over the country log on. In fact we had more visitor students than my own ones, so a great way to connect both ends of the

country together. Some of these students were quite isolated so it gave them another opportunity to attend classes. I feel this could be one of the major benefits of zooming for the future as students in remote locations who may only be able to get to their dojo or a main dojo say once a month can still be included and learn on a regular basis.

Now I hope to never have to zoom again, BUT it could be a great way, for say a new Shodan, to be able to lean their kata/kihon, especially if they already have had an introduction to those techniques first. So I think Zoom may have a place in the future in a Dojos scheduled classes, a correspondence school could maybe be a part of a larger dojos services, a way to maintain constant technique and syllabus throughout the whole country without the need for us all to be in one place.

If nothing else, it did bring together students from all over the country at a time of high stress and isolation and reminded us that we were not alone, but part of a wonderful New Zealand network.

OSU

Sei Shihan Richmond Grant, Head Instructor, Motueka, Nelson Shibu



Paraprosodokians

The first time I heard about paraprosodokians, I liked them. Paraprosodokians are figures of speech in which the latter part of a sentence or phrase is surprising, or unexpected, and is frequently humorous. (Winston Churchill loved them.)

Where there's a will, I want to be in it.

The last thing I want to do is hurt you ... but it's still on my list.

Since light travels faster than sound, some people appear bright ... until you hear them speak.

If I agreed with you, we'd both be wrong.

We never really grow up ... we only learn how to act in public.

War does not determine who is right, only who is left.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

To steal ideas from one person is plagiarism. To steal from many is research.

I didn't say it was your fault, I said I was blaming you.

In filling out an application, where it says, "In case of emergency, notify ..." I answered, "a doctor."

Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

I used to be indecisive, but now I'm not so sure.

To be sure of hitting the target, shoot first and call whatever you hit the target.

Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.

You're never too old to learn something stupid.

I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Submitted by John Lewis, long time friend of Hanshi Renzie's



Sei Shihan Mike McIvor, Head Instructor of the Te Awamutu Dojo and sons, Senpai Matt and Senpai Alex.

**Fathering is not something
perfect men do,
but something
that perfects the men.**

Frank Pittman

Hope for a Better Future



Sydney Seido Tournament

We have now entered into a new world, a new way of living life. All those times we could shake hands, or hug new people we meet, has been put on hold. Whether we are at work, back at the dojo, training at the gym, or out shopping, we now have a new responsibility of social

distancing and strict hygiene measures, to keeping this nasty COVID-19 from spreading any farther. This has rocked not only our entire country, but the whole wide world. Hardship is hitting many people in many different ways, and we don't know if it is going to get worse before it gets better.

Over the past few centuries, planet Earth has been through World Wars, Depression, Tsunami's, Plagues, Volcano's, and Earthquakes. Homo Sapiens have survived, and will keep surviving, we will find a way. I find this is where we can follow our teachings in Seido Karate. Look at the meanings of our Kata, Take the Overview, Peace and Harmony, Sincere Way, Breakdown a Large (or Small) Fortress, Fortune and Luck, Pure Heart, and many more. These will help us get through the times ahead.

Over the past few weeks, I have observed how everybody has managed to 'slow down', be patient, and follow the protocols required. Interestingly, there was suddenly very little litter (bottles, food wrappers, cigarette packets) dropped on the roads and sidewalks. To me, the entire region was starting to look cleaner/tidier.

Most people (but sadly not all) have been patient, courteous, respectful, and have adapted to this new way of living. Sadly, as we have now moved into Level 2, some people have just returned to the old way of behaving. I am already seeing the litter being dropped on the roads and sidewalks. Personally, I have been hoping that people would continue with the patience, and respect, not litter, and we could potentially see an improved new world, and get a good outcome from this nasty pandemic. We can only hope that there are enough people that have seen what I have noticed, and we can enter into a world that can be better than the way we were operating before.

Hope is strong in the human race. How we operate in the future may be different from what we are used to, but we will fight, we will survive.



