Kime

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



Message from Sei Shihan

Osu all students.

As 2026 comes to an end I reflect on what has been another busy and fulfilling year, which seems to have gone so very fast. There were so many highlights for me personally starting with having Sei Shihan Brandt from London Shibu at our summer Camp. The Wellington tournament was also a good chance for some students to compete for the first time, and for everyone connected with other NZ dojos.

Developing Te Ara Pono with Sensei Keni had been a personal ambition of ours for many years, and this process was an honour to be part of and to bring our two cultures together. We hope to continue to share this with other students, starting at our summer camp in 2027!

Zen Shin and celebrating 50yrs of Seido Karate was a chance to connect with international Seido friends. I'm sure the team will hold a very special memory for a range of different reasons. I was so privileged to lead a team that not only came away with outstanding results but also represented Nelson Shibu and Eiko Hanshi Andy with pride. One of my highlights was performing our Seido Haka to Kaicho, Nidaime and the Nakamura family in a personal performance. I will hold this close to my heart forever.

Our Top of the South children's tournament was a

WORLD SEIDO KARATE NELSON SHIBU
Old St John Hall, 320 Hardy Street, Nelson 7010
nelsonseidoshibu@gmail.com
www.seido.co.nz

chance to watch our next generation. I thought the standard was high and is important for the future. The children were all so brave and after some initial apprehension all came away with feeling some form of accomplishment - the smiles in the photos showed it all.

I would like to thank all instructors and assistants for their teaching and energy given to our students. I am so grateful that we have such experienced karateka passing on their knowledge and wisdom. Also, that we can offer the next generation an opportunity to teach as well.

Jun Shihan Sharlene deserves a big thank you for all the work she does, and the love and attention she shows to all students, especially the children. Also she is a great support for me which I am very grateful for.

I am so proud of Senpai Paola!! The martial arts journey she has been on over many years is what signifies what Nelson Shibu is all about.

Just turn up to the dojo, give your 100% on the floor, everything else takes care of itself.

Wishing all students and families a great end to 2026 and happy holidays.

Osu
Sei Shihan Aaron.

Congratulations to…

Senpai Naomi was invited to compete at the 2026 MOKNZ Kyokushin Full Contact Open Karate Championship, Whanganui, where she won gold in heavy weight women's kumite, and announced Women's Yokozuna (women's elite fighter of the tournament). Senpai Naomi also placed 3rd in open hand kata….the week after returning from Zen Shin in New York! Legend!

Shodan Promotion 17 October
All three karateka shone on the day after a huge year consisting of the Wellington Tournament, Zen Shin in Honbu, and then rigorous and gruelling training for their Shodan Promotion.
Congratulations to:
Senpai Paola Andreuzzi
Senpai Fleur Nì Thiarnàin
Senpai Katie Roddis





Zen Shin Celebrations at Honbu

In August, 15 Nelson Shibu karateka travelled to Honbu in New York to participate in the 50 year celebrations of World Sedo Karate.

All were eagerly anticipating the prospect of training with Kaicho in Honbu, representing Nelson and honouring Eiko Hanshi Andy's legacy, as he had often travelled to New York to train with his teacher.

A highlight for the team, and particularly Sei Shihan Aaron, was the opportunity to perform Te Ara Pono for Kaicho, Nidaime, and the Nakamura family. Te Ara Pono is a haka developed by Sei Shihan Aaron and Sensei Keni with the oversight, advice and teaching of Matua Maihi Barber, a Kapa Haka expert based in Motueka. Developing a Seido Juku haka follows the example set by Eiko Hanshi Andy as he was a supporter of combining Seido and Māori cultures.

The tournament attracted competitors from all over the world, and Nelson Shibu did very well, with the following gaining medals: Senpai Riley Warner, Senpai Naomi Alderson, Senpai Jake Finch. Brown Belts at the time Senpai Paula Andreuzzi, Senpai Fleur Ní Thiarnáin and Senpai Katie Roddis, Sue Finch (Brown belt) and Tanirau Hetet (Green belt).

Apart from the tournament, events included seminars, beach training and social events. Sei Shihan Aaron, Sensei Keni and Senpai Naomi ran a seminar on 'Practical Self Defence/Ground Fighting' that was well received.

Reconnecting with old friends, creating new bonds between karateka and international dojos, and celebrating Kaicho's achievements in creating and developing Seido Juku Karate made the journey memorable for all.



Top of the South Junior Tournament

On 19 September 115 children and young people from around the country, their families, friends and supporters gathered for the Nelson Shibu Top of the South Junior Tournament. Karateka from as far away as Auckland, Christchurch and the West Coast had been training hard for weeks, and it was a day of challenge, fun, excitement, pride and laughter.

