

## SHINTAIDO

A new approach to Martial Arts

Rediscover the joy of natural movement  
Learn co-operative movement with partners  
Use your voice to build power and confidence  
Improve your concentration  
Express your Ki energy fully

10-week Beginners' course starts  
on September 16th  
8.00 - 9.30 p m

Then every Wednesday evening at the  
CORNERSTONE COMMUNITY CENTRE  
Church Road, near Palmeira Square, Hove

£3.00 per class £1.50 unwaged  
Advance booking recommended, discount for advance payment

Telephone 01273 271521 to register

Beginners' classes incorporate:  
Gentle warming up exercises & stretches  
Opening and unifying movements  
Partner work (kumite)  
Individual study of the basic forms (kihon waza)  
Group movement  
Meditation  
Self expression  
Also, introduction to the Martial aspects of Shintaido: long staff  
(boh),  
wooden sword (bokuto), karate

Telephone for details:  
Ula Chambers  
01273 271521

look at HYPERLINK <http://www.shintaido.org>  
<http://www.shintaido.org>  
for more information about Shintaido

Also exam results are:

Belinda French awarded Provisional Instructor qualification  
Jane Rubin went up to 5 kyu in bohjutsu from 8 kyu.

Ula

Leters

There's a possibility that I'll be moving back to the South West of England next year, so maybe then I'll start doing Shintaido again. At the moment I'm just rejoicing in Abby, who's very nearly seventeen months old and is just beginning to talk. Understanding a lot about doing things whole-heartedly.

With respect

Rachel

(Word of the day: forswink  
Definition: to exhaust by labour)

Dear friends,  
Many thanks to all the responses re our hunt for a slogan. I think it is still quite unexhausted but, in the process, we came up with one ourselves, after a practice in the park. "Explore your unchartered being". What do you think?!!

Vera Costello & Michael De-Campo  
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Also in the BOD box please could you insert and 'E' into my  
surname,  
i.e. Whiteley