Sensei Wayne Davidson,
Head Instructor, Hokitika, Nelson Shibu

As well as running Hokitika Seido Karate, Sensei Wayne and his wife instruct at Bodyworx Hokitika.

I found this clip in Facebook and added it, the locals were obviously very happy, commenting "WAR class is pumpin' tonight with the Davidson duo instructing it!"

Hope, a word that we all use one time or another as we all have or cling on to Hope for a myriad of reasons. Hope is commonly used to mean a wish, its strength is the strength of the persons desire, it is an optimistic state of mind that is based on an expectation of a positive outcome with respect to the person involved. What are some of peoples hopes? These can vary greatly, my hope (although not my only one) is to see my children thrive and lead a good life and meet a nice partner and have a positive outcome on others they interact with.

I Hope to live a long life (at least to 80). Hope helps us keep going. It contributes to our well-being and happiness. It can motivate positive actions and have a positive impact on us and others.

We can all share common Hopes as well as our individual ones. We would all like to have Hope for the human race where we won't bugger our planet up. We would all like to see disease, war, famine a thing of the past. We have Hope they will find cures for things that kill us and make us sick.

Does Hope have a spiritual meaning? In essence it is a wish and yes, I believe there is great spiritual meaning in Hope. People will find different spiritual planes with their hope. As an example, let's look at Buddhist Monks. Their Hope is to ascend to Heaven and sit on their god's right hand, and the way they Hope to accomplice that is to follow their faith and teachings. The Vikings had the belief and Hope when they died, that they would go to Valhalla and of course they had to die a glorious death in battle to achieve this.

There are symbols of Hope; a swallow, an anchor and a dove.

Hope affects the brain as when experiencing the sensation, it releases neurochemicals called endorphins and enkephalins which actually mimic the effect of morphine, probably much like you would experience if you won lotto. We all need Hope to get us closer to our goals amidst the twists and turns of life. It allows us to approach problems with a strategy and outcome, it gives us belief things will work, it helps us stay calm and peaceful and it also lets us be someone else's Hope.

Jun Shihan John Allender



Seido Karate Perth 1989

Osu.

I've been reading and enjoying the E-zine editions and when I heard that the focus of the upcoming edition was on hope I felt like I wanted to make a contribution.

I spent some time musing over what my definition of hope might be. It's not an easy thing to explain.

My starting point was a quote from a favourite writer, Thomas Moore. "Soul is not a thing, but a quality or a dimension of experiencing life and ourselves."

I substituted the word soul with hope. I believe hope is also a quality or a dimension of experiencing life. Hope is not a black and white thing. It's not all about positive outcomes. After all, you can feel 'hopeless' as well as 'hopeful'. There is room for both in our lives depending where we are in our life's journey. That's normal.

When New Zealand "closed" for 5 weeks, the closure came with immense uncertainty, fear and anxiety for many people. Uncharted territory. Extremely confronting. I had no idea it was possible to lockdown a country to be honest. Everyone will have their own experience of living through this pandemic. My approach was, and still is, to take one day at a time. I started a new role on the Monday before lockdown. I was half expecting there to be no role, given the recent drastic measures taken to curb the virus. Fortunately, the role continued at the beginning of level 3. I feel very aware that many people are facing harsh realities post lockdown and there will be challenging times ahead for all of us, as a community, moving forward.

For me lockdown was a time of simplicity, contemplation, reflection and interior stillness. I enjoyed living without the constraints of social norms and expectations. Paradoxically, I didn't want "normal" life to resume. I relished moving to a much slower rhythm and living more simply.

"Spirituality is seeded, germinates, sprouts and blossoms, in the mundane. It is to be found and nurtured in the smallest of daily activities." Thomas Moore.

I was thankful for technology as it meant I could keep in contact with my boys, family and friends.

After 5 weeks of lockdown in the quiet and isolation of Gore Bay we headed back to Christchurch. A stretch of road I've driven hundreds of times over the past 8 years and I was genuinely struck by what I saw. What I noticed. It felt like I noticed everything! I kept saying, "Gosh, I never noticed that before", the whole way home. I've only been gone 5 weeks and the world seems so different.

