

The
Shintaido
Foundation

Newsletter
April 1996
number 12
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INTERNET EDITION

It is now one whole year since the Newsletter first moved to Reading. To celebrate this, SF members are getting another peice of "Shintaido Art", to be found on the back page. This time produced on computer rather than canvas and blue paint... remember that?

This issue was timed to come out shortly after the recent Spring workshop in Brighton. Unfortunately nobody was available to write a report for this production, so instead I am running a report about the spread of Shintaido on the Internet. (Apologies to those whose eyes glaze over at the mere mention!) However, I am assured that the Spring workshop went well and was enjoyed by all those who attended.
Charles Burns

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Please send all comments, photographs, letters, and articles to:

The Shintaido Foundation Newsletter, 234 Peppard Road,
Emmer Green, Caversham, Berks. RG4 8UA

Fax: (01734) 476637
e-mail: shintaido@edobarn.demon.co.uk

Long articles should be sent by e-mail or on floppy disc whenever possible. 🍏 Macintosh format is great, but I can read almost anything.
(All discs will be returned.)

The copy deadlines for the next issue are as follows:
Photos: Monday 17th June '96 Other copy: Friday 21st June '96
VERY SOON AFTER THE EXAMINATIONS!!!
(Please don't wait until then, you can write now, while inspiration is hot)

WEEKLY CLASSES AROUND THE COUNTRY

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

Contact Becky 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

Brighton 6.00 - 8.00pm Sussex University, Falmer
Contact Peter or Lindsay on 01273 327958

WEDS Bristol 7.00 - 9.00pm Bishopton Community
Centre

Contact Debbie on 0117 924 9406

Soft Shintaido

THURS Bristol 7.00 - 9.00pm Bishopton Community
Centre

Contact Debbie on 0117 924 9406

Shintaido bojutsu

Brighton 8.00 - 9.00pm Lewes Leisure Centre
Cost £3.55 Contact Peter on 01273 327958

Beginners and general get together

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

SUN Thames 9.45am Room 44, Parkshot Centre, Richmond
Cost £3.60 Contact Kimura or Geoffrey Fitch
on 0181 891 4054
Shintaido practitioners.
Easy access to Old Deer Park for outdoor practice.

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

SF Summer Workshop
Led by Ito sensei (Shintaido Master Instructor)
15th & 16th June 1996
Bristol Community Dance Centre
Evaluations, Exams up to Nidan & Shintaido Instructor
For details of fees etc, contact Debbie Evans on: 0117 924 9406

There is a one-day
Shintaido
Workshop

in
Brighton

on
Saturday 13th April

BE THERE!

Contact: Lindsay or Peter
(01273) 327958

Schedule: 1996-97

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

One-day Workshop:
13 April, Brighton. Contact Lindsay Evans

Summer workshop with exams:
15 & 16 June, Bristol. Contact Debbie Evans

“End of summer” Rhossili weekend: 31st Aug & 1st Sept, Wales.
Contact: (t.b.c.)

Autumn workshop: 26/27 October, Bristol. Contact Marcus

1997 Kangeiko: January in London.
Contact the Brixton Group

SHINTAIDO OF AMERICA
are hosting:

“The 6th International Shintaido Conference”
&
“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.

“Tony’s thoughts”
A message from our Head Instructor,

about the kangeiko and other matters

Various people have at different times and for different reasons asked me to write something in the way of guidance on keiko matters for the supporters/practitioners in our organisation.

When I look at the quality of articles published in our own newsletters or those put out by the American group, I'm always impressed by the levels of talent and insight shown. Personally, I find it difficult to express myself with written language. The way I think seems to lend itself better to visual doodling or spoken language. Or, more likely, I just lack the discipline to work in print.

Anyway, having said all that, I would like to make a few comments following the kangeiko practice held at Crystal Palace in January.

We're pretty spread out now in Shintaido here in Britain. One of the big successes for us as a movement has been in the way we have effected the shift from being a nominally "national" group which was in fact for the first 12 years or so actually based in (largely)

One of the difficulties facing us now is that practitioners are much less able to meet ...
each other on a weekly or even monthly basis.

the West London area, to a much more genuinely countrywide organisation (albeit principally Southern-Country wide).

