

Kime

Nelson Seido Karate Shibu Newsletter | February 2026

誠道塾



What is Kime

Kime, meaning "focus", originated in the late 1970s. It is a platform sharing current events, celebrating the journeys of Seido Karate students, and reflecting on the rich history of Nelson Shibu, spanning fifty years. Through these pages, we honour the many former and current students who have contributed to the dojo with their stories and helping to continue this proud legacy.

Two years ago, we moved to the new dojo, and in that time, we have achieved a great deal. One of the most significant milestones was the celebration of our fiftieth year, marked by an

International Tournament attended by Nidaime and Kyoshi Maya. This event was particularly meaningful as it allowed us to honour my father's legacy and celebrate Seido Karate in Nelson. Eiko Hanshi Andy would have been proud of the way we came together for this occasion, upholding the core values: courtesy and respect first, followed by training on the dojo floor, then socialising. We truly honoured these principles throughout the special weekend and with the proceeds of \$5000 donated to Nelson Hospice.

Remaining connected to our



history and the values of Seido Karate remains a central focus for our dojo. We are fortunate to have many senior members who have trained for over forty years, continuing their martial arts journey not for accolades, but simply for the love of practice. These seniors inspire junior grades, and witnessing the dedication of the juniors in turn motivates the seniors. It is gratifying to see our dojo community striving to improve each time we train, drawing inspiration from each other.

The Top of the South dojos hosted several remarkable events in 2025, including clinics and a very successful Junior Tournament organised by the Blenheim dojo. We are fortunate to have strong connections with other dojos within New Zealand and internationally. Paola and I had the privilege of training under Kaicho and Nidaime at Honbu this year, as well as reconnecting with London Shibu and other European dojos.

The coming year offers even more opportunities for connection and growth, beginning with our camp in March and the North Island Tournament in Wellington. We will also celebrate fifty years since Kaicho founded the World Seido Karate organisation, with Zenshin promising to be a significant event. Our Nelson Shibu team is strong, with fifteen members attending Zenshin.

I extend my heartfelt thanks to all instructors and assistant instructors for their dedication and energy on the dojo floor. Special recognition goes to Jun Shihan Sharlene, who has supported our students for over thirty years. I am also deeply grateful to my wife, Paola, for her tireless work behind the scenes.

Wishing all students and their families the very best for 2026.

Sei Shihan Aaron Barber

Words from Eiko Hanshi from Kime October 1986

*"One may ask: "How can what is essentially a fighting art, bring peace?"
Seido Karate teaches that the fight is really with ourselves and that the confidence, calmness and clarity that comes from hard and dedicated training means that people and events lose the power to upset you.
Seido Karate is really a teaching of humanity, of how we, as such, can cope in an ever-changing, stress-filled world.
OSU!"*

Heads up!

Beach Training

Tahunanui Beach – 22 February
Meet on the beach in front of the Beach Café at 10am.
Picnic afterwards

Nelson Shibu Annual Camp

Teapot Valley – March 6-8th

Seido Karate 'On Air Dojo' Podcasts

available on the Fresh FM website, under Health and Wellbeing. Eric Roeper interviews Karateka from around the region.

Check out the website <https://seido.co.nz> and Facebook page: Seido Karate Nelson to keep up to date with what's happening.

Kagami Biraki 2026

Our Kagami Biraki was held on 17 January, beginning just after daybreak with the sound of the han calling everyone into the dojo to sit in seiza for zazen. The morning meditation was followed by a rigorous class, with the kind of energy and humour that you know will herald a good year! The class seemed to glow, everyone was smiling.

Afterwards there was time to reflect, the symbolic 'polishing' of the mirror, and to listen to our seniors speak, which is always a privilege and an inspiration. Their words inspired my own introspection.

Over the years I have found that honesty, especially with oneself, is what opens doors. I like to think that the opening of the little doors on the Shinzen pours forth honesty and courage into our training and propels us forward into the new year. There is an Irish saying 'ar scáth a chéile a mhaireann muid', that always reminds me of the spirit of the dojo. It is the support and friendship of the people that helps us to reach our best. He tångata, he tångata, he tångata.

Fleur Nì Thiarnàin 1st Kyu.



Top of the South Junior Tournament 2025

On the 11th of October 2025 at Marlborough Lines Stadium the Blenheim Dojo proudly hosted the Top of the South Junior Tournament.

Competitors and supporters travelled from as far away as Hokitika, Reefton, Motueka, Richmond, Stoke and Nelson Dojos, with special thanks to the Top of the South Black Belts who helped with judging, setting up and making the day run smoothly.

A surge of energy filled the Stadium as more than 100 young competitors came together for this event, themed “Kizuna”, meaning the special relationships formed when people come together to support one another through a shared challenge and healthy competition. That spirit was great to see as students encouraged one another, dojos mixed freely, and families and instructors created an atmosphere of warmth and unity that lifted every competitor.

This was visible in the way students encouraged their teammates, and

respectful spirit between dojos, and in the smiles exchanged after each hardfought bout. The tournament wasn't just about winning medals, it was about strengthening relationships, celebrating growth, and honouring the values of Seido Karate.