In one of Hanshi's recent messages he signed off with "keep the faith". That stuck with me and I pondered for some time what faith meant to me. I believe faith and hope to be inextricably linked by an invisible thread. I don't believe you can have one without the other.

Resuming life post lockdown I hope to bring with me my reawakened appreciation of the mundane and to continue my life's journey in an increasingly simple and contemplative way. I wish you, and your families, all the best in the coming days, months, years. Keep the faith.

Osu, Sensei Jane Heatley



Sensei Jane at their Gore Bay property



The Sawers sisters, Kyoshi Kim, Jun Shihan Meredith, Jun Shihan Leigh



Jun Shihan Meredith Sawers Pretto, Senpai Max Maquirang, Kyoshi Kim Sawers, Jun Shihan Leigh Maquirang

Hope Springs Eternal The resilience we learn in our lives and in our karate practice fosters our optimism. In the present we can work to be ready, to get up and go again, to adapt to new circumstances, be resourceful. We don't have to know what's next; we can be ready anyway. I miss my family and look forward to seeing them in the future, ten weeks on my own has been another learning experience.

I have felt the support of the wider karate family over this time, thank you to you all. The world is changing as it always does, enjoy your journey, show good spirit!

Masakatsu, "True Victory" by Morihei

Ueshiba. Yagyu Munenori once said, "I know not how to defeat others; I only know how to win over myself." Morihei maintained that the real and most dangerous opponents we face are fear, anger, confusion, doubt and despair. If we overcome those enemies that attack us from within, we can attain a true victory over any attack from without. Budo Secrets – Teachings of the Martial Arts Masters. John Stevens (Shambala, 2002)

Osu Kyoshi Kim Sawers

Hope.

Is wishing Hope? I remember hoping to be bigger, hoping to start rugby-Dad being a rugby coach with four girls in the 60's. He had a lot of sympathy from his friends about the four daughters but couldn't care less. Mum and Dad were our champions every day of our lives. We were Central Otago country bumpkin kids who couldn't stand "soft townies". We went to rugby practices often. We knew that was where the skills came from, we heard it all the time..."can't come up with new strategies in the middle of the game", "keep your wits about you but don't think too much, you'll be on the ground wondering what happened if you start overthinking out there". "Do the work at practice' it'll come out in the game". He was a heck of a player and his old buddies talked about his "game" a lot. I always hoped to impress both Mum and Dad and wondered if I ever actually could.

As a very accomplished dancer, Mum had discipline and more "go" than anyone I know. She just suffered a small stroke a week or two ago, and is currently "going" up and down the hallways of Nelson Hospital on her walker...that's my Mum:>)) Once in NYC she said she saw the determined look on my face on a tournament day. She told me afterwards she thought "that's my girl". It felt great she thought I had done well. Mum's bar is high and so it should be. Watching our Shodan grading my friend Ann told me afterwards that Dad did every fight with me:>)) (He had done some high school boxing so knew a little about fighting...not as easy as it looks). Mum's comment wasn't in a mean way at all, but she was very surprised we all had such poor breath control:>)) Of course she was right. The hope of looking good on Shodan grading day is not really a "thing", but I knew what she meant. Maybe if you are Kelvin...

There you have it...my definition of Hope. It's Kelvin. I want to be like Kelvin. You've seen him lately on Facebook, making 25 days of 25 different kinds of push ups look like a hot knife going through butter. Totally impressive and I have decided I want to be him when I grow up. Did he just jump in without a thought and do the 25 days? You're damned right he did...because that's how he practiced. That's how he always trained, he put the bar high and enjoyed the hard yards, always has a smile on his face, a kind word, he has a great heart. He has to be one of the nicest people I have met...and I know you're agreeing with me, that's just how he is:>))

You've all done the last nine years hard in Christchurch, and it wasn't just the awesome Jacinda that the world was watching. I get a smile from anyone these days when they ask where home is. The way the world watched your embracing of NZ's Muslim people, your bar of how to support their rights as NZers...now with the handling of Corona.

