

The  
Shintaido  
Foundation

Newsletter  
April 1995  
number 8

SGB CHANGES NAME

Welcome to the new look Newsletter, now produced in Reading. Don't panic! This is still the same friendly organization we have grown to know and love (well, most of the time), but a change of name, and a change of image, have certainly taken place. Some confusion and discussion has been generated by these changes, some of which can be found in these pages, but hopefully the confusion is only temporary.

Many changes have also taken place in the various groups around the country, so look out for a feature filled "Branch News". Similarly, the weekly timetable of classes has undergone radical changes since the last issue.

With the Daienshu approaching, is there anybody with a bit of wit and a camera who would like the job of Daienshu journalist? The newsletter needs somebody to keep their ear to the ground and produce a kind of "alternative" report for the next issue.  
Charles Burns

Please address any comments, photographs, letters or articles for future editions to :

The Shintaido Foundation Newsletter  
c/o Charles Burns  
54 Cromwell Road  
Caversham  
Reading  
BERKS RG4 5EB

or fax them to: 01734 471201

Long articles should be sent on floppy disc whenever possible. MacIntosh format is great, but users of lesser PCs can save "text only." All discs will be returned.

Copy deadline for the next issue is Monday 19th June 1995  
(put it in your diary now!)

**Around the Country - Weekly Classes**

Monday Brixton 7.30 - 9.00pm Strand Centre, Elm Park,  
Brixton

Contact: Rebecca on 0171 241 4801

This class runs on alternate weeks only

NEW Thames 6.00 - 8.00pm Parkshot Centre,  
Richmond

Contact: Olivier on 01372 361655

Soft Shintaido by Geoff Fitch

Tuesday Bristol 7.00 - 9.00pm Filton College  
(North Bristol)

Contact: Pam on 0117 957 0897

An introduction to Shintaido

Wednesday Bristol 7.00 - 9.00pm Bishopton  
Community Centre

Contact: Debbie on 0117 924 9406

Soft Shintaido

AI Group 8.45 - 10.00pm Lewis Sports Centre,  
Anerley

Contact: Simon on 01273 814490

Thursday Bristol 7.00 - 9.00pm Bishopton  
Community Centre

Contact: Debbie on 01272 249406

Shintaido as a Martial Art

NEW Brighton 8.00 - 9.00pm Lewis Leisure Centre,  
Lewes

Cost £3.55 Contact: Peter on 01273 327958

Beginners and general get together

Friday Brighton AI's 9.00 - 10.00pm Lewis Leisure  
Centre, Lewes

Cost £3.55 Contact: Peter on 01273 327958

Bristol AI's 7.00 - 9.00pm St Paul's Settlement  
Contact: Amanda on 0117 955 1623

This group meets once a month, next keikos: 24th March & 28th April

NEW Reading 9.30 - 11.30am Collier Centre  
Contact: Charles on 01734 476637  
Running initially for 4 weeks from 28th April onwards

Shintaido classes and their venues do change on a regular basis, so it is wise to check first before attending an unfamiliar class. The above information is correct and complete as far as I can ascertain, but please let me know of any omissions or errors as soon as possible. It is helpful if all new classes and events, and all cancellations, are reported to the Newsletter as a matter of course  
Forthcoming Events

The Shintaido Foundation  
Daienshu

26th - 29th May 1995 (bank holiday weekend)  
Llanmadoc Youth Camp  
on the Gower Peninsula

Full publicity details will be available shortly, in the meantime if you would like to help with any aspects of organization, please contact  
Matthew on 0117 924 3877

“Developing the Shintaido Community”

Saturday 1st & Sunday 2nd April  
Telescombe Youth Hostel  
Contact Lindsay on 01273 327958

Spring AI Gasshuku

“The poem of one persons life is created only for themself, but it can strike a common chord in the hearts of all people”

SHINTAIDO  
an introduction

Saturday 22nd April 1995  
10.00am - 3.00pm  
Collier Centre, Reading  
Organized by Reading Adult College  
Contact: Charles on 01734 476637

## Reports

### Karate Workshop, Bristol 11/3/95

KEIKO 1 Theme: tsuki, mae geri, yoko geri. After jumbi by Debbie Evans, Minagawa Sensei informed us that the keiko will be centred on the martial art aspects of shintaido.

To open up we formed a circle, holding hands, to jump and kick. This practice allows us to breathe at the same rhythm. Eiko sei followed. Eiko jodan kiri harai teaches us to find a new balance through fully expressed movement. Eiko jodan kiri komi with the outside hand closed in a fist enables to practise co-ordination.

To start tsuki we settled in kiba dachi and Minagawa sensei explained the idea of tsuki being big, with the hand swinging over our head before kamae. However, we began with the open hand strike. Gradually lowering our hips, we then practised tsuki focusing on the direction of the fists. Keeping the back straight and the hips low are the points to watch for.

