

SAMURAI

Te Awamutu Dojo newsletter

March 2026

Look us up at www.karateteawamutu.com or on Facebook

In the 50th anniversary year of Seido karate there is quite a bit happening in New Zealand. There are three camps around the country every year – Wellington, Nelson, Auckland and Christchurch National camp. This year we have a tournament in Wellington in May. There are always general kyu gradings and black belt gradings going on around the country.

Shuseki Shihan Harry has taken over leadership of the Christchurch dojo from Eiko Hanshi Renzie, who remains the head of Seido in New Zealand.

Gradings

In December 2025 the following people were successful in upgrading:

Luca (1st kyu), Mabel, Ray, Sandrine, Lachelle and Laura (6th kyu), Nate and Charlie (7th kyu), Matthew (8th kyu), Viyaan, Tyrelle, Kaelana, Ezra and Jack (9th kyu).

In February 2026 Scott, Ishaan and Anika graded to 9th kyu.

Congratulations everybody! Remember that if you graded you owe the club a grading fee.

General Fees

Just a reminder that general fees are \$25 per month for school students and \$30 per month for adults. Family concessions gets the second person at half price and the third at a flat \$10 per month. Black belts are \$30 per month , however 5th and 6th dans are \$20 per month on account of their teaching responsibilities.

Payment can be made by direct credit into the account of Te Awamutu Seido Karate Do Inc at Westpac – account number **03-1564-0079660-00**. Please ensure that you put your surname and a notation like “fees” or “Grading fees” on the deposit.

Remember that, if you graded recently, you need to pay a grading fee which is \$10 if you are grading to a white belt, \$15 to a blue, \$20 to a yellow, \$25 to a green and \$30 to a brown. When the money is paid into the bank account please note “grading fee” on the deposit. New belts cost \$10. If you got a new belt, please pay the money into the club account marking the payment “belt”.

Karate News and Calendar of Events

Shuseki Shihan Michael attended the **National camp in Christchurch** at the end of 2025. Three students from Motueka dojo upgraded to 5th dan (Kyoshi).

Congratulations to Sei Shihan Patrick Holden (Auckland) and Sei Shihan Dave Moore (Timaru), who were upgraded recently by Eiko Hanshi Renzie.

Shuseki Shihan Michael and Jun Shihan Gerard along with Jun Shihan Reuben, Senpai Luke and two other members of the Hamilton dojo attended the **Wellington camp** in February. It was a well organised camp, once again, and the food and company was great. There was a healthy representation from the Tauranga dojo as well, led by Kyoshi Rick and Sensei Alex. Thanks Wellington!

Tauranga beach training will be held on Sunday **March 15th** at 10.30am at Mount Maunganui.

On **March 28th** five ladies are attempting their **shodan** grading in **Auckland** with the event also marking the **official opening** of the new Mt Roskill dojo. Shuseki Shihan Michael will be attending. If you are interested in going let Shuseki Shihan know.

Te Awamutu Seido Karate Do(Inc) will have it's **AGM** at the dojo at 7.00pm on Thursday, **April 23rd** . Agenda items include presentation of accounts, election of officers and general business.

The **Wellington tournament** will take place on **May 23rd, 2026**. Mark your diary if you are interested in competing. The rules are out and entries can be made via the web site.

The **National camp in Christchurch** will be held **27-29 November, 2026**.

Tauranga Beach Training – March 15th

Training will begin at 10.30am on Sunday, March 15th on the beach to the right of Moturiki (Leisure)Island, Mount Maunganui. Expected finish time is between 11.30am and 12.00pm. Seido banner will be up to help you locate site.

Please wear full gi with swimwear underneath plus sunhat, sunglasses and sunscreen. You will get wet so bring a towel and dry clothes. Afterwards we meet for refreshments at Astrolabe from 12.00pm at 82 Maunganui Road.

If you have never been to a beach training before now is your time to do so.

North Island Dojo Heads meeting

Honbu reminds us that new shodans are presented with plain black belts on their grading day followed up by embroidered belts 6 months later, if still training. Embroidered belts can be ordered earlier but not presented earlier.

Nidaime expects that all black belts gradings are taken by 6th dans and above.

Time between 1st kyu and shodan is 18 months.

Kyu gradings are still to encompass knowledge of syllabus, physical exercise and a graduated test of mental toughness, if we are to prepare students adequately for black belt gradings (which involve similar tests). Remember that karate is an art, not a sport, although at times there are sporting aspects to it e.g. tournaments.

EGO

Ego is the part of your mind that shapes how you see yourself and interact with the world. Acting as a bridge between desires, reality, and social expectations, it influences decisions, emotions, and behaviours. It can be strong or fragile, adaptive or defensive, reflecting both confidence and vulnerability. Understanding it helps navigate personal growth, relationships, and self-awareness in everyday life.

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and social expectations, it influences decisions, emotions, and behaviours. It can be strong or fragile, adaptive or defensive, reflecting both confidence and vulnerability. Understanding it helps navigate personal growth, relationships, and self-awareness in everyday life. (Sigmund Freud)

In **Western cultures**, ego often aligns with individualism. The self is seen as independent, unique, and separate from the group. Psychological research and cultural studies highlight several key features:

Autonomy and Personal Achievement: Success is often measured by individual accomplishments. A strong ego emphasizes self-assertion and personal identity.

Ego as Self-Expression: The ego is encouraged to speak up, take initiative, and pursue personal goals, even if it challenges norms or others' expectations.

Developmental Implications: Erikson's stages of identity formation resonate strongly here—adolescents and adults are encouraged to discover “who I am as an individual” before integrating into larger social structures.

Example: In many Western workplaces, ego expression is rewarded through leadership, personal branding, and recognition.

Assertiveness is often equated with confidence, and self-promotion is not only accepted but expected.

In contrast, **Eastern cultures** emphasize interdependence. The self is understood in relation to others, and ego is balanced against community, family, and societal harmony:

Harmony and Collectivism: Ego is expressed in ways that preserve relationships and social cohesion. Individual desires are often moderated to maintain balance.

Cultural Ego and Moral Development: Traditional philosophies such as Confucianism, Buddhism, and Taoism stress humility, compassion, and self-awareness as ways to refine the ego.

Developmental Implications: Identity formation often involves learning how I fit within the group, rather than solely who I am independently. (Sanju Danthararyana)

The practice of Seido karate is based on Eastern philosophy and encompasses love, respect and obedience. Self importance gives way to humility and community takes precedence over self interest. Food for thought. (SSM)