New Zealand's ability to push the isolation rule all the way down to zero by staying home, with Australia right behind you. Kelvin probably had a lot to do with this phenomenon. He is a 61'er.

The 61'ers...yes it is a very real "thing". I was chatting to JS Murray Stewart a few days ago. We are both 61'ers and proud of it...more specifically "April 61ers". There are many of us. Kelvin is one of course. And Robbie Stokes. We think we are extra special...and we had about nine on the list...JS Murray can name them all:>)) "The Drew" as he is always referred to..is a 61'er, but for once has not made the cut to an "April 61'er" but very close Sensei:>)) Grant Taylor the same, sorry Grunter.

No way around the next 6 months or so coming at us...but you will all be in my heart. I think of you often and am hoping like heck we are smart enough to do the right things to get through this. Leadership here is rubbish, anyone's guess as to how things will go in November, so send us some extra Kiwi hope please!

Osu Hanshi and ALL you awesome Kiwis, definitely wishing I was home at times like these...lockdown still in effect here.

Be kind to each other, be like Kelvin :>))

Osu and Love,

Jun Shihan Meredith Sawers Pretto



HOPE:

To me, inspiration brings positivity & hope!

Ever since the lockdown began, working out online and in our outdoor classes has helped us to stay connected, fit & healthy during these unprecedented times. We've also been doing our best to reach out to our students, especially those who live alone. The support of our seniors and students has in turn inspired us! We've worked hard to inspire our students to keep their training going, in order to alleviate stress and keep connected as a community.

In such challenging times we're not always certain what will come next. I've admired the way in which the children have easily switched tracks to working out from home in our online classes. They are so happy to see their karate teachers and the other kids in class, and to have some social interaction of a different kind. Keeping to a workout routine provides a great structure for children and adults and maintains our balance and a healthy mindset. We're yet to discover what the "new normal" will entail once the lockdown ends - but change is always good for us!

I've been staying in close touch with my family and hope to be able to see them all soon. What has been really wonderful to see during the pandemic, is that we have connected with so many people from our past, who are still part of Seido and some who have moved on.

Courtesy and respect are the key words that always come to mind when I think of our karate training. It all begins and ends with a simple bow. We appreciate the kindness and good relationships that we have developed over many years with Seido New Zealand karateka. Budo and personal connections will always transcend style.

We hope that everyone is staying safe and well. Kia Kaha!

Best regards, Sei Shihan Leigh Maquirang



HOPE

The great thing about “hope” is it can be a very personal thing, it can be anything that you want it to be from something very small and maybe insignificant to something major with life changing results and it may only mean anything to the owner. For me “I hope my knee improves so I can get back into running” and this means something to me but really has nothing to do with anyone else. The key thing is that it is “my hope” and belongs to me. Conversely it can also be shared i.e. when we collectively get behind our favourite sports people or teams as they compete or as I’m sure many of us have over the last few months we’ve collectively hoped that all the bad parts of Covid and the lock down will stop as soon as possible



And then the outcome can be anything from “hey that’s nice” to “really positive or amazing” if it turns out the way we want it to or, it can be “a bit disappointing” right down to “devastating”, depending on the situation.

And sometimes the outcome is a mixture of “lady luck” or being in the right place at the right time or not being in the wrong place at the wrong time. Sometimes it is actually the result of some serious hard work and maybe sometimes there’s simply a bit of magic involved.

But to me, it is important as depending on the situation it can give me something to cling to that things will improve and will turn out okay and I’ve just got to hang in there. But then even if things don’t turn out the way I was hoping, it gives me time to prepare for that “negative” result and time to try and turn it into something positive or at least take the learnings away from it so I come out in a good space.

I know when my dad passed away three years ago there was a hell of a lot of “hoping” going on as my brother, brother-in-law and sisters literally spent the last three weeks with him sleeping in his hospital room and then hospice room and being supported by our wonderful partners and extended family who kept us well fed and watered. As time passed by, we eventually realised that dad was never going home so that really kicked what we were hoping for into touch. In those last three weeks that brought our whole family together there were so many sad, happy and wonderful tear and laughter filled times that we shared, despite the impending sad reality. It turned out to be a very special time. It also gave us time to process and deal with the fact that dad was going to pass away any day. It still sucked and hurt big time when it happened but that’s the price of love!