Beginning the day, Sei Shihans Aaron, Neroli and Eric demonstrated Katana Kihon followed by impressive Bo from Senpais Leo, Jessie and Angus, and sparring techniques from Senpais Riley and Jake. Then the tournament began. White to yellow belts competed in kata and shiai, and the beaming faces of children with their medals and certificates warmed everyone's hearts. Green belts and above competed in kata and sparring, showing strength and determination, along with loud support for friends and challengers alike.

For Jim Baskett, first kyu, the tournament was an enjoyable experience, with all three divisions — kata, point sparring and full-contact sparring — offering something different. "Having the ability to focus through intensity was a big part of people's success in the tournament," Jim said.

Senpai Jake said he was proud to see the students give their all.

Family and friends were delighted to see their young people rising to the challenge of performing in front of so many people. Their feedback emphasised how positive the support, teamwork and sense of community was. Most importantly, everyone had fun!

Many thanks to Sei Shihan Aaron and the organisers, all of our visitors, (especially those who travelled long distances to share the day), and most of all, those who participated. Thanks too, to those who donated and kept the food stall going, and all the supportive friends and family.

We are very grateful to Pomeroys for the generous coffee donation and the Nelson Training Centre for making their premises available for food prep.

And we can't wait for next year!









Profile: Sei Shihan Neroli

Continuing our profiles on karateka, Sei Shihan Neroli responds to questions from Senpai Leo:

How did you first get involved in Seido Karate, and what inspired you to keep training?

I first set foot inside the Parere Street dojo in 1981 as a young 14-year-old. I knew nothing about karate, other than that my dear friend's brother had joined and convinced us to give it a try. During those days, there seemed to be a karate mania, and classes were packed to the brim. In typical teenage fashion, we giggled our way awkwardly through the classes, hiding in the back rows.

In later years, my mother relayed how she hadn't expected me to last long at my new venture. Apparently, as a child, I had embarked on many after-school activities and never pursued any with much interest. However, karate was different. As a young girl, I was inspired by so many strong women of all ages in the dojo. I felt valued and respected by them, which gave me the confidence to keep turning up. Eiko Hanshi created a welcoming, supportive space that was safe and nurturing. I am full of appreciation for his teachings of 'The Way'.

You've been involved in karate for around 40 years. How has your journey evolved over that time, both as a martial artist and as a person?

I can barely remember my life before Seido karate. I think that the core values of love, obedience, and respect are a huge component of the person I have become. Because of this, my physical karate training continues to evolve; these principles feed into each class, each kata, and down to each punch—as well as outside of the dojo. I often refer to the Daruma Doll on the Shinzen, which



embodies *Nanakorobi Yaoki*—seven times down and eight times up. It teaches us that failure, mistakes, and setbacks are a natural and expected part of life rather than a permanent defeat. Resilience and digging deep to get back up are paramount. My favourite saying is, 'Even monkeys fall out of trees.' Getting back up can sometimes take time, but the important thing is that we get up.

Looking back over the decades, are there any particular moments, achievements or experiences that stand out as especially meaningful to you?

I am fortunate to say I have many treasured memories. It is no surprise that they all involve the people of Seido Karate. I recall my very first time visiting New York as a 21-year-old. I had travelled there with my Australian friend on our way to Europe. By the time the taxi arrived at the dojo, the gentle butterflies in my tummy had transformed into giant pterodactyls! However, as I looked up and spotted the Seido sign on the window, I felt at home. The warm and sincere welcome from Kaicho and senior students is something I will never forget. We were taken under their wings and looked after in the most kind and generous way.

Having trained in Wellington, Sydney, Blenheim and of course Nelson Shibu, for extended periods, I have met the most inspirational and talented karatekas whose friendships I treasure. We have laughed, cried and sweated together, seen each other at our worst and best, and have the utmost respect for each other. Kizuna.

What does Seido Karate mean to you personally, and what values or lessons do you believe it teaches that extend beyond the dojo?

When I think of what Seido Karate means to me, I find myself reflecting on the meaning of Yansu kata: pure heart. It means being honest with yourself, looking in the mirror, acknowledging what you see, and continuing to work on it.

One of the biggest lessons I believe extends beyond the dojo for a karateka, is 'kindness'. Eiko Hanshi often spoke about his time with the Dalai Lama here in New Zealand, saying that the one thing he took away from his visit was: 'Our prime purpose in this life is to help others. And if you can't help them, at least do them no harm.' We never know what people are going through at any given time. How they present themselves outwardly can be a completely different picture from what is underneath. Kindness costs nothing and is so easy to give. Keep polishing.

