

The
Shintaido
Foundation

Newsletter
October 1995
number 10
Current circulation: 15

This issue of the Newsletter is unashamedly technical in nature, and makes heavy reading. There are more reports from the recent Daienshu, together with reports from the recent consultation event in London.

There is also the text of Ito sensei's talk at the 1994 Daienshu, which has been printed because it suddenly seems relevant considering the recent debate about teaching Shintaido.
Charles Burns, Newsletter Editor

CONTENTS

BOD reports of recent events and meetings	5
More Daienshu Reports	8
Ito's Talk from the 1994 Daienshu	10
An interview with Sarah Whiteley	13
"My Dojo" by Peter Furtado	14

The Newsletter has moved !
Please note the new address for correspondence

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

The Shintaido Foundation Newsletter

c/o Charles Burns
234 Peppard Road
Emmer Green
Caversham
Berks. RG4 8UA

or fax them to: 01734 476637

Long articles should be sent on floppy disc whenever possible.
Macintosh format is great. Users of PC's PLEASE save "text only."
All discs will be returned.

Copy deadline for the next issue is Monday 18th December 1995
(But don't wait until then, you can write 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

Thames 6.30 - 8.00pm Room 44, Parkshot
Centre, Richmond

Contact: Olivier on 01372 812584

Soft Shintaido by Geoffrey Fitch; a refreshing & relaxing indoor
class

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

Contact: Pam on 0117 957 0897)

This class is due to restart in the autumn

Wednesday Bristol Lunchtime City Technology
College

Contact: Jaine on

7.00 - 9.00pm Bishopton Community
Centre

Contact: Debbie on 0117 924 9406

Soft Shintaido

London AI's 8.45 - 10.00pm Lewis Sports Centre,
Anerley

Contact: Simon on

Thursday Bristol 7.00 - 9.00pm Bishopton
Community Centre
Contact: Debbie on 0117 924 9406
Shintaido as a Martial Art

Brighton 8.00 - 9.00pm Lewes Leisure Centre,
Lewes
Cost £3.55 Contact: Peter on 01273 327958
Beginners and general get together

Friday Brighton AI's 9.00 - 10.00pm Lewes Leisure
Centre, Lewes
Cost £3.55 Contact: Peter on 01273 327958

Bristol AI's 7.00 - 9.00pm St Paul's Settlement
Cost £5.00 Contact: Amanda on 0117 955 1623
This group meets once a month, on the last Friday of the month

Saturday (Bristol Morning)
Soft Shintaido & meditation. This class is due to restart in the
autumn.

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 details of all new classes and events (including times, locations and costs), and all cancellations, are reported to the Newsletter as a matter of course.

Forthcoming Events

SHINTAIDO OF AMERICA

would like everyone to know about two special gasshukus occurring in July 1996.

With the approval of ISF and Aoki sensei they will be sponsoring:

“The 6th International Shintaido Conference”

as well as:

“Shintaido of America’s 20th Anniversary Gasshuku”

Both gasshukus will be held at the in Sonoma County, California from July 3rd to July 7th, at the same time in the same location. The International Gasshuku will be for instructors only, and America’s 20th Anniversary Gasshuku for everybody.

Shintaido Autumn Workshop

21st & 22nd October 1995

Greenaway Centre

Southmead, Bristol

Exams available to 1 kyu and Provisional Instructor Cost: £45
(£35 for SF supporters)

Open to all!

1996 schedule

Full information about these events will be circulated nearer the time.

Kangeiko: Sunday 14 January, London

Spring AI: 17/18 February, Brighton

Daienshu: 4-6 May

Autumn AI: to be scheduled

AGM

The SF Annual General Meeting will take place on:
Sunday 26th November 1995

at
Wheatley Sports Centre, Oxford

Keiko: 10.30am - 12pm

Lunch: 12pm - 1pm (bring your own or use the cafe)

AGM 2pm - 3pm

BOD Reports

Post-it Notes and Flipcharts

The BOD Group Leaders Consultation Session, 23rd July 1995

Most of the active SF instructors attended this day event designed by BOD. Following a morning keiko and lunch, workshop sessions allowed those present to focus on how the teaching and development of Shintaido could be better supported.

