



Kime

Nelson Seido Karate Shibu Newsletter | **JUNE 2026**



Wellington Tournament

Our Nelson tournament team returned home from Wellington with impressive results and positive reflections on their experience at the event. The tournament provided an opportunity for students to test their skills, reconnect with fellow karateka from other dojos, and showcase the progress they have achieved through their training and dedication.

Among the standout performers was Nidan Senpai Naomi Alderson, who claimed first place in the Adult Women's full contact sparring division. Reflecting on the event, she said, "It was nice to catch up with other students from other dojos, compete again and to see how my own skills have improved

from the last time. There was good sportsmanship all around."

Shodan Senpai Angus Ouston described the tournament as an excellent opportunity to learn from other competitors and gain a broader perspective on karate outside of his own dojo. Watching students from different regions compete allowed him to observe a variety of approaches, techniques, and styles, providing valuable insights that can be applied to his own training and development. He noted, "I was definitely curious about the skills students from other dojos have and seeing what they did differently in terms of technique. There was also a sense of pride and accomplishment from every grade and age."

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Sensei Graeme Andrews highlighted the high standard of karate on display throughout the event. “What a great tournament and great performance from the Nelson team. It was a well-run event and I enjoyed meeting up with old friends and making new ones. I particularly enjoyed watching the performance of our younger karateka, so confident and skilled.” Second Kyu Jim Baskett is one of our many junior karateka who performed excellently at the tournament and this is what he had to say: “I liked the competitive atmosphere that brought everyone’s karate to the next level and had them perform at their best, which is something everyone can be proud of”.

Sensei Graeme also shared his thoughts on one memorable moment while demonstrating his kata: “As my open hand kata had a long name, I was a bit concerned I would mess up the name

before I even started. I was impressed with how supportive my fellow competitors were in our group. We were all in the same boat and wanted each other to do well.”

First Kyu Sue Finch added, “What stands out to me most is that this sense of connection extends beyond our Nelson tournament team. Even in a competitive environment, where titles and results are on the line, everyone genuinely wants the best for one another. There was a sense of support, encouragement, and mutual respect that rises above individual achievement.”

The Wellington Seido Karate Tournament of 2026 proved to be about far more than medals and placings. It showcased the values that lie at the heart of Seido Juku Karate—discipline, perseverance, respect, and community.

Senpai Leo Jury



Farewell Jun Shihan Kathy

Jun Shihan Kathy Bolwell, born on 13 June 1948, passed away peacefully on her 78th birthday, 13 June 2026. A strong karateka, Jun Shihan Kathy was renowned for her quiet, steadfast approach to her training. For example, when a flatmate asked her how she managed to train so consistently, 4-6 times a week without fail, she merely replied: "It's what I do at 5 o'clock".

She had many strings to her bow (or bo!) and was involved in the building of the Motueka Dojo, and the renovations of Nelson Shibu in Parere St, with her brother Senpai Rex. Jun Shihan Kathy assisted with the Seido Karate 1990s programme at

Salisbury Girls School and ably edited the Kime.

Jun Shihan also loved books, word games like scrabble, her family, her friends, and her Seido Juku life!

Jun Shihan Kathy was promoted to Shodan on 2nd March 1991, and to Rokudan on 12th December 2015. She will be remembered for her strength, humility, loyalty and wry humour. Eiko Hanshi had enormous respect for Jun Shihan's tenacity and bravery as she continued to train while her Parkinsons disease worsened over the years. Our love and condolences go out to Senpai Rex, Sensei Jenny Bolwell, and their wider whānau. OSU! Gassho!



Wise words from Eiko Hanshi

An excerpt from an Interview by New Zealand Martial Arts magazine, in June 1987

"NZMA: How do you think one can achieve the state of Mushin (mindlessness, or selflessness) in karate?"

Eiko Hanshi: I think that it can be achieved through repetition of techniques. By doing this you can develop a no-quit attitude towards training and life. In karate training you have less important short-term goals such as gradings and tournaments that help in one's development but the higher levels of achievement come through training with no clear goal where training is simply for the sake of training. This is the way one can achieve Mushin.

Note: Eiko Hanshi usually referred to Mushin as 'Mind of No Mind'.