The study of mae geri started with the 1,2,3,4 sequence: raise the knee, stretch the leg, bring the knee back to the chest, and drop the feet forward. To keep the motion whilst kicking is the challenge. To help the stretching and keep the upper body straight we worked with a partner who stretched our ankle as we kicked.

Yoko geri, the side kick, is more demanding than it first appears because it needs excellent co-ordination. We started with work on the bar with a partner to support our leg and keep the hip down. The knee comes up straight. It then turns inside before delivering the kick, the heel being higher than the ball of the foot. The foot comes down through the intermediate position at the side of the standing leg. The most important point is to keep the hips low and the back straight, otherwise the kick is powerless. As with mae geri, it is important to keep moving in the direction of the kick.

KEIKO 2 Theme: kumite and kata. Daniel led the jumbi. We started by reviewing the practice of keiko 1, then studied wakame. We practised ying-yang tsuki. This was very confusing. It seemed that interest in the study waned and shifted to the funny aspects of the practice.

Hino kata (chudan tsuki vs. gedan barai) and Ten no kata (jodan tsuki vs. age uke) constituted the main part of the kumite study. Another kumite study involved the high double block against jodan tsuki followed by side step, turn and throw the partner at an angle. More time would have been necessary to fully appreciate the efficiency of this technique.

One of the special things about Shintaido is that we always throw ourselves forward, even when receiving. Both blocks are active, another strike in themselves, to open our partner.

We studied the first sequence of the Taikyaku kata in groups of three. The central partner blocks and punches to the partner on the left before turning to the right. Speed of turning and co-ordination of limbs are central to the study of this kata.

Heian dai kata was broken into several sequences to assist us in learning. This kata was followed by taikyaku sho repeatedly and repeatedly! New to me was the kiai at the last tsuki. Is this a way to gather our concentration at the end?

I feel I benefited from this workshop in many ways, meeting new people and receiving new information. However, I did miss the jumping, a strong aspect of the kaihoke keiko. No doubt there will be another time.

Olivier de Kerckhove

## Branch News

### Brighton

There is now a brand new beginner's class led by Tony Hammick sensei. This commenced on 9th March and will hopefully run the full course of ten sessions and beyond. There are currently 6-8 beginners and 2-3 AI's. There is also an AI's class which has been running since September '94. See listings for details.

Peter Bougas

### Bristol

Bristol continues with a range of active classes. The Tuesday Filton College keiko sounds interesting and a bit anarchic through its high proportion of newcomers, many of whom come with a refreshing lack of preconceptions about Shintaido:

"It gets the energy flowing through spiritually stretching the muscles, the exercise is very subtle but I can wake up with aching muscles the following morning. For me the challenge is often to pride and ego, rather than confronting an external attacker"

Jade from the Filton Group

Debbie Evans delegated some of her Shintaido work recently. A large group of us were surprised to discover just how many tasks she has been covering and we are now figuring out how to do more of them ourselves. May her word processor now cool down a little.

The joint karate workshop with Thames Shintaido was well attended (full report from Olivier). The centre in Kingswood is beautiful, with two bright practice halls, extra rooms for food and childcare and...showers!

Jaine has returned from a Shintaido performance in Paris with Minagawa sensei. She is interested in a Shintaido and creativity day workshop - it's very much in the planning stage and could include painting, voicework, and music making. If you have thoughts, suggestions of support it would be very welcome, contact Jaine on 0117 944 5247 or Matthew on 0117 924 3877  
Matthew Needham

### Guildford

David Gilbert has left the country and set off around the world for two years. This means that the group he has formed around himself over the last few years is now left without a teacher, and facing the challenge of making their own program of practice.

Bon voyage David

### Oxford

After running a weekly class in Oxford continuously for seven years, the Oxford group is currently in abeyance. What we have lacked in numbers we have made up for in consistency and optimism. For some reason it seems to have become harder, not easier, to publicize the class successfully as time went by. Yet on many occasions an enthusiastic new person turned up at a critical moment, and kept us going. I often think with real affection of every person who has ever practised Shintaido with me in Oxford, and hope they got as much out of attending the class as I did from trying to show Shintaido to them. I like to think of all these poets, journalists, teachers, editors, musicians, printers, therapists, graphic designers, nurses, managers, carpenters, parents and children; all living their lives with the memory of eiko in their hearts.

This sounds rather elegiac, but it shouldn't. I intend to hit the streets again in the autumn, possibly with a stretch/healthy movement/meditation class.

Peter Furtado

### Reading

For a number of years now Reading Shintaido has consisted of me and my boh, and my beautiful dojo overlooking the town on windy nights.

Recently I have been in consultation with Reading Adult Education College with a view to starting a regular class. The upshot is that I will be running a series of short courses and one day workshops over the summer with the aim of generating enough interest to start a regular class in September (details under Forthcoming Events). Anybody interested in attending any of these courses to give me a bit of moral support would, of course, be more than welcome.