Continuing the spirit of the discussions at this year's Daienshu, new ways of relating were used in the consultation session, not the boring old agenda plus meeting. The place was awash with flip charts, post-it notes and focus groups.

The first exercise, in three small groups, led to 22 items to discuss. These can be broadly grouped into the following themes:

Support for instructors

Buddies, mentorship, teaching guidance, the use of retired members.

Encouraging new members

What is success? How do we "enthuse"? The importance of "the first time".

Horizontal Communication

Mutual support between groups, BOD to help in the support of group keiko..

Publicity and overall communication

Having a central base/address/
Phone number, the SF logo, basic publicity and class publicity, high quality leaflets.

Small focus groups then took each one of these themes and worked further on these ideas.

The event produced a number of new ideas, and re-visited some old ones. The scope and positive nature of this list shows how successful the use of small discussion groups was. “The list” below indicates some of the items that will be carried forward for further discussion by BOD, the NIC, the AGM, or local groups. Some items have already led to discussions and action at the recent BOD meeting (see next report).

“The List”

1. BOD has been creating a handbook for AI’s setting out much useful information about SF, the curriculum, the running of classes, gasshuku’s, etc. The draft text should be circulated to groups before finalizing.

2. There is some doubt about the role of assistants within SF. To support instructors within a particular group, and prepare for future teaching? We should clarify these points, and put them in the AI handbook.

3. It might be helpful for new instructors if we had a mentorship system, with experienced (or retired) instructors being available to advise on problems.

4. It might be helpful for new instructors if we had ideas sheets on themes for keiko, how to achieve certain effects, how to build up a certain kumite, etc.

5. We should have greater exchange and visiting between groups, with AI’s visiting one another’s groups regularly, supporting new groups, with BOD members visiting other classes. Also, joint branch keikos could be arranged and promoted within the main annual BOD schedule of events.

6. AIs could get together more frequently than the current 6 monthly meetings to discuss teaching and associated problems/ ideas.

7. The ISF mission statement includes the aim of promoting world peace. One step towards this is encouraging close, clear and honest communication between shintaido practitioners, and particularly so within the AI group. It might be useful if this point was discussed explicitly in the AI handbook, perhaps by urging AIs to be in close contact with one another’s groups.

8. It would be useful to remind instructors always to take books, pamphlets and other material to the dojo with them.

9. Instructors should take care not to criticise another instructor to general members.

10. It is important to remember that a local group must be the prime instigator of local publicity, and not the central organization. In the published details about instructors it is useful, and much friendlier to potential recruits, to write in the first person.

11. Communication between BOD and the groups might be aided by introducing a Branch Representative Feedback System.

12. It would be useful if there were a pool of bokuto available to the groups for loan or hire. This could be achieved by buying back the equipment of people who no longer practice, and by collecting second quality equipment.

13. It would be useful to create a central library of videos and books, which instructors can use to check information.

14. The AI's have a telephone tree system for passing messages quickly to all, but this needs attention.

15. The system of collecting & distributing international news needs improving, possibly by revising the role of the ISF rep.

16. There can be a problem of the schedules of different groups clashing. Groups could be encouraged to plan their programs in the autumn for the coming year, and to check them with a BOD run anti-clash diary.

17. There is some dissatisfaction with the present logo, which is felt to be too martial.

BOD would like to thank everyone who attended, and find the feedback very useful for future organisational planning. It is now up to everyone to continue these debates in their local groups, and to communicate reactions back to BOD and the AI groups.

Marcus Grant

The Cheiveley Services Meeting
Sunday 17th September 1995

Following some of the feedback at the recent consultation event in London, BOD has decided that, to help with communication, we will write a short report for the Newsletter following each meeting. This report, the first such, covers discussions at our most recent meeting.

The main items on the agenda were the consultation session feedback, the responses from the Daienshu questionnaire, and a review of venues for future Daienshu's and other events.

This meeting looked in detail at several issues, passed others to the next Instructors Council, and took over three hours.

Consultation session feedback

The seventeen separate issues that arose out of notes taken at the event were each looked at. Several, such as having a resource person to hold a stock of videos, books, bo and bokuto for loan, will be discussed further at the next NIC meeting.

In response to the request for support for joint branch keiko's and other events, we understand that Debbie Evans will be putting a proposal to the AGM.