One of the difficulties facing us now is that practitioners are much less able to meet , practise with, and provide support for each other on a weekly or even monthly basis.

When I first began to practise Shintaido I was in a very fortunate position. I was young, (relatively), unattached, (relatively), at college surrounded by a group of like-minded people (many of whom became key supporters/practitioners of Shintaido), and was free to travel and pursue my practise of Shintaido as I wished. Perhaps importantly, the spirit of the times was different too. The 1970's were still about optimism to much more of a degree than any period since, and recession and insecurity were yet to bite. In some ways the first years of Shintaido here echoed the first years of Rakutenkai (the founder Shintaido group in Japan).

Conditions are very different for beginning instructors now, and very few instructors, or even enthusiastic practitioners, enjoy such a happy coincidence of life factors as the early members

took for granted. As for being scattered around the country; any Instructor can tell you how much effort is required to set up and then sustain a Shintaido group. Of course, it is also our Joy. Like having children, the effort is always worth it; is it's own reward. But if setting up a group is difficult, then setting up a group without the close support of a group of friends is really tough.

I live in Brighton now and don't anymore enjoy the close personal contact I used to have with many of the senior practitioners. When I looked around me during the kangeiko, both at the dojo and during the social gathering during the middle of and at the end of the event, I was really moved by the sense of community and unity of direction amongst members. The other quite striking impression was of how integrated newer and older members were.

One of the things about Shintaido which always leaves me astonished (wrong word after all these years perhaps- "wondering" might be better), is the way in which it is possible to be immediately at ease with keiko partners, some of whom you haven't met for 5 or 6 years. As if you

The image... was of "hand built" Instructors as opposed to "mass produced" ones

had never been apart. It was this closeness I felt at the kangeiko, and which is a kind of testimony to the quality of the various instructors who allowed it to happen. I might also add that the preparation week of keiko leading up to the kangeiko, joined by a number of practitioners who couldn't make it to the actual event, certainly added to the quality of the meeting.

As I have said, I don't get much opportunity to meet with our scattered instructors, and I'd like to use this as a chance to congratulate them on the work they're pursuing. I'd also like to extend those congratulations to the unseen instructors not always in evidence at events, but whose work and effort allows such events to take place.

In his closing remarks at the Shintaido of America Gasshuku in 1994, Aoki sensei said how he had come to stop viewing the International Shintaido Federation as an evangelical-style organisation with aspirations to a mass following, and realised that it is in the nature of our keiko to have a relatively small base of committed, long term practitioners. The image he used was of "hand built" Instructors as opposed to "mass produced" ones. I have referred in another place to a related remark that Aoki sensei made some years ago when I was studying to be an instructor in Japan.

He said that it took about 10 years to build a Koshi.

As an extension of that, from my own observation, I could certainly say that it takes about 10 years to build a reasonably confident instructor.

As some of you will know, much of the character of our organisation dates back to the time of Ito sensei's appointment around 1986/7. Using the 10 year guideline outlined above, that means that we are really just now getting our first generation of new "matured" instructors.

This new generation is to me all the more impressive because they have not enjoyed the rather free lifestyle that I mentioned at the beginning of this piece. Many of them have had to develop their keiko while pursuing a career or course of study and/or taking care of a family. I know that following this path can be very disheartening, with progress seeming maddeningly slow for long periods, but those people who have accomplished it can be sure that the insights and knowledge they have acquired are built on a very sound foundation.

Many of them have had to develop their keiko while pursuing a career or course of study and/or taking care of a family

So, after what has felt like a very long haul, it looks as if Ito sensei's investment in Shintaido is beginning to pay off! Even though our numbers are still small, what we have in the way of a body of instructors is a very stable and competent group of people.

Lots of thoughts arising out of such a small event!

Anyway, small event or not, I hope - I feel - that those attending the kangeiko, or those supporting it in various other ways will be encouraged in their keiko life.

I look forward to meeting again at our next workshop.