What advice would you give to students who are just starting their karate journey, and what do you hope to pass on to the next generation of Seido Students?

I applaud students who enter the dojo for the first time; many of us can remember that feeling. We have a unique environment in our dojos—one that is welcoming, safe, and free from judgment. My advice would be to simply keep turning up. Human beings are wired for comfort, and we often make excuses to protect our egos from pain, the fear of change, or trying something new. Be brave, be strong, never quit, kia kaha—you've got this.

For the next generation of students, I think it is important to have an understanding of *Mushin*, meaning "no mind." This is a state where a person is free from negative thoughts—such as anger, fear, ego, or distracting emotions—during combat or everyday life. Achieving this allows a person to act and react instantly, without being hindered by hesitation. This is how we will continue the Bushido spirit in mind, body, and spirit.

Osu!
Ngā mihi,
JS Neroli

Update from Sensei Paul -
Richmond Dojo Head Instructor

Osu everyone. It's hard to believe how quickly this year has gone. As we head towards the end of another busy year, it's a good time to pause and reflect on everything that's been happening at Richmond Dojo. On a personal note, I haven't been training regularly at Nelson Shibu this year due to shoulder surgery and the recovery that followed. While it has been frustrating at times to be away from training, it has been incredibly rewarding to watch Richmond Dojo continue to thrive.

We've seen strong growth in our student numbers and, more importantly, some fantastic progress from many of our students. One of the highlights of the year for me was seeing Jayden achieve his Shodan grading in May. It was an exceptional day for all the candidates and a wonderful display of commitment, determination, and spirit. Reaching Shodan is a significant milestone, and it was great to see Jayden's hard work rewarded.

As always, the year began with Teapot Valley Camp. For many of us, this is one of the highlights of the karate calendar. It's a chance to train hard, meet new people, catch up with old friends, and simply enjoy spending a weekend surrounded by like-minded karateka. Once again, the camp delivered all of that and more.

Throughout the year, we've also celebrated a number of student promotions. Watching students develop their skills, gain confidence, and achieve their next grading is one of the most rewarding aspects of being involved in karate. Each promotion represents the hard work, perseverance, and commitment shown by our students throughout the year. Wencka has shared some of her thoughts on this year's promotions, which are included alongside this article.

We've also been fortunate to have opportunities to train outside our own dojo. The training days held in Reefton and Inangahua by Sensei Jo have been excellent experiences. I attended one of these events myself and thoroughly enjoyed the day. It's always valuable to train with different people, experience different perspectives, and strengthen the connections between dojos.

One of our yellow belt students, Jo, has attended several of the Inangahua training events and has an upcoming grading on the horizon. Jo has also contributed some thoughts for this article, sharing her own experiences from these training opportunities.

The good news for me personally is that I'm now back training and continuing my recovery from shoulder surgery. I attended my first training session back this past week, and it went extremely well. It felt great to be back on the dojo floor, and I'm looking forward to getting back into regular training and continuing that journey.

Before long, we'll be gathering for our end-of-year break-up, and then it will seem like no time at all before we're packing our bags for Teapot Valley Camp once again. Looking back, it's been another successful year for Richmond Dojo, and that's only possible because of the enthusiasm, commitment, and support of our students and families.

Thank you to everyone who has contributed to making Richmond Dojo such a positive place to train. I hope everyone has a well-deserved break over the holiday period, and I look forward to seeing what we can achieve together in the year ahead.

Osu,
Sensei Paul Stephens
Richmond Dojo

From Richmond Dojo Karateka

Beyond the Dojo

Jo:

Travel with a sprinkling of Seido started with the Jan-Feb summer series in Reefton – what a great two days! Karate-ka from different dojo; kyu grades and seniors all training & socializing together. The idea that I could combine karate with a road trip was appealing.

July & August saw me travelling to Inangahua for the monthly Sunday 4hr training sessions. These are arranged by Sensei Jo from Reefton, to support her student Liam, who travels a considerable distance to train. Again, new people, different venue, mixed grades and lots of fun. Very social and a bit of a head-spin getting different work asked of you… "that whirring noise you can hear is Jo's brain"!

The next sessions are on Oct 11th and Nov 22nd … which sadly I can't attend 'cos I'm on road trips elsewhere but highly recommend.

Facing the Fear (as a mature karate student)

I came to karate to get fitter for long-distance walking (Caminos): "increased cardio, more multi-directional movement": my words. I knew exactly what I needed… I thought.