To help plan and communicate event schedules, BOD is now looking at events in the next 18 month period, and will continue to use this sort of time frame. We are also making it the special responsibility of the new BOD member each autumn to issue the coming years schedule to SF (see "Forthcoming Events" listings). To this end we want all groups to have a draft schedule of events ready to present at each year's AGM.

These are the responses to just a few of the issues. We also discussed "mentorship", the logo, and the role of assistants among other things. If you would like specific details about some of the other issues, please ring any BOD member.

Daienshu questionnaire

A big thank-you to everyone who completed and returned the questionnaires. We had an amazing 39 replies, and Pam Minagawa presented a collation of the results. There is much useful information in the questionnaires, and it really warrants a separate Newsletter report. BOD just had a quick first look at the results.

One of the main findings is that although many are dissatisfied with the usual venue, it seems to be mainly the facilities, and not the actual location, which is the problem. We are seriously looking at tackling this, and will be pursuing two approaches: firstly to discuss with the owners joint funding of improvements to the showers; and secondly to look into the possibility of installing a temporary portacabin type shower block for the duration. The improvement of heating and a drying area is also being looked at.

Venues

We have also been looking at alternative venues. A summary so far:

Slimbridge YHA. No available indoor or outdoor dojo nearby.

Exeter YHA. Restrictions on access during the day. Further research is being carried out.

Corsica Hall, Seaford. Very good facilities, but far too expensive.

Harlech, Mid-Wales. Too long a journey for the London and Brighton groups.

Rhossilli. Other Gower venues are being looked at.

BOD (Pam Minagawa, chair
Marcus Grant, Peter Furtado)

Branch News

Reading

During August I was able to teach a 3 day introduction to Shintaido for the people of Reading (well, six of them!) It was my first experience of teaching Shintaido to beginners, and not at all what I expected, since the group was entirely female and mostly consisted of an aerobics teacher and her students, who were all very fit!

On Minagawa sensei's advice, I spent most of the time studying the kenko taiso program. We also did some jumping, stretching, and rolling; and some technical study of tenshingoso. I only realized later that I had spent 3 days of shintaido with no reference to kihon at all.

I was left feeling unbelievably tired, but with a feeling I had done well. I had hoped it would lead to a regular Adult Education course starting in September, but I have recently heard that this has been cancelled due to an almost total lack of enrolments!

Charles Burns

1995 Daienshu Reports

It's customary to have some kind of lecture or discussion on the Saturday night of the Daienshu, but this year we decided to divide into groups to look at some of the questions that we never seem to get time to discuss in our various week to week meetings. Groups looked at:

1. Connections
2. Practising alone
3. "Going beyond"
4. Teaching

and then reported back to the whole group at the end.

The notes here just reflect some of the noted and queries without any particular attempt to comment on or resolve the questions raised. Almost any point listed could easily form the basis for a long discussion, but for the moment it may be as well to let the points stand as they were raised. Some of the issues will be looked at by a group leader/BOD meeting to be held in July (see report in this newsletter).

"Connections". Some of the group were rather surprised to find that rather than talking about making connections with outside organizations or groups, much of the discussion centred around how better connections may be maintained within the various groups and individuals which make up SF.

It was remarked that, like ripples spreading out from a stone thrown into a pond, the activities carried out by any of us in Shintaido do in fact have unseen effects on other practitioners as well as other social or work based contacts we have. It was acknowledged that it is sometimes difficult to share insights from keiko with our non practising friends, but that the Shintaido principle of lowering our guard and entrusting ourselves to others offers a mode of being which will work to the good.

It was felt that a creativity or clarity of vision or purpose was fostered by practice, and a member working in music likened the keiko process, with its waves, moods and crescendos to the musical process. As a final note somebody commented on the chance to make close contact with complete strangers.

Practising alone often presents practitioners with problems, but some of the specifically mentioned ones were:

1. Safety. How you feel when practising alone in a park or someplace.
2. Interference from others, and how to cope with it.
3. Use of VOICE (closely linked to 1 & 2)

Someone remarked that using a bo offers great security and a sense of wholeness when practising alone. A bo can be a great keiko partner.

On the question of how to decide what to practice, most experienced members simply replied that they practised the keiko they liked! It was also noted that personal, private practice may allow one to “discover self”, and to “build soul”. It was remarked that it was sometimes difficult to convert the energy that drives personal keiko into effective kumite.