Charles Burns

### Letters

#### Leap into the Void

Fellow Shintaidoists might be interested to take in the exhibition, currently at the Hayward Gallery until 23rd April,

about Yves Klein (1928-62), a French artist pivotal in the history of modern art.

Before deciding to become an artist, Yves studied judo at the Kodokan institute in Tokyo, where he advanced to Yon Dan (4th Dan). He later became a respected teacher of judo in Spain and Paris, producing a series of films about judo, and a notable book "Les fondements du judo".

For Yves, judo was an activity in which the body discovered a "spiritual space" through heightened physical and sensory experience. Sound familiar? While engaged in such intense concentration, the body and mind became more supple, enhancing one's sensitivity to the dynamics of balance and power.

Yves Klein. "Suaire" (body painting) 1962

Yves was to look for a similar "spiritual space" in his painting, particularly in his intensely blue monochrome paintings (IKB - International Klein Blue)

"True Blue, the blue of the blue depth of space"

Charles Burns, 1995. Monochrome painting after Yves Klein

In moving from martial arts to painterly arts Yves formed a new concept of "body art" by quite literally using people as human paint brushes, thus creating art in much the same way as a goriei-sha might express his art through Shintaido practitioners.  
Charles Burns

SGB/SF A Personal View

As I was unable to attend the AGM, I would like to share with you my thoughts on the new constitution of SF.

I knew something was afoot regarding SF and what strikes me most is the vagueness of the constitution as if it meant to separate people rather than lead them. To start with, the Articles of Organisation show four entries concerning BOD, HI, IC and AGM when the Foundation aims to be supporter based. Surely, BOD could raise a fifth entry, to include the definitions, rights and duties, activities and objectives that supporters expect from their organisation.

In addition, the postal ballot option reinforces the move away from the spirit of keiko: no need to turn up anymore to decide actions that will shape the future of SGB/SF. I would also like to mention that a notice of AGM needs sending not only to members but also to mail subscribers. Don't we all want to see as many people as possible taking part and sharing their association?

I found another example of vagueness in the "various national courses and workshops" How can the Foundation be effective when no definite agenda is voted on? I suggest a calendar of activity be sent out immediately after AGMs. To realise its aims, as clearly set out in the introduction, the constitution deserves more structured objectives.

I would not complain of this present situation should I not have grounds to believe that this proposal reflects only too well the direction (or rather the lack thereof) SGB chose to follow in the last few years. Notice of this can be found in the minutes of previous AGMs. National advertising leaflets talked of but never seen. The need for secret ballots inspires little confidence. What are you hiding from? The lack of "matter arising" or AOB shows too little input from members. Why are there no points voted for?

An AGM is a forum to open challenges. The contradiction between "improvement of communication" and the disappearance of Hikari rather reveals a lack of communication as if the head had lost touch with the body of members. For the remittance of the ISF fee a fund was set up separately from the SGB account yet the bank returned cheques it was unable to cash in, etc.

The dichotomy is so strong that I suggest a lack of cohesion. For an Association to function, decisions taken need implementing as set out by its executive committee. I therefore look forward to re-instating branch representatives: they will bring two-way communication back into the running of SF.

Are we taking after our French friends, only three years later, and become separate entities at a time when we need so much joint effort to attract supporters? What of the work many put in to co-ordinate SGB? Perhaps that's why so many have left?

I suggest that the Foundation meet soon for an Extraordinary Annual General Meeting to clearly define how it shall set about realising its objectives without disintegrating its body of support.

Olivier de Kerckhove

#### Changes of Address

Shintaido practitioners are notoriously mobile. Dropping a change of address card to the Newsletter will ensure that everybody knows where you are.

Peter Furtado is now at: 77 Gidley Way, Horsepath, Oxford OX33 1RG

Telephone: 01865 249059

SF Organisation

#### Treasurer

Peter Furtado 01865 249059

#### Membership

Peter Bougas

#### Equipment

Marcus Grant 0171 733 8867

#### Newsletter

Charles Burns 01734 476637

Fax: 01734 471201

#### NIC Chair

Ula Chambers 01273 304860

#### Board of Directors

Tony Hammick (Head Instructor)

Peter Furtado 01865 872005

Pam Minagawa 0117 957 0897

Marcus Grant 0171 733 8867

The next BOD meeting will be on 7th May. If there are points you wish raised at this meeting, please let Pam have them by Monday 1st May

All BOD members are willing to be approached on any matter of concern to SF members.

#### Consultants

The following are advisors on different aspects of gasshuku organisation. When involved in one of these areas, please give the appropriate consultant a call.

**Creche**

Vicky Meadows 0171 733 8867

**Dojo**

Simon Neale 01273 814490

**Food**

Lindsay Evans 0181 802 3207

**Sensei Care**

Pam Minagawa 0117 957 0897

**Abbreviations:**

SF Shintaido Foundation

BOD Board of Directors

NIC National Instructor's Council

ISF International Shintaido Federation