I found that the challenge I was facing wasn't fitness, but fear of aging. Those first lessons were tough! I loved what I was doing but hated being confronted by all those things we associate with aging: forgetfulness, balance, coordination, mobility and agility. The lessons stripped away my ego and expectations, and I had to learn to trust the process. There was a class early on that I didn't go to because I couldn't face the version of myself that was being exposed.

Thank goodness I stayed! Roll on ~ 21 months and I'm fitter than I've ever been. I love what I'm doing; I love the fact that when I walk into a Dojo, I'm not my age or my gender. More importantly, I love the version of me that I'm reclaiming - and I'm happy.

The support & KINDNESS I've experienced from the whole Seido community is special, but to Richmond Dojo, Sensei Paul & Senpai Richard & all seniors – thank you so much.

"I haven't come this far, to just come this far"

In life or in karate… Osu

Wencke:

At the end of June, six students from the Richmond Dojo took promotion at Nelson Shibu. It was a good day full of determination, endurance and spirit. The Grading was an opportunity to let go of all that had been, practice mushin (無心 - no mind), and embrace the challenge together. We warmly congratulate our two new 4th kyu students (Ronny and Sana), two new 3rd kyu students (Andrea and Will) and two new 2nd kyu students (Wencke and Antonia) on their achievement.

Helena (10 years old):

This is how I am getting ready for my upcoming Grading with my Dad to brown belt: We go to every class until our grading day and are working hard on our techniques and stances. We are also doing very good in sparring. We are going to Nelson to train as well.

Farewell Shuseki Shihan Danny Watson



The founder of the Devonport Dojo, Shuseki Shihan Danny passed away peacefully in October. Many Nelson Shibu karateka have fond memories of Shuskei Shihan Danny as a wise advisor, leader and often entertaining larger-than-life figure. Moi mai ra e te Rangatira.

Wise words from Eiko Hanshi

An excerpt from Kime April 1991

"When a group of people start training together at the Dojo many things begin to happen. A group of people whose thoughts are concentrated on a single action, are capable of acting in unison to a great degree, producing a group action, a group strength, where the individual student's energy is immersed and heightened by the atmosphere created. There is a comfort in being in a group activity with a collection of like-minded people in a healthy environment. This feeling of individual encouragement due to the group action is something special and shared. It spills out from the dojo and teaches that bonds of trust through participated effort provide a foundation for new relationships". OSU! Eiko Hanshi!



Te Ara Pono

mind of no mind
calm in the storm
follow the way
we stand
we breathe
we awaken
we are here
true to our ancestors
forged by discipline
bound by love, respect,
and obedience
tempered by time
strenght in unity
facing our fear
through blood sweat and tears
guarding the way
mind, body, spirit
'til our children forge their own





Did you know? The Daruma Doll

In her profile, Sei Shihan Neroli mentioned the Daruma Doll which everyone will have seen sitting on the Shinzen at Nelson Shibu. But what is it for? The Daruma Doll is a hollow, round Japanese traditional doll, modelled after Bodhidarma, the founder of the Zen tradition of Buddhism. Bodhidarma is said to have meditated for 9 years at the Shaolin Temple, facing a wall, until his legs atrophied from lack of use, which was the inspiration for the Daruma Doll's limbless nature.

Seen as a mere toy by some, the Daruma Doll is a symbol of perseverance and good luck to the Japanese. Initially, both eyes are white, but on deciding a goal or wish, the left eye is coloured in. On realisation of the goal or wish, the right eye is also coloured in. The left eye on ours was coloured in by Sei Shihan Aaron. What was the wish? When will it be realised? Watch this space!

The Daruma Doll is weighted at the bottom, so when it is pushed over it rights itself, as Sei Shihan Neroli says: *Nanakorobi Yaoki* : 'Fall down 7 times, get up 8 times'...or NO QUIT!

Heads Up!

7 November: General Grading.

27-29 November: Christchurch Camp. Best wishes for Sensei Youram and Sensei Mandy.

11 December: Christmas Party for children 5-14yrs from 3.30-5pm.

12 December: Adults (14yrs+) End of Year Dojo Get-Together 6-10pm..more details to come.

16 December: Black Belt Beach Training (weather dependent).
19 December: Last class and Dojo closes for the year.

Save the dates!

12 January 2027: Dojo reopens.

16 January: Kigami Biraki.

19 January: Children's classes resume.

14 February: Beach Training.

5-7 March 2027: Annual Teapot Valley Camp.

20 March: General Promotion.