“Going beyond” revolved around how a practitioner may keep a sense of involvement and progression in keiko when deciding to remain outside the examination system. It was felt by some that the examination/teaching route offered the only clear progress in the shintaido world. How can one progress if not a part of this? Even being a part of a group lends direction. Can one be a non-practising Shintaidoist as one may be a non-practising Catholic or Jew? What is “beyond” the official Shintaido world?

Teaching generated a wide ranging discussion. How do teachers plan keiko? By instinct? Depending on the needs of the class? Is charisma important? Does one need “themes”? Where do long serving instructors get their commitment? How do they carry on without running out of steam? Any one of these questions could have promoted a lengthy discussion.

More questions followed. How does the body learn? (The “riding a bike” effect?) Will this determine our teaching methods? Are there optimal learning/teaching intervals? And so on....

This is just a catalogue of thoughts raised. “Answers” that there may be will rise out of the keiko process itself, but it is good to see that as part of this process there are meetings, discussions, points aired in publications, etc., etc...

It is very rewarding to see such discussion as part of the ongoing life of our SF. The questions and queries framed, even when apparently light hearted, show a depth of reflection on, and insight into, the keiko world, and may be of help in thinking about our keiko. . For the next issue of the newsletter we may see some responses from within our organization, and I look forward to them.

Tony Hammick

From the 1994 Daienshu.....

One of the discussion groups at this year's Daienshu was about "learning to teach", and it has now been followed by a useful session for current and would-be teachers in London in July.

The following is the text of Ito sensei's address to the 1994 Daienshu. Ito sensei is a Master Instructor of Shintaido, and a regular visitor to Great Britain. This lecture is very much aimed at teaching and offers much food for thought.

During the address Ito sensei went to considerable lengths to explain everything in Japanese terminology, complete with Chinese characters on the blackboard! He must have felt that the form of these characters was important, otherwise he would not have used them at such length for an audience of westerners. In reproducing those characters the article may seem over technical, but is more faithful to Ito sensei, and worth the effort of reading non-the-less!

The delay in reproducing this text is largely due to the technical problems involved in reproducing Ito sensei's characters and diagrams!

Interviews

An interview with Sarah Whiteley
Debbie Evans interviews Sarah Whiteley

Sarah is a long-standing British Shintaido practitioner, who has lived in Japan and Australia as well as England. She moved to Berlin in May 1993, returning to England the following month to successfully challenge for Graduate Instructor level.

Can you summarise the development of Shintaido in Germany when you arrived in Berlin?

“Wolfgang (Brandt) had just set up a dojo space and was teaching once a week in Berlin. Amras and Joey had previously lived and taught in Berlin, and were now living in Schnega, a rural area in north-central Germany. Anukampa had just started teaching a class in Cologne (in the West, near the French border).”

How did you find it settling into a new country and new language?

“Very hard work. Challenging. Next question.”

How did this affect your practice?

“For obvious reasons it meant my kumite with people who had already done Shintaido was almost non-existent. I had to change into instructor mode, in order to establish a workable class. I had taught Becky’s class during her pregnancy, but this was a completely different cup of tea. Wolfgang offered for me to teach the class he had established, with him assisting - which cut down the misunderstandings with the language.

After a couple of months the class changed dramatically because Eric and Sylvie Zorn (experienced practitioners from France) contacted us and became regular and enthusiastic members.

My private practice never got off the ground. I hoped that the time I spent thinking about what I would teach and how I would teach it counted. Everything in my life was hard enough to deal with that I felt the last thing I wanted was more struggle in *hitori keiko* (private practice)”

What were the main things you learnt from this period of teaching?

“I learned that the Germans are real people. and that historical misconceptions and prejudices meant so little when one was interacting on a daily basis. Also that students are very appreciative. I never realised that what I had to offer would be valued.”

Shintaido is relatively young in Germany. Do you have any impression of its ambience?

“They have a real strength and a directness which is representative of the way they interact socially. It’s refreshing. They also relate well to leadership in terms of respecting the *sensei*.”

What do you anticipate the next stage of your Shintaido practice will be?

“Well, I’m temporarily having a rest from teaching, and I’m studying kokyu - ho (Japanese breathing technique) I hope to continue getting to gasshukus here and there with the aim to start teaching again sometime next year. Meanwhile I’m enjoying Berlin!”