For now, I’m hoping (and also working on it) that I can continue to learn, grow and become a better person simply because I really believe we need more accepting and good people in our communities – I know we have them in our Seido Family and that many of us have benefited from the time given by a fellow karateka, the words of wisdom or just a shared training session which have helped us get through a difficult situation. But how do we get more of that happening in the wider community?

I am also hoping that as we come out of lock down, those of us who haven't been too badly impacted, and as our lives get back to normal that we don't forget or lose sight of the fact that many will be dealing with the negative effects of Covid-19 for a long time to come and we need to keep an eye out for them.

Like Hanshi Renzie has said several times over the last couple of months, I am really hoping we can all be "kind".

Osu. Jun Shihan Patrick Holden, Head Instructor, Morningside, Auckland



What is the meaning of hope?

In these very difficult times hope is going to mean a lot of different things for everyone. I hope we can all learn from what is happening to our planet right now so that we can give the future generations hope and knowledge to move forward. We still have a long way to go before we see the light at the end of the tunnel but with some hope and understanding we can all get through this.

Osu.

Kyoshi Scott Taylor, Head Instructor, New Brighton Dojo



Kyoshi Scott Taylor instructing at Shibu

Tūmanako – Hope

“The most exquisite pleasure in the practice of medicine comes from nudging a layman in the direction of terror, then bringing him back to safety again.” Kurt Vonnegut, *God Bless You, Mr. Rosewater*

It all begins with hope.

In medicine, studies have shown how hopeful thinking can have a positive impact on a patient’s recovery process. Can it also have a positive impact on our training? What about our recovery from the impacts of Covid-19?

In karate, and in life, Mas Oyama challenged us to consider two issues: energy and action. Put simply, we have potential energy that we convert to kinetic energy: we move.

But sometimes, we do not move, even when we know we should. We need something to connect our energy with our action. That is where hope comes in. We can apply hope as a glue to bind energy and action. Some research indicates that hope, using hopeful thinking, can help with physical activity.

When we have hope, it helps motivate us to set a goal and take action. When we feel hopeless, when we feel despair, we find that motivation more elusive. Without hope, we more easily become cynical and depressed and less likely to train.

We see hope operating in many areas of our lives, especially when we have experienced an adverse event that we need to recover from, such as an illness or loss of a loved one. While successful recovery requires several factors to coalesce – such as setting goals; finding pathways; instilling a belief that we can achieve our aims – it all begins with hope.

For hope to work effectively, it helps to acknowledge reality.

We live in a tough world. How tough? So tough that it will kill us if we ignore facts. With a friend like Mother Nature, you don’t need enemies. Our actions have consequences and denying facts causes harm, leading us down the rabbit hole of stupidity and anger. Good news though, admitting reality does not mean surrendering to cynicism or pessimism.

But beware, hope does not allow indulging in wishful thinking; it must have an application to reality, something you can touch, something that makes you feel. Here is a simple example: I hope to travel to Auckland from Devonport. Reality dictates that, to do so, I need to cross Waitemata Harbour. I wish I



View from the Devonport Ferry

could walk across but the facts say I can't walk on water (I know some of the Jun Shihan have told you we can do that but really, just wishful thinking going on there).

So, I consider the different options such as the bus, a taxi or the ferry because I need a pathway. Also, I need a belief that I can do it. Hope powers my belief in my ability. If the going gets difficult, I need that belief to drive me to persevere until I achieve the goal. So much to consider for a ferry ride.

We often take hope for granted. On any given day, we set goals, we look at options and we act, usually without considering the part that hope plays in this process.

The impact of the Covid-19 pandemic has allowed us space to reflect on our lives and to consider our options. Like many of you, I face the possibility of losing my livelihood. That sounds challenging, almost overwhelming but I have hope. I understand the reality and I can do this, so can you.