Love Respect and Obedience

Students from across the region demonstrated strong technique, across shiai, kata and kumite all with impressive spirit. Their performances reflected the depth of training within our style and the dedication of instructors, families, and supporters who help shape these young martial artists.

They reflected countless hours of training and the dedication of the Dojos that nurture them. It was inspiring to see so many fantastic young karateka stepping onto the floor with courage, humility and respect.

Eiko Hanshi Andy's wellknown words echoed through the day: “By entering, you are already a winner.” All of the students



embodied that message, showing courage, and resilience as they competed and encouraged others.

One highlight was seeing the smiles on students' faces as they proudly wore their medals, celebrating not just results but effort, growth, and shared experience. The spirit, camaraderie, and joy on display captured the true meaning of Kizuna.

We are incredibly proud of all the students who took part. With such talent and unity on display, the future of Seido Karate in the Top of the South looks very bright indeed.

The atmosphere reflected excitement, encouragement, and plenty of smiles — a reminder that tournaments like this are as much about community as they are about competition. The Top of the South Junior Tournament once again highlighted the strength of the Seido Karate community and the enduring connections that make it more than just a martial art:

We are a family.
Osu and Gassho

Sei Shihan Eric Hughes



Karateka Profile

Our first Kime karateka profile is of a well-known highly ranked senior student and teacher, Sei Shihan Terry Ellery. I had the privilege of asking him a couple of questions and this is what he shared with me:

Sei Shihan, what or who made you start Seido Karate?

Sei Shihan Terry: "I experienced serious bullying all through my schooling. My first year at work was in Christchurch trade training and the last week I was there, a good friend and I were out skating. As we left the rink, we were jumped by a gang of six or eight and beaten up. It was time to learn to fight!"

Which Dan grade promotion do you remember the most?

"All promotions are important and significant for their own reasons. The one I will share a little of is mine and Sei Shihan Aaron's Jun Shihan promotion with Eiko Hanshi Andy. We had started Friday night and the next morning, very early, we were

at Tahunanui beach being put through our paces. It was fantastic! Although I had my left calf muscle strapped up from a strain a week earlier, with the uneven terrain, unpredictable sequences of syllabus, it was full on, challenging and everything a senior promotion should be. I loved it, Osu!"

What is your favourite part of class?

"My favourite part of each class is when we do partner work, putting each part of our syllabus into practice with an 'opponent' and looking deeper into the meaning and practicality of each technique. My advice for working on your technique is to use your imagination and visualise what you are trying to achieve".

Is there a moment in your karate training that you remember fondly?

"Many of my favourite memories I have of my karate journey are of times when I sat zazen with Eiko Hanshi Andy. Osu!"

Senpai Leo Jury





An update from Sensei Jo of Reefton Seido Karate:

Reefton dojo's 2026 year has started strong. On January 24th we hosted the first of our Summer Seido sessions led by Sei Shihan Neroli and supported by Sei Shihan Terry, Jun Shihan Heather, Kyoshi Wayne and other Reefton, St Arnaud, Nelson and Hokitika Sensei and Senpai. Our focus was Kyu grade syllabus, kata and Kizuna. A great day was had by all.

The following week Jun Shihan Heather and I travelled to Brisbane to celebrate 10 years of Sunnybank Dojo with former Reefton karateka and head of Sunnybank Dojo, Sensei Sam Grey. We participated in a general class, judged and made some noise at their mini tournament and attended the fabulous celebratory dinner. It was an absolute blast catching up with so many friends from Seido Australia.

With a motivated team at the helm, we have a big year of karate ahead, we have

just completed our first major fundraiser and looking forward to joining the Top of the South and other Dojos with our 2nd Summer Session, Beach Training, Teapot Valley Camp, general gradings, workshops and the Black Belt Clinic all coming up this year.

Last year we put in over 3000 volunteer hours on the renovation of our Dojo exterior. We have a few jobs left before we shift focus to the garage/new foyer. Our plan is to create a new entrance way, small office and a flexible waiting space to reduce the bottle neck at the current entrance and give our whānau somewhere to wait. We are aiming to have this project fully completed ready for a grand opening for our 50th anniversary sometime in 2029.

OSU

Sensei Jo



Super Seniors Programme

Eight people, all over 60 years of age, took part in a new Super Seniors programme in 2025. The 8-week course ran from October 6th to November 24th, with an introductory class on the 15th September.

All eight participants outdid themselves, gaining a Certificate of Participation on completion. Some

students decided to continue their Seido journey, joining general classes A huge thank you to Jun Shihan Sharlene Baker for leading the training, and helpers, Kyoshi Raven and Kyoshi Wayne, for sharing their time and skills.

Look out for the next Super Seniors Programme later in 2026.

Did you know?

Etiquette: in the noise and busyness of class, we need to keep listening. If the instructor addresses the class, or a group (yellow belts for example), the appropriate response is 'OSU!'. If the instructor (or

another senior in class) addresses you personally, the appropriate response is 'OSU!' and their title (e.g. Sei Shihan, Kyoshi etc). For example: 'OSU! Sei Shihan!'