Letters

My Dojo

Peter Furtado writes an impression of his own dojo

Perched on the side of a hill above this ancient city, and with the green hills beyond clearly visible, my dojo is a remarkable place. By day it is a public park, the peoples park of Oxford. It has a muddy football pitch in winter, used by the less skilful local teams who have to negotiate its double slope, end-to-end and side-to side. The goal posts remain in place all year round, except from the middle of May until mid-August. In the meantime several interesting events replace them. During Artweek 20-foot-high triangular hoardings are raised all over it, and covered with crude artwork. Three or four times a summer a free festival is held, with massive sound systems stacked up, competing to produce the loudest reggae west of Notting Hill, and kids playing Frisbee and children despairingly pursuing helium balloons. Once a year, over a bank holiday weekend, a funfair takes up residence at the top of the hill.

My space (it is my space, even in daytime, though I usually visit it in dusk or darkness, as I love the night) is about thirty yards longer than the football pitch, and about the same width. At one end, it is bounded by a line of oak and sycamore trees, beyond which are a line of houses, in the street where we used to live. On the downhill side, a couple of huge oaks, under which I leave my jacket, then an open view of the distant hills, and a young plantation, put there about four years ago. At the other

end, a beech coppice, and a line of scotch pines, then a quiet road, and playing fields. Last year, halogen floodlights were installed in those playing fields and, most nights, they flood the park as well, glaring right across to the houses. The rows of blue-white lights look like something out of "Close Encounters"; they kill the beauty of the evening. But they are normally turned out by 10.30, by which time I can hope to have the park more or less to myself, other than a few dog walkers, and one or two groups of people, mostly in summer, who use the park as a shortcut. In high summer, people sometimes sit out until well after midnight. However, I have never encountered anyone at all in the park after dark at Christmas. I try to use the park throughout the year and in all weathers, and for this reason if no other, I claim this part of the park as mine.

When I enter the space that I consider my dojo, I feel an uplift and excitement, even during the day when footballers are crashing around and I am burdened with a gaggle of tired children. At night, when I have come for keiko, I bow stop and bow deeply, silently, collecting myself and preparing for the change of heart that the place itself will engender; but occasionally, sometimes, I am not careful enough to do this, and rush straight in.

Often I do a full jumbi-taiso, about 30 yards from the oak tree, diagonally up from it, looking at the hills; sometimes I begin with a soft jog or jump around the dojo area, marking it out and psychically protecting myself from intrusion. When I open my chest in jumbi, I open it to the energy of the trees that surround the place; when I reach out to heaven I reach to the treetops, and when I stretch forward in shoko I push through the lights of the houses and streets to the infinity beyond.

I use the football pitch markings as a measure of distance. I am aware that I am allowing the rules of another activity to limit my imagination and my strength, and I never - never - allow myself to fall short and let my keiko world be bounded by footballers; often I go well beyond. When I jump, though, I will always do two full lengths of the pitch, downhill first, uphill to finish (by which time my spirit is jumping freely, even if my legs are tired); then eiko, which will never be less than six full lengths, and sometimes is much more. Sometimes eiko feels like doing lengths at the swimming pool - I wish that I didn't have to do it like this, but I don't find that I can do continuous circles of eiko alone.

Once, when I was doing eiko alone on a very dark night, holding out my bo, I almost crashed into a man walking his dog. Another time, someone surprised me while I was doing shoko with my bokuto. Since then, I have been cautious about

encountering other people in the park at night. Partly I am nervous about people asking awkward questions about why I am behaving oddly in the dark; partly I am anxious not to frighten people; and partly I have not forgotten that there have been more than one sex attack in the park. So if I see people, and I think they haven't seen me (keiko gives you X-ray eyes and night vision) I will often disappear into the shadows until they have passed; if they have seen me, I will do something unthreatening until they have gone. Also, with my dojo so close to houses, I cannot use my voice. Usually I wear a white sweatshirt or trousers, but not full keiko-gi: it would feel too much like a ghost. Sometimes I think that I will one day be a ghost here, running up and down at midnight to guard the place; while I am in this life I want to dress as a human, not a phantom.

