

A special thanks to all those instructors who assisted me during the many seminars I taught during my world tour. I am grateful to you all.



agement. Learning how to respond dispassionately to unwarranted aggression requires self-empowerment. Such training promotes an inner-calm and, where conflict exists, helps restore a natural balance to personal and professional relationships. Conditioning the body, cultivating the mind and nurturing the spirit, Koryu Uchinadi is a challenging pathway to improving health, it's holistic purpose; providing life protection skills, it's defensive application; building moral character, it's social aim; surmounting the source of human weakness, it's philosophical nature; and, revealing inner peace and tranquillity, it's spiritual essence.

### 2010 Seminar tour cont'd

Having recently arrived back to Australia I wanted to say thank you to the more than thirty seminar sponsors in Russia, Denmark, Ireland, The Netherlands, Italy, Germany, The UK, Spain, Canada and the USA for having hosted my visits over the past 5 months. To date, this undertaking was longest and most successful international seminar tour I have ever experienced. I "thoroughly enjoyed" meeting

many old mentors, friends and students along way not to mention the wonderful hospitality of my many hosts, and the special camaraderie we developed.

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Photos not already published in the Journal may be found here [Facebook](http://www.facebook.com/photo.php?fbid=426576406245&set=a.400365421245.180171.540486245#!/album.php?aid=180171&id=540486245) <http://www.facebook.com/photo.php?fbid=426576406245&set=a.400365421245.180171.540486245#!/album.php?aid=180171&id=540486245>