

Guseikai



Buddhist Sutra

- Time passes quickly during youth.
- Age progresses unnoticed.
- Knowledge and learning are not accomplished at the same rate so do not waste time.
- The dreams of youth, like new grass growing on the edge of a pond, must be fulfilled while fresh in the heart.
- The autumn wind blows a big begonia away from the stoop, creating melancholy sounds.
- Live for the moment, seize the opportunity; do not let chance pass you by...

The name Guseikai was created by the late **Mr. Eiichi Eriguchi**, the former Chairman and President of JKF Wadokai. He was inspired by an idea derived from one of the Buddhist scriptures.

The first Guseikai dojo was established by Dr Hideho Takagi in Tokyo, Japan, followed by Bob Nash in Berkeley, California and Norma Foster in Vancouver, Canada.

GU = serendipity, fortuitous circumstance, chance occurrence

SEI = becoming

KAI = association

The experience of Karate ought to be enjoyable. It should be about growing and confronting one's limitations; but it should always be done in a spirit filled with fun and enthusiasm. You must have the courage to examine your life and also have the ability to laugh at yourself. Life is too short to waste away in dread and fear. Live life to the fullest, enthusiastically and with a sense of wonderment. The trick is learning how to smile.....

We are a group of people who met by fate, chance, serendipity....

Guseikai Karate Vancouver is directly affiliated with the Canadian Zenkuren Wado Kai Karate Association which is the official Canadian headquarters of the JKF-Wado Kai: Japanese Karate-do Federation Wado Kai, the governing body for Wado Kai Karate.

CZWKA President and Technical Director Norma Foster Sensei holds 7th Degree Black Belt rank through the JKF-Wado Kai line and is the highest ranked female Wado Kai practitioner in the world. Among a few select others Foster Sensei is respectfully recognized in North America, Europe, Oceania and Australasia as a top Wado Kai practitioner and teacher.

Foster Sensei has studied with Dr. Hideho Takagi Sensei, 8th Dan Black Belt JKF-Wado Kai, who opened the first Guseikai dojo in Tokyo, and with Mr. Toru Arakawa 9th Dan Black Belt JKF-Wado Kai, currently Technical Director to the JKF Wado Kai in Japan.

Instruction at Guseikai dojos is highly technical and it takes great dedication to master the principles of movement that are the hallmark of Wado Kai Karate. The standards are very high and instruction can be very intense. Achieving a Shodan or 1st degree Wado Kai Black Belt is very challenging, yet once achieved sets the stage for greater development both in karate and in personal life.

Any student that qualifies to test for their Shodan, 1st Degree Black Belt, if they pass and are registered and certified by the JKF Wado Kai; are recognized in Japan and throughout the world as having attained the highest technical and moral standards. Dan rank certificates are signed by the president of the JKF-Wado Kai and bear an official stamp which is recorded in a 'Book of Black Belts' certifying one's Dan rank.

The pass rate for Dan examinations in Guseikai is approximately 50% meaning only half of all participants will usually pass any examination.

"It is easier to be world champion in kumite than it is to be world champion in kihon...there is no luck involved in kihon performance". – Dr. Hideho Takagi