We give ourselves better odds of dealing successfully with this current crisis when we invoke hope. Most of us have already done this or seen it in operation: in Christchurch, through the earthquake recovery and after the Mosque tragedy; in New York after 9/11; surviving the GFC; the upheavals of the 1980s – fall down seven times, get up eight times.

Despite my belief in the validity and power of hope, I can still slip into pessimism and cynicism, which I regret. I also indulge in some wishful thinking: support the Warriors, buy the occasional Lotto ticket, pray that six billion people might treat each other decently. Many of them will not but, as Kurt Vonnegut said, "So it goes."

I hope this helps

"Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place" *Kurt Vonnegut.*

OSU!

Jun Shihan Bruce Craig

Devonport Dojo

May 25, 2020



Rangitoto during 'lock-down'

HOPE is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.

There are many defining moments and dates in our lives where we remember where we were and that the world as we knew had changed, sometimes for the good and sometimes for the bad.

I remember exactly where I was in 2001 when the towers came down, watching in disbelief, confusion and sadness, not understanding at that moment, that the world as I knew it would be forever changed because it would impact on me personally. Selfish of me I know, but my reality at the time.

I remember watching the news late last year about this virus that had taken hold in China, feeling sad for those affected, but dismissing it as not that important and nothing that would impact on me because we'd been through stuff like this before i.e. with SARS and the Avian flu. I expected barely a ripple on my life... Oh, how wrong I was.

I like everyone else have been impacted by Covid-19 both personally and professionally and it could have been quite easy to prepare myself for the worst, but ever the optimist I've actually been excited about the possibilities of what we could achieve if we have the courage to do something different to what we have always done.

I'm a strong advocate for the old saying out of adversity comes opportunity and this is certainly true for me. I have been part of some pretty cool things over the past weeks that has made this experience rewarding, and just that little bit easier.

So, my hope is that best parts of what I've seen over the past 8 weeks continue and that we all come out of this experience the better and richer for it.

My hope for the future is for:

- everyone being a little kinder to each other
- families being able to spend more quality time together
- a new world filled with possibilities and a readiness to change what we've always done with what we could do
- a reimagining of what the sport and recreation sector could look like in New Zealand
- a world where there were less cars on the road and more people being physically active
- an appreciation of just how lucky we are to live in New Zealand
- the relationships forged and blossomed during our virtual get togethers both within NZ and overseas continuing
- the heightened sense of community and family connections to remain so evident in level 4 when we were in our bubbles
- those most affected physically, financially and emotionally recover quickly and with dignity

Take care everyone, be safe and be kind.

Jun Shihan Fiona Ramsay



HOPE

Tēnā koutou katoa

Ko Maungatere te maunga
Ko Rakahuri te awa
Ko Takitimu te waka
Ko Kai Tahu te iwi
Ko Kai Tūāhuriri te hapu
Ko Tuahiwi te marae
No Papaioea ahau
Engari kei te Whanganui-a-tara e noho ana ahau
Ko Glenys tōku ingoa
No reira
Tēnā koutou
Tēnā koutou
Tēnā tatau katoa.

How many times since the lockdown (and before) have I begun an email or a conversation with, "I hope you are well? I hope you are staying safe and being kind? Most of my zoom meetings have begun with these sentences as well.

What is hope? Some say a wish. "I hope you have a great day" is a wish I have for others. When I hope for myself, for example; "I hope I am debt free by the time I retire," is an aspiration and something to work towards. I will set goals and plan towards this.

People are not born with hope as part of their mindset. It is something you have to cultivate and nurture so that it becomes habit. A hopeful person is usually grateful for what they have but they are not necessarily content. They will look to make improvements in their life. The hopeful person looks forward and will take proactive action towards attaining their goals.

When you make plans and set goals your level of stress and anxiety can lessen as you establish avenues to support your desires. Once strategies to reach your goals or hopes are in place, people often feel a greater sense of certainty that success will follow.