Tony Hammick

SF Head Instructor

Shintaido Resources Centre

Pattie Thornley is starting to compile a collection of books, videos, brochures, photographs and publicity materials which any

SF member can use as a resource. Images will be available as computer files ready to import into other documents. She asks if people can start looking out for good images of Shintaido, nature, etc. which she can use. Please send contributions to:

Pattie Thornley

Shintaido Resources Centre, 12 Southernhay Avenue,
Cliftonwood, Bristol, BS8 4TJ

BOD Reports

BOD meeting

No Daienshu, and other serious matters

Recent BOD meetings have enjoyed the presence of Sarah, the most recent member. Sarah is busy compiling a calendar of events nationally and locally for 1996.

We have decided that there will no Daienshu during 1996, owing to the relatively limited take-up last year, and the fact that no-one wanted to organize it. Without organizers, courses won't happen; a small group of people has organized so many events recently, and did not want to take on the headaches again on this occasion. If anyone else is prepared to help in course organization, in future, please make yourselves known!

Instead of a Daienshu, we have invited Ito sensei to conduct a workshop in Bristol on 15th June, followed by examinations. We have not had the benefit of Ito sensei's instruction for several years now, and hope that all regular and occasional Shintaidoists will come to experience his unique teaching!

Several administrative tasks have also been occupying BOD. We are, finally, producing the publicity material that has been promised for a long time now. We are looking at ways of expanding our supportership base and mailing list, in association with the group instructors; and we are looking at our finances.

One aspect of finances that affects everyone is the pricing of courses. We have decided that there should be a set formula for all future courses for those people who wish to attend only part of a course. This will be the "pro-rata" fee for the proportion of keikos attended, plus 20% of the overall course

fee, to contribute to the fixed costs in running the course. Details should be included on future course publicity, but with a standard calculation many arguments should be avoided in future. The scholarship scheme still runs for those who cannot afford the fees.

One aspect that BOD will consider in the next few months will be the role of the International Shintaido Federation. There has been a feeling that his body has not been functioning effectively for us in recent years, and we intend to write a paper on this matter for the ISF meeting to be held in the USA in July. Simon Neale will attend this meeting as our representative. If you have any feelings on this issue, please make them known to a BOD member, or Simon, before the end of May, when we will be drafting our paper.

And, if you have any other issues you would like BOD to discuss, please raise them with Marcus, Peter or Sarah (see listings on the back page). The next meeting will be in April.

Peter Furtado

Missed an issue?

Back issues of the SF Newsletter can be obtained by sending £1 to the address on the front of this issue.

Currently available:

Newsletters 8, 9, 10, & 11

In addition individual articles from previous issues can be printed out for you at a cost of 50p per sheet.

Please note any funds received this way will be used to off-set the cost to SF of producing further issues of the Newsletter.

Internet News

This is a new feature in this Newsletter. I hope it will become a regular one. The idea is to bring articles about Shintaido posted

on the internet for the benefit of all SF members. This issue features extracts from the "Shintaido Home Page", managed by Taro Aoki (Aoki sensei's son). Reproduced here by kind permission of Taro Aoki. As editor, I thought long and hard about correcting some of the English here, but decided in the end to leave it well alone. It has a certain poetry.....

(Image)What is SHINTAIDO?

What is Shintaido?

Please note that due to our provider's equipment changes, URL of this page will be changed soon.

Old address: <http://www.st.rim.or.jp/~taroaoki>

New address:<http://www.yk.rim.or.jp/~taroaoki>

SHINTAIDO is a completely new type of martial arts which is designed to recall, open up, and nurture nature human body. Looking back history of martial arts and various kinds of weapons attached to them, we can recognize that they are outcomes of environmental necessity of the age. Taking only the shape of sword for example, we can see a close relationship with evolution of battle method and armour.

In the age of wars, back in the 16th century, individual and group battle capabilities were important needs of the society. And in the Edo era, which was probably the most peaceful two and a half centuries in the Japanese history, people sought more self spiritual uplift out of martial arts rather than physical strength in a battle. Eventually, many superior ideas came out and developed during this period by practising martial arts. Down in the Meiji era, right after the Edo era when Japan quit the isolation policy and started modernizing the country, the style of martial arts, Judo and Kendo, had changed to sports for ordinary people.