Profile: Sei Shihan Brandt

Sei Shihan Brandt Longfoot, was kind enough to answer a few questions about his Seido Juku journey.

How old were you when you began Seido Karate, and why?

Technically, I started Seido twice. The first time I was 14 or 15, inspired by a school friend who was training. Karate wasn't entirely new, my father had taught my brother and I informally, having trained under Bill Young alongside Carter Tekaronga. But basketball quickly took over. I became the youngest player to represent Nelson College A team and later captained the Nelson Under-20 Colts, so karate quietly fell away before I graded. I returned at 17, motivated by another friend who had earned his blue belt (in a different style!). I figured I'd get fit in the off-season, earn my own blue belt, and call it a day. Waiting for the next beginner's class via the local paper it felt like a long wait, but I eventually got started again. I did reach blue belt, but more importantly, I got hooked. Around that time, other

students were joining Seido after their club closed, and the dojo had a great energy. That "short-term plan" turned into something much longer.

Who are your greatest influencers/mentors?

Eiko Hanshi Andy Barber, without question. He was my teacher, mentor, and role model. His passion for Seido was infectious, and he led by example, he lived what he taught. While he could be a strict taskmaster, it was always balanced with genuine care, which showed in the strong community he built at Nelson Shibu. Much of how I teach today comes from him. Sei Shihan Aaron and I have always had a close connection. I respect him for his leadership of Nelson Shibu and our friendship. Taking over Nelson Shibu under challenging circumstances, he's working hard to carry forward his father's legacy while building his own path. During the recent Nelson summer camp, it was wonderful to reconnect with so many people I've known and trained with over



the years. Jun Shihan Tony Cope is someone I have admired for many years. A pioneer for Seido, he was the first to compete in the BKK British Open Knockdown Tournament in the UK, helping open doors for others. He is a skilful and dedicated martial artist; it was wonderful seeing him pass on his knowledge and experience to students at the camp.

Please share some highlights of your journey

Meeting Kaicho in New York was a standout. In 1992, I travelled from New Zealand to train at Honbu, slightly overwhelmed navigating Manhattan, but determined. I trained daily and was fortunate to also train and spar with Shuseki Shihan William Oliver at his dojo in Manhattan. With instructions from Eiko Hanshi to train at all Kaicho's classes, Sei Shihan Aaron and I dashed uptown to Shuseki Shihan William's dojo in between Kaicho's sessions. Looking back, I'm glad we had the fitness and the energy of our youth to cope with the demanding schedule we placed on ourselves. I also spent time in the mid 90's competing in Brazilian Jiu-Jitsu, eventually winning a European middleweight title and placing second in the open-weight division in the same tournament. In that open weight final, I faced a much larger opponent

Remco Prodoel a huge man fresh from competing in the early UFC. I lasted about four minutes with him before submitting, largely to keep my arm intact.

What is your philosophy on karate and teaching?

You get out what you put in. Effort is everything, regardless of ability, we all control how hard we try. Consistency comes next: improvement takes time, so be patient. Train for the process, not just outcomes. Gradings and competitions matter, but they're only moments in a longer journey. When teaching I aim to make training engaging, while still building real skill, resilience, and strong connections. At Seido UK, we value being Global, Local, Safe, and Strong, with Kizuna, connection, at the centre. That sense of community is what keeps people training for life.

OSU! Sei Shihan Brandt

Sei Shihan Brandt is the head instructor for Seido Karate London Shibu and Branch Chief for Seido Karate in the UK. In 2006, he was awarded a commendation by the Metropolitan Police for Public Spiritedness. He makes the journey to Nelson every year possible (Covid interrupted his schedule one year) to attend Teapot Valley Camp and catch up with friends old and new. OSU!

Sei Shihan Brandt with Black Belts post camp



Super Seniors 10-week course!

Super Seniors 10-week course!
Looking forward to the Super Seniors programme coming to Nelson Shibu later this year! If you know of anyone over 60 who wants to try something new and different, tell them about this 10 week course, tailored just for them. All abilities catered for! They can email Nelson Shibu to register their interest:
nelsonseidoshibu@gmail.com

And a reminder:

Age in karate isn't a finish line; it's a different starting point.