Self-reflection is useful in helping you feel more optimistic about your future. You may face setbacks and things won't always go to plan. Making mistakes is how we learn, most of us! We can put a positive spin on blunders or errors and use them as a purpose to improve and allow feelings to grow more optimistic.

We can nurture hope by thinking about the following:

Ask - "What am I thankful/grateful for today?"

Ask - "What are the things that make me feel hopeful?"

List your skills, strengths and abilities.

List the things you have done to make someone's day better.

Have trust in yourself.

Have trust in your family and loved ones.

Have positive people around you to give encouragement and support.

Focus on things that will empower you.
Recognise that you can change your life at any stage.

Osu. So, I hope you are all well, staying safe and being kind. Take a moment to think about setting goals and remain hopeful during these unique times in Aotearoa.

Kia hora te marino, kia whakapapa
pounamu te moana, kia tere te
kārohirohi I mua, i tōu huarahi.

May the calm be widespread,
may the ocean glisten as greenstone,
may the shimmer of light ever dance across your pathway.

Osu. Jun Shihan Glenys Johnston



Seido Wellington A-Team: Left to right – Kyoshi Anna Morgan, Jun Shihan Fiona Ramsay, Kyoshi Avis Macadam, Jun Shihan Glenys Johnston, Jun Shihan Peter Flowers [Appointed Head Instructor of Wellington Dojo]

Osu! Here's to strong women everywhere! May we know them, may we be them, may we raise them!





Kyoshi Heather Aitken and Kyoshi Sharlene Baker; Kyoshi Heather Aitken, Head Instructor, Reefton, Nelson Shibu

Kyoshi Heather Aitken is Head Instructor of the Reefton Dojo, Nelson Shibu. Kyoshi Heather received a Queen's Service Medal in 2018 for her 'services to karate'. The local community rallied to support her in the receipt of this award for community efforts across a number of fronts.

Nurse Prayer

Unknown Author

*Dear Lord, Grant me the Serenity
to accept the things I cannot change,
The courage to change the things I can,
and the Wisdom
to hide the bodies of those Doctors
I had to kill because they pushed me too far....*

HOPE:

something good that you want to happen

Often a good starting point is what is the opposite of hope. The dictionary says: 'A feeling of futility and passive abandonment of oneself to fate'.

And that's a very accurate description of what happens when we abandon hope.

Hope is an expectation that something you desire will happen in the future and therein lies the challenge for many. When we look to the future we are often not attending to the present. We may not be happy with our present situation and we know that things are not the way we would like them to be, so we often get stuck in the gap between the two, the present and the future, and if we stay there long enough we give up hope, and this leads to feelings of helplessness and powerlessness.

Of course we all need hope, especially in our current situation. If we didn't have a hope that things will get better, then people would 'give up' or become impatient or rationalise that it's nothing to do with them. Signs of this are when we break protocols, we ignore advice that has been given.

When we feel 'under threat' then our thinking can easily become distorted and we become defensive, protective or avoidant, often fixating on things we have no control over and as a result become angry, passive or we shut down completely.

One of my favourite sayings is "Expectations are the mother of crisis" and this is particularly relevant at the moment. If we expect that the road back to normality will faithfully follow a certain path or trajectory and it doesn't, then that's when we become dissatisfied, disenchanted, angry and we give up hope. We start blaming. We blame politicians, the government and so on.

I guess using this time to establish habits, behaviours that will make us more productive when we do finally reach a level of normality will be useful, and would mean we have made full use of this opportunity, and the hope that goes with it.

Osu, Hanshi Renzie



Hanshi Andy, Hanshi Charles, Hanshi Renzie

"As a bee gathering nectar does not harm or disturb the colour and fragrance of the flower; so do the wise move through the world"

Buddha.



Image sourced from Honbu website <http://www.seido.com/photo-galleries/2018/2018-0805-beach-training>

**“Teach this triple truth to all: A generous heart,
kind speech, and a life of service and compas-
sion are the things which renew humanity”** *Buddha.*



Image sourced from Honbu website <http://www.seido.com/photo-galleries/2018/2018-0805-beach-training>