Today, what we need most is neither martial arts for killing and hurting people nor just sports to compete physical

superiority, but totally new type of martial arts. We no longer have to brandish a real sword and throwing, kicking, or punching one another. We, as martial artists, wonder why such martial arts did not exist before? We believe following items should be included in the martial arts for today's people.

(Image) " Aoki's demonstration in a society of martial arts"
(83KB)

photo by Taro Aoki

What Shintaido can do for people today.

Enhance your physical health which is prerequisite for everyday life, your energy for tomorrow.

Restore the nature of your body, fulfil "ki" vital energy, and make us think positively.

Open our mind, and let close-minded people free.

Foster cheerful, strong, healthy mind.

Improve your ability to interact with other people.

Bring up love and magnanimous mind, and avoid fighting.

Increase your concentration and develop your submerged ability.

Strengthen your individuality and enhance your creativity.

Cultivate pious mind to the great universe and thankful mind to people.

Shintaido has been developed as a martial arts to make such wishes come true. Now, we would like to show you Shintaido's movement which you may recognize that it is applicable to other martial arts as well.

(Image) "Aoki's demonstration in group of the Speaker of the House of Representatives" (116KB)

photo by Taro Aoki

Shintaido by e-mail

>“Fostering Shintaido culture on the internet.”
>From ???@???.???.? Sun Feb. 04 22:35:54 1996
>To: SF.Domestic.Mailing
>From: shintaido@edobarn.demon.co.uk
(Shintaido Editorial)
>Subject: SF Mailing Lists
>Cc:
>Bcc:
>X-Attachments:

Hello everybody,

This message is to introduce two new e-mail mailing lists designed to allow the Shintaido Foundation (SF) to keep in touch with Shintaido practitioners around the world.

1. SF MAILING ABROAD

Intended mainly for non-SF members living in the UK, and for all Shintaido practitioners outside the UK, you will receive a single message, roughly once every three months, full of news and reports of our Shintaido activities in England! It will basically consist of this newsletter (initially minus the pictures, which can be requested if required) and various requests for e-mail feedback!

2. SF DOMESTIC MAILING

Intended for all Shintaido practitioners living in the UK (NOT just SF members). This list will forward news and reports from abroad, as and when I receive them, to all subscribers. This is currently a very “low volume” list, but I anticipate it will grow as people get the idea that this is THE place for Shintaido e-mail chat!

If you would like to subscribe to either or both of these lists please send an e-mail message to:
shintaido@edobarn.demon.co.uk
including something like:

SUBSCRIBE: SF MAILING ABROAD
(your name)
SUBSCRIBE: SF DOMESTIC MAILING
(your name)

As these are private lists (i.e., not yet organized by a Listserv like machine), the exact form is not important.

Please feel free to distribute copies of this message..... (e-mail version available on request).

Charles Burns
Letters

To the Shintaido problem page...

How do you motivate yourself when it's dark and cold and you don't know if you're remembering things correctly and you never do any kumite because it costs £100 (and a six hour journey) to go to keiko?

I'm beginning to think about giving up and doing Tai Chi instead - which would be a pity. I think it is really worth saying that having people accessible to practice with makes a big, big difference.

The newsletter helps a lot because it keeps me in contact with people and with ideas. I haven't written anything recently, because what can I say - I come out and listen to the ducks on the canal once a week.

You have my deep sympathy for your teaching experience. I got the University sports centre for a term, - started with four and was down to one after eight weeks. Bleak.

Rachel Ganz

Hi, from New York

Hi, my name is Lance Gambis and I practice Shintaido in New York city. I'm also the editor of the Shintaido NorthEast newsletter, a free-form publication where practitioners send in a 8.5x11 submission (articles, comments, class info, pictures) which is then reproduced and sent every three months to SNE members.

It has been rather difficult because there are not that many members (about 45 active members). Do you know if anyone (besides Shintaido-Japan) is currently working or planning to open a Shintaido web-site? I'm looking into it myself.
Lance Gambis

Branch News

Bristol

The New Year started, as always, with an outdoor keiko to celebrate; re establish our intent, and mark the start of a week's meditative programme leading up to the kangeiko. Melroy put in her annual appearance, and inspired the rest of us.