When I do tenso, or eiko, I feel open to a familiar sky, and running to friendly trees. The trees and the wind are my kumite partners, especially in wakame-taiso. Sometimes the sky is my partner, with stars whirling and storms driving across the valley. Once, freak atmospheric conditions meant that I saw the Northern Lights when I was doing a huge tenso. I know very well, too, the rocks beneath the hill: I have rooted my energy deeply into the soil here, and have explored the masses under my feet.

The grass, of course, grows and is cut, grows and is cut; it is smooth and pleasant, in springtime, especially, when its bubbling energy pervades the area and makes the air sing. In winter, it withdraws and endures. Many a night I have recalled with the Zen adage, "the true samurai is he who knows the sound of frost forming on the grass". Finally, my rei places my open palm, now at last rendered honest by keiko, full on the earth, and I breathe in the deep scent of the soil.

After keiko is over, the place is still, intimate, friendly, communicative, warm. I bow again, this time specifically to the dojo; and I stretch my hand around the perimeter of the place, touching each corner. When I turn my back to walk away, it is in the knowledge that I will return, or, if not, that there is something ineradicable here. I love my dojo, more than any other place on Earth; and I feel that it loves me.

Impressions of a German gasshuku

Rural, farming countryside
So flat, the horizon so low, it all seemed like sky.
Brick built, beamed, solid houses.

Cornflowers peppered through fields of wheat.
Poppies standing out like so many pinpricks of blood.
Everyone has a dog!

Our first evening a pot luck supper in a cool barn
Eating out under a huge cherry tree - the fruit to ripen as the
weekend wore on.
Dusk brought a chill which contrasted with the quiet warmth of
the people.
Farming people and the ecologically aware make the Schnega
group,
Each knowing how to work together without needing instructions
or leaders.
A retinue from Cologne brought flickering energetic flames, and
some of us
Straggled from elsewhere in Europe.

How refreshing to see simple enthusiasm for Shintaido
Appreciation of its elements and acceptance of its people.
A confidence in the movement and in ourselves
Like a breath of fresh air

Building a firm keiko foundation with Ito sensei
Kenko taiso, tenshingoso and eiko.
Two short bo classes. Amazement to see people
Pull discarded branches from a wood pile and improvise a part
for themselves!

Enjoying the children, goggling at the logistics of triplets - always
a baby to cuddle!

And finally, parting.
Feeling privileged to have been involved in something new,
genuinely impressive

Postscript: Next summer's German gasshuku is likely to be in
Cologne and will be led by Ito sensei. Highly recommended,
especially for general members and others who want to revisit the
fundamentals of Shintaido practice

Debbie Evans

**SF SUPPORTERSHIP
APPLICATION FORM**

I would like to support the
SHINTAIDO FOUNDATION.

I understand benefits include:

1. Discounts on equipment and events
2. Quarterly Newsletter
3. Mail shots about SF events
4. Examinations eligibility

I enclose:

Supportership rate: £20.00
+ Contribution: £
Total: £

Name:

Address:

Home tel. no:

No. of years practice:

Shintaido level:

Bojutsu grade:

Karate grade:

Please send a completed copy of this form, together with
payment, to:

Peter H Bougas, SF Supportership Sec.,
Flat 2, St Michaels Place, Brighton. BN1 3FT

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.

Charles Burns has moved to:
234 Peppard Road, Emmer Green,
Caversham, Berks., RG4 8UA
Tel/Fax: 01734 476637

Marcus Grant & Vicki Meadows are moving to Bristol. Presently
house-hunting, they can be contacted for now through Debbie
Evans, at their old number in London, or by e-mail:

marcus @ gn.apc.org

SF Organisation

Treasurer

Peter Furtado 01865 872005

Membership

Peter Bougas 01273 327958

Equipment

Marcus Grant 0171 733 8867

Newsletter

Charles Burns 01734 476637

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 Sunday 12th November. If you want something discussed please contact one of the above before that date.

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 getting involved in one of these areas, please give the appropriate consultant a call. They can be very helpful!

Creche

Vicki Meadows 0171 733 8867

Dojo

Simon Neale

Food

Lindsay Evans 01273 327958

Sensei Care

Pam Minagawa 0117 957 0897

Abbreviations:

SF Shintaido Foundation
also known as "The Foundation"!

BOD Board of Directors

NIC National Instructor's Council
ISF International Shintaido Federation