In karate, youth gives you speed, power, and recovery. Age gives you something far rarer: economy. You stop wasting movement. You stop fighting your

own body. A 20-year-old wins with explosiveness. A 70-year-old wins with timing, angle, and 50 years of reading intention in an opponent's shoulders. The punches get slower but the reasons behind them get faster.

Most sports bench you when the joints complain. Karate just changes your job. You go from competitor to technician to teacher to guardian of the art. The dojo needs the white belts who can do 100 push-ups, but it survives because of the black belts who remember why we bow.

Age doesn't retire a karateka. It refines one. The belt might fade, the knuckles might stiffen, but the spirit only gets more dangerous — because it's had decades to learn patience.

Are You Too Meek?

The ancient Greek word *praus* is often translated as “meekness.”

Maybe you understand that to mean weakness or passivity.

But the Greeks meant something very different.

Praus described great strength that has become still — like a trained war horse: powerful, spirited, fully capable of force, yet collected and responsive.

Years ago in Rajasthan, I watched Marwari horses, once bred for war. A master trainer worked with a filly in a garage, guiding her forward, backward, and around him without touching her. He didn't break her spirit; he taught her to respond.

Karate asks something similar of us. At first, strength can feel like something we

need to demonstrate. Over years of practice, something shifts. We become more collected and responsive.

Budo becomes a fire burning quietly deep within us.

Zen points toward this too.

If someone says, “I am proud of my humility,” we smile at the contradiction. The same is true of *praus*. It is not something one possesses.

The bud breaks into flower — but it does not know it.

Jun-Shihan Mary Jaksch





Our new Shodans and Nidans

Congratulations to four new Shodans who took promotion on 2 May.

Senpai Andrew Bassett (Blenheim Dojo)

Senpai Erik Roper (Nelson Shibu)

Senpai Riley Barrett (Blenheim Dojo)

Senpai Jayden McKinley (Richmond Dojo)

All impressed with their skills, strength, knowledge, preparedness and no quite attitude!

OSU!

Congratulations also to our newly promoted Nidans:

Senpai Nicole - a student for 19 years

Senpai Leo Jury age 18

Senpai Jesse Jury age 15

Heads up!

27 June: **General grading** at Nelson Shibu

August 7-11 – **Zen Shin** New York

September 19th – **Junior Tournament** to be held in Nelson

October – **Super Seniors.**

Check out the website www.seido.co.nz and Facebook: Seido Karate Nelson to keep up to date with what's happening.



Did you know?

Our founder, Kaicho Tadashi Nakamura, born 22 February 1942 began his martial arts journey in 1950, at 8 years of age. At that time Kaicho's two brothers Toru (Wado Ryu style 3rd Dan) and Osamu (Goju Ryu 3rd Dan) encouraged and taught Kaicho the basic techniques of karate.

At the age of 11 he was admitted to Sosai Masutatsu (Mas) Oyama's Kyokushinkai Karate Do (Sosai refers to his position as founder and leader). Kaicho was promoted to 1st Dan Black Belt (Shodan) at the age of 16, which, at that time, caused a great stir in the karate circles.

Mas Oyama said at the time that Kaicho's belt was awarded through his

perseverance by grinding his teeth and, in spite of injuries, continuing his training in blood, sweat and tears.

(words by Eiko Hanshi from Kime October 1986 (titles have been changed to reflect the present day).

As we know, in 1976, Kaicho made the difficult decision to break away from Mas Oyama and Kyokushinkai Karate, and founded Seido Juku. This year the 50th Anniversary will be celebrated in New York at Zenshin. Our Nelson Seido Shibu team, having been prepared by the Wellington Tournament, take all of our best wishes to enjoy, participate, celebrate, Go well! OSU!

Words from Senpai Nicole

"Looking back, I realise that Seido Karate has given me more than a physical skill. It has provided a foundation for facing life. The dojo teaches that strength isn't just the ability to strike harder or move faster; real strength is the power to

remain patient through pain, focused through chaos and humble through success. These lessons helped me through life's challenges and understand that growth is not always linear and that perseverance is often the greatest victory."