This year we adopted a different pattern from our usual shoko routine. Debbie Evans led an indoor group, based at Vicky Meadows', working with 10 point meditation, whilst Masashi led the Bristol Warriors in shoko practice. Both groups were well attended, and some people chose to do some of each.

It's been a hard winter. Both our weekly classes are held in the same hall. A hall whose only heating is an industrial size gas fire which works like a giant blow torch. A hall which is directly connected with the elements through its arching roof and draughty windows.

So throughout the frozen periods, every keiko had something of the do or die kangeiko spirit about it. Vigour and continuity are "de rigueur", as are the sporting of many layers, fleecy jackets etc. Belinda has had a kangeiko spirit about her too, she led Debbie's class for several weeks despite having sciatica so badly that she had to stop driving entirely, and walks to keiko and back with Shazia striding loyally along by her side.

Despite the privations of an arctic winter, the hard core keenies have carried on, some of them managing both Shintaido on Wednesdays and Bohjutsu on Thursdays. Having two keikos a week is convenient for couples with kids. Veronica and Greg, Peter and Naomi, and from next term Vicky and Marcus are taking it in turns so that each can manage one class a week.

Minagawa sensei continues to lead from the front. He ran a workshop for people with learning difficulties earlier this month, and was assisted by Jaine Rubin.

Organisationally we are busy too. We're planning a publicity drive, brainstorming after keiko about ideas for posters, while our spin doctors are drafting articles for local eco-mags. Pattie has been finishing off the new national leaflet which is going to look brilliant.

Debbie Evans

Brighton

.....a quick write -up re: Brighton and what's going on. Generally the AI class is the same. It's still on Friday evenings from 9-10pm, same location etc. We've been doing a bojutsu program, very interesting.

Hope to see you all on the 13th April, for the one day... (an informal meeting like we did last year a few times). Apart from that....

Peter Bougas

Shintaido bo and bokuto arrangement

Reading

I have been busy earning my nick-name as "The Virtual Shintaidoist" by doing my bit to foster Shintaido's presence on the information super-highway (see "Shintaido Mailing Lists" above), whilst simultaneously failing to attend either the kangeiko or the Spring Workshop! (Apologies to all I might have offended, a lethal combination of moving house and asthma are to blame.)

Recent clear evenings have beckoned me out to find a new dojo to go with the new house, and now I am re-establishing my Wednesday evening hitori-geiko. Please bear with me, I haven't disappeared into my computer forever!

Charles Burns

SF SUPPORTERS

"I support the Shintaido Foundation".

Name:

Address:

Telephone:

I enclose:

Supporters fee: £ 20.00

+ Contribution: £

Total: £ .

No. of years practice:

Shintaido level:

Bojutsu grade:

Karate grade:

BENEFITS INCLUDE:

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

Please send a completed copy of this form,
together with a cheque made payable to
"The Shintaido Foundation", 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.

NIC Officers

NIC Chair

Simon Neale 01329 826310

Treasurer

Peter Furtado 01865 247997

Membership Secretary
Peter Bougas 01273 327958
Newsletter Editor
Charles Burns 01734 476637
Equipment Manager
Marcus Grant 0117 924 1124
Resources Manager
Pattie Thornley 0117 929 4632

Board of Directors (BOD)
Tony Hammick (Head Instructor)
Marcus Grant (Chair) 0117 924 1124
(e-mail: marcusg@gn.apc.org)

Peter Furtado 01865 247997
Sarah Whiteley 0181 940 4421

The next BOD meeting will be in April.
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!

Crèche: Vicki Meadows 0117 924 1124
Dojo: Simon Neale 01329 826310
Food: Lindsay Evans 01273 327958
Sensei Care: Pam Minagawa 0117 957 0897

Abbreviations used in this Newsletter:

SF Shintaido Foundation
BOD Board of Directors
NIC National Instructor's Council
ISF International Shintaido Federation

IMAGE

SF SUPPORTERS VERSION ONLY

“Seiza”

Oil, paint, wax, wood & computer.
©Charles Burns, 1988, 93 & 96

Colour printing sponsored by Reading Shintaido